

# STRAVA BENEFIT GUIDE

## STRAVA

### Getting started

Track your workouts through Vitality by using the Strava app, the world's largest online fitness and activity tracking platform. With Strava, you can earn Vitality fitness points based on workouts where you track your speed.

### Who can earn points with Strava?

To earn Vitality points towards your Vitality status, you can link your Strava account to Vitality if you are a:

- Member aged 18 years or older with an active Vitality Health or Vitality Active policy
- Vitality Health Tracker participant and member on Condition Management.

If you are a Discovery Vitality member between the ages of 14 and 18 and part of the [Vitality Active Rewards for Teens programme](#), you can link your Strava account to Vitality to earn gameboard plays when you achieve your weekly exercise goals.

### What does it cost?

There are no fees for using your Strava account to upload your workout data to Vitality to earn Vitality points. If you have selected to subscribe to Strava, the subscription costs to Strava will apply.

Please note that you are responsible for paying the data costs when making use of this benefit.

## Linking your Strava account to Vitality

You can link your Strava account to your Vitality membership by accessing the Discovery app or website. When you link your account, you will need to grant Vitality permission to access your Strava information. [Terms and conditions apply.](#)

### How to link Strava through the Discovery app

1. Download the latest version of the Discovery app.
2. Log in and select **Vitality Health** from the menu.
3. Scroll down and select **Devices and apps**.
4. Select **Link a device or app** and choose Strava from the **Link a device app** menu.
5. Follow the prompts to link your Strava account to your Vitality membership.
6. Once linked, you will find Strava on the Devices and apps section as a linked device.

### How to link Strava through the Discovery website

1. Select **Vitality** from the menu and then scroll down and select **Device and apps**.
2. Scroll to the **Vitality Devices and apps** section.
3. Select **Strava** and follow the prompts to link your Strava account to your Vitality membership.
4. Once linked, you will find Strava under the linked section in Vitality **Devices and apps**.

## Earn Vitality points

You can earn Vitality points for uploading your workout data. Points depend on your **heart rate, speed, exercise duration or steps** you take. Find out more about Vitality points [here](#).

To earn up to 50 Vitality points	To earn up to 100 Vitality points	To earn up to 200 Vitality points	To earn up to 300 Vitality points
<ul style="list-style-type: none"> <li>▪ Track <b>5000 - 9999</b> steps a day</li> </ul>	<ul style="list-style-type: none"> <li>▪ Track <b>10 000+</b> steps a day</li> <li>▪ Track <b>30 minutes or more of light physical activity in one exercise session a day</b> a minimum average heart rate of more than 60% and less than 70% of your <b>age-related heart rate</b>.</li> <li>▪ Track <b>30+ minutes of physical activity in one exercise session a day at a minimum average speed</b> of 5.5 Kilometers an hour (walking/running) ;1.5 kilometers an hour (swimming) or 10 kilometers an hour (cycling)</li> <li>▪ Workouts with an average speed exceeding 25 kilometers an hour (walking/running), 6 kilometers an hour (swimming) or 60 Kilometers an hour (cycling) will not qualify for Vitality points.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Track <b>30 - 59 minutes of moderate physical activity in one exercise session a day</b> at a minimum average heart rate of more than 70% and less than 80% of your <b>age-related heart rate</b></li> </ul>	<ul style="list-style-type: none"> <li>▪ Track <b>30 minutes of vigorous physical activity in one exercise session a day</b> at a minimum average heart rate of more than 80% of your age-related heart rate</li> <li>▪ Track <b>60 minutes of moderate physical activity in one exercise session a day</b> at a minimum average heart rate of more than 80% of your <b>age-related heart rate</b>.</li> </ul>

Once you've linked your Strava account, you can earn 100 Vitality points a day for a qualifying speed workout. The points you earn by uploading data from your Strava account will count towards the maximum Vitality points for fitness. Each adult can earn up to 30,000 Vitality points a year for fitness. Points will only be awarded for one fitness event a day. If more than one fitness event is completed, points will be awarded for the event with the higher points.

### **Team Vitality and Strava**

All Team Vitality members over the age of 18 will receive a voucher code to save 50% on a 12-month Strava subscription. This applies to all Team Vitality members who join or renew their Team Vitality club membership.

[View more information on Team Vitality.](#)

Please note that members of the Team Vitality communities on Strava will have to follow the [TeamVitality and Strava community Code of Conduct](#).

### **Ending this benefit**

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

You may delink your Strava account from Vitality at any stage by selecting the **Delink** option on the **Device and apps** page on the Discovery website or on Strava within the **Devices and app** page on the Discovery app. If you disconnect it, you will no longer earn Vitality points through Strava.

You can consent to social sharing with Vitality to allocate your Vitality fitness points. This involves the sharing of your:

- Fitness activity data, including Vitality Active Rewards goal achievement and exercise performance metrics
- Personal data, including your name and Strava profile.

Please note that the delinking of your Strava account will not delink your social sharing settings. However, you will no longer receive Vitality points for activities completed on Strava.

Read our [data and privacy policy](#) to see how your data is protected. We will not sell, rent or provide your personal information to unauthorised third parties.

## Questions unanswered?

Find out more about fitness devices and apps [here](#) or visit our [troubleshooting page](#). You will also find a full set of Vitality rules [here](#). If, for any reason, there is a conflict between rules in this benefit guide and the Vitality rules – the [Vitality main rules](#) will apply at all times.







## Disclaimer

Discovery Vitality is not responsible or liable for any changes to our ecosystem of device partners. These changes include:

- A fitness device partner discontinuing their integration with the Discovery Vitality ecosystem of device partners.
- Certain devices, applications and websites that are no longer compatible with Discovery Vitality offerings.
- Operational decisions taken by device partners that may impact your ability to continue using a device for Discovery Vitality benefits.

## Stay in touch

For more information about the benefit, visit [www.discovery.co.za](http://www.discovery.co.za).

Download the  Discovery app. Follow Discovery Vitality on       
(Vitality\_SA) Not yet a Vitality member? [Join today](#), it only takes in 60 seconds.

Last Updated: September 2024