

Stay active, live better, and

REACH YOUR GOALS.



Get healthy
Get rewarded



Fitbit

Fitbit devices motivate Vitality members to stay active, live better and to reach your fitness goals. Wear a Fitbit. It counts the steps you have taken, calculates the calories you have burned, the distance you walked, and much more.

Vitality members earn up to 300 Vitality points depending on the steps you take with your Fitbit.

Vitality members can get up to 25% cash back on selected fitness devices with the Vitality [HealthyGear](#) and [HealthyCare](#) benefits.

Who may use Fitbit

Vitality members, 16 years and older, on an active Vitality membership can link their Fitbit device to Vitality to earn Vitality points. Members who have only KeyFIT or Vitalitydrive (not Vitality) can use Fitbit, but will not earn Vitality points.

As a Vitality member with an active Vitality membership, you will pay for the Fitbit device (excluding any courier charges that may apply for delivery). There are no fees for using your device to upload your workouts to Vitality to earn your Vitality points.

Get up to 25% cash back on selected Fitbit fitness devices with the Vitality HealthyGear and HealthyCare benefits

With up to 25% cash back on selected Fitbit fitness devices with Vitality [HealthyCare](#) at Clicks or Dis-Chem and [HealthyGear](#) at Sportsmans Warehouse or Totalsports, it's easier for you to track your workouts and earn Vitality points anywhere, anytime!

How to use this benefit

To get started, follow the steps below to link your Fitbit device to Vitality, and upload your workout data.



To link your Fitbit to Vitality

Step 1: Download and install the **'Fitbit Connect'** device software from Fitbit.com.

Step 2: Click on the ['Fitness devices and apps'](#) page under the **'Gym and Fitness'** section on the Vitality menu and click on **'Link my Fitbit account'**.

Step 3: Log in using your Fitbit account username and password or create a new Fitbit account.

Step 4: Click on **'Allow'** to authorise the connection and link your Fitbit account to Vitality.

Step 5: Once you have successfully uploaded your workout data, you can view a detailed summary on the ['Workout tracker'](#).

Please note: Your Fitbit device will store your workout data for a limited number of days, so upload your workout data to Vitality regularly. You will not earn Vitality points for data you didn't upload.

If you have any problems uploading your workout data, please visit www.fitbit.com for more information.

How it works

Earning Vitality points with Fitbit fitness devices and App

You can earn up to **300** Vitality points for the number of steps you take daily.

To earn up to 300 Vitality points you have to:

- Track **5 000 to 9 999** steps a day to earn 50 Vitality points; or
- Track **10 000 to 12 499** steps a day to earn 100 Vitality points; or
- Track **12 499** or more steps a day to earn 300 Vitality points.

The points you earn by uploading data from your Fitbit device, count towards the maximum Vitality points for fitness. Each adult can earn up to 30 000 points and each child can earn up to 20 000 points for fitness each year.

Points will only be awarded for one fitness event a day. If you complete two fitness events in one day, then the higher points between the two will be awarded.

Points may take up to two weeks to show on your [Vitality Points Monitor](#) after you have uploaded your data on Vitality or on the website of your chosen device.

An example

John buys a Fitbit device that he links to Vitality. His device collects step data. His app collects step data. John takes 10 000 steps a day and uploads his step data to Vitality.

John will earn a maximum of 100 points a day for meeting one of the criteria from his step data.

Ending this benefit

If your Vitality membership ends, you will no longer earn Vitality points for uploading your workout data with your Fitbit device. However, you can continue to use Fitbit in your personal capacity.

You may disconnect your Fitbit app from Vitality at any stage by selecting the 'Disconnect' option on the Discovery App. If you disconnect it, you will no longer earn Vitality points.

If you want to activate the benefit again, you will need to follow the steps under the 'To link your Fitbit App to Vitality' section.

Terms and conditions apply. For the Fitbit terms and conditions visit the [Fitbit website](#).






Find out more

If you have any questions or need more information about Fitbit go to www.discovery.co.za and click on 'Fitness devices and apps' on the Vitality menu.

You will also find a full set of Vitality rules. If, for any reason, there is a conflict between rules in this benefit guide and the Vitality Rules – the Vitality Rules will apply at all times.

Stay in touch

If you have any questions or need more information about this benefit, please visit www.discovery.co.za or call 0860 99 88 77. Terms and conditions apply.

Keep up to date with the latest news from Vitality: Download the  Discovery app, follow Discovery Vitality on    (@Discovery_SA) and  (DiscoverySA).