

Nike +

From running to everyday activities, Nike+ lets you track multiple activities – and compare your results over time. There are many devices to choose from, including the Nike+ Running App, the Nike+ SportWatch and the Nike+ SportBand.

Visit the [Nike+ website](#) to choose your device.

Please note: From 31 October 2015, you will no longer be able to link your Nike+ account to Vitality to earn Vitality points.

If you linked your Nike+ account before 25 June 2015 and your recent activity has not uploaded, you need to de-link and re-link your Nike+ account. The temporary integration between Vitality and Nike+ is only valid until the end of October 2015. After that, Vitality can no longer receive information from Nike+ and you'll no longer be able to earn Vitality points from your Nike+ device. This is due to a change in the global strategy of Nike+ where they will no longer be sharing physical activity information with third parties.

Vitality has a whole range of other [device and app partners](#) like [Strava](#) and [RunKeeper](#) which you can earn points with instead and we encourage you to switch to one of these.

Who may link their Nike+ account

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

As a Vitality member with an active Vitality membership, you will pay a fee for the Nike+ device (excluding any courier charges that may apply for delivery). Some devices also require a paid subscription for use of their services. Visit [nike+.com](#) for more details.



How to use this benefit until October 2015

If you linked your Nike+ device before 25 June 2015 and your recent activity has not uploaded, you need to de-link and re-link your Nike+ account for your historical data to be successfully retrieved into Vitality. Just follow these steps:

How to re-link your Nike+ account and earn your Vitality points

Please follow these steps:

1. Log into the Discovery website and go to Vitality >> Gym and Fitness >> [Fitness devices and apps](#). You can also log into the Discovery app and go to Vitality >> Devices and apps.
2. You should be able to see the Nike+ icon here. If it isn't shown, skip to step 5.
3. Click the 'De-link' button and then click 'Yes' when the pop-up block prompts you to confirm if you are want to proceed with the de-linking.
4. The page will reload and Nike+ will no longer be shown under the 'Your devices and apps' section.
5. Click on the 'Link my Nike+' button seen on the 'Fitness devices and apps' section.
6. Log in using your existing Nike+ account username and password.
7. Click on '**Login/ Authorise**' to confirm the connection and link your Nike+ account to Vitality.
8. You will return to the '[Fitness devices and apps](#)' page. The Nike+ tile will appear in the 'Your devices and apps' section again.
9. You must then wait for an automated sync to occur between Nike+ and Vitality so that your historic data can be retrieved. Please note that this can take up to two hours, so please make sure you can stay connected for that long.

Check that the sync has been successful by looking at the *Last uploaded* date and time seen on the Nike+ tile. You can also check the Workout Tracker to see if your historical workouts are being shown. A very similar process to link and de-link can also be done on the Discovery Mobile app.

Please note: You have until **06 August 2015** to de-link and link your Nike+ account for the retrieval to happen. After that, you won't be able to re-link your account on the Vitality website.

How it works

Earning Vitality points with Nikes+ App

To earn 150 Vitality points, you have to do at least 30 minutes of physical activity at or above a specific intensity.

Different fitness devices and apps collect different data about your exercise session. You can earn **150** Vitality points for **one exercise session a day** if you achieve the requirements set out

below during your workout. You can also earn 50 bonus points, depending on your **heart rate, speed or exercise duration or steps** you take.

To earn up to 150 Vitality points you have to:

- Track at least 30 minutes or more of physical activity in **one exercise session a day** at an average **heart rate** of more than 60% but less than 70% of your age-related maximum heart rate; or
- Track at least 30 minutes of physical activity in one exercise session a day at a minimum average speed of 4 kilometres an hour; or
- Track **5 000 to 7 499** steps a day to earn 50 Vitality points; or
- Track **7 500 to 9 999** steps a day to earn 100 Vitality points; or
- Track **10 000 to 12 499** steps a day to earn 150 Vitality points.

To earn 50 bonus points you have to:

- Track at least 30 minutes or more of physical activity in **one exercise session a day** at an average heart rate of more than 70% of your age-related maximum heart rate; or
- Track at least 60 minutes or more of physical activity in **one exercise session a day** at an average heart rate of more than 60% of your age-related maximum heart rate; or
- Track at least 30 minutes of physical activity in **one exercise session a day** at a minimum average speed of 7.2 kilometres an hour; or
- Track at least 60 minutes or more of physical activity in one exercise session a day at a minimum average speed of 4 kilometres an hour; or
- Track **12 500** or more steps a day.

The points you earn by uploading data from your Nike+ device, count towards the maximum Vitality points for fitness. Each adult can earn up to 15 000 Vitality points and another 24 000 bonus 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 of 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.

View a full set of rules for [Nike+](#).

Ending this benefit

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

You may disconnect your Nike+ app from Vitality at any stage by selecting the 'De-link' option on the Discovery app or website. If you disconnect it, you will no longer earn Vitality points through Nike+.

For the terms and conditions visit the [Nike+ website](#)

A reminder: From 31 October 2015, Nike+ will no longer share data with third parties so you'll no longer be able to earn Vitality points with Nike+ account workouts.

Vitality has a whole range of other great [device and app partners](#) like [Strava](#) and [RunKeeper](#) that you can earn points with instead. We encourage you to switch to one of these.






Find out more

If you have any questions or need more information about Nike+ 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

For more information about the benefit, visit www.discovery.co.za or call 0860 99 88 77.

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