

# ZWIFT BENEFIT GUIDE

## ZWIFT

### Getting started

Zwift is a multiplayer online cycling and running physical training programme. With Zwift, you can earn Vitality points based on workouts that you track your speed and heart rate. Add your workouts on the Zwift app to Vitality by linking your Zwift account.

### Who can earn Vitality points with Zwift?

Members aged 18 years or older who have a qualifying policy:

- Vitality Health
- Vitality Purple
- Vitality Active
- Vitality Active Rewards for Doctors
- Vitality Active Rewards for South African Breweries (SAB)
- Vitality 65+

Discovery Vitality members between the ages of 14 years and 18 years who are part of the Vitality Active Rewards for Teens programme can link their Zwift account to Vitality to earn points towards their weekly exercise goals. However, these points will not count towards their Vitality status. Vitality members, 18 years and older, on an active Vitality membership can link their Zwift profiles to Vitality to earn Vitality points towards their Vitality status. You can find

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out more about Vitality Active Rewards for Teens [here](#).

Members who are eligible to earn points towards their fitness goals:

- Vitality Health Tracker or the Condition Management benefit
- Vitality Active Rewards for Healthy Company

Members who have only KeyFIT, or Vitality Drive (not Vitality Health) will not earn Vitality points using Zwift.

### What does it cost?

Vitality has no extra cost for Zwift, but Zwift has a monthly subscription fee. Please visit [www.zwift.com](http://www.zwift.com) for latest rates.

### Linking your Zwift account to Vitality

You can link your Zwift account to your Vitality membership through the Discovery app or website. When you link your account, you will need to grant Vitality permission to access your Zwift information and allow Zwift to share your information with Vitality.

If you are under the age of 18 years old, you understand that you have activated Active Rewards, and by linking your device, you understand that you are acting within the scope of consent in line with the Active Rewards programme. This means that you must act under the supervision of an authorised legal guardian.

### How to link Zwift through the Discovery app

- Download the Zwift app and create an account.
- Download the latest version of the Discovery app
- Log in to the Discovery app and select **Vitality Health** from the menu.
- Scroll down and select **Devices and apps**.
- Select **Link a device** or app and choose Zwift from the app menu.
- Follow the prompts to link your Zwift account to your Vitality membership.
- Once linked, you will find Zwift on the Devices and apps section as a linked device.

## 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 Zwift account, you can earn 100 Vitality points a day for a qualifying speed workout, or up to 300 Vitality points for heart rate workouts if you use an approved heart rate monitor linked to Vitality or Zwift-compatible hardware that shares your heart rate data to Zwift. When you save your workouts, set your user settings to PUBLIC so we receive your work out details.

If you delink your account before we receive your data, you will not receive points.

The points you earn by uploading data from your Zwift account count towards the maximum Vitality points for fitness. Each adult can earn up to 30 000 Vitality points a year for fitness.

We award Vitality points for one fitness event a day. If you complete more than one fitness event, you will get the higher of the points for the activities.

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### **Ending this benefit**

If your Vitality membership ends, you will no longer earn Vitality points for uploading your workout data with Zwift. However, you can continue using Zwift.

You can de-link your Zwift account from Vitality at any stage by selecting the De-link option on the Devices and apps page on the Discovery website or through Zwift on the Discovery app. If you de-link your account, you will no longer earn Vitality points through Zwift. You will also not earn Vitality points for workout data that we do not receive. If you re-link your Zwift account, we cannot award you points for workouts you did between de-linking and linking. If you cancel your Zwift subscription, you will no longer earn Vitality points.

### **Third party consent**

By linking your device, you agree to the limits, terms, and conditions. You also agree that Discovery Vitality (Pty) Limited, their partner network and third parties associated with the benefit may share your personal information to manage the benefit effectively.

Read our [data and privacy policy](#) to see how we protect your data. We will not sell, rent or provide your  
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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.

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