

# Get Active

and earn Vitality points with TomTom



## TomTom

### Get started

Track your workouts through Vitality using a TomTom device to earn points based on tracking your speed and average heart rate depending on the capability of your device. Vitality members can get up to 25% cash back on selected fitness devices with the Vitality [HealthyGear](#) and [HealthyCare](#) benefits.

### Who can earn points with TomTom

Vitality members, 16 years and older, on an active Vitality membership can link their TomTom device to Vitality to earn Vitality points. Members who have only KeyFIT or Vitalitydrive (not Vitality), will not earn Vitality points. There are no fees for using your device to upload your workout data to Vitality to earn your Vitality points.

The points you earn by uploading data from your TomTom 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 more than one fitness activity a day, then the higher of the activities will be awarded.

**To start earning points, give Vitality access to your TomTom device data by following these steps:**

1. If you do not already have a MySports account, visit the [TomTom website](#) to create a MySports account. When you have created the account, make sure that you have connected your TomTom devices to that account.

2. Click on the '[Fitness devices and apps](#)' page under the '**Gym and Fitness**' section on the Vitality menu and click on '**Link my TomTom account**'.
3. Enter your MySports login information and click on '**Authorise**'.
4. If you have any problems uploading your workout data, please visit the [TomTom website](#) for more information.

View the points structure under 'Earn Vitality points' below. Please note that different models of TomTom track different data types (speed and heart rate).

Vitality can only award points for data types that your specific device model tracks.

### Earning Vitality points with TomTom fitness devices

You can earn Vitality points for uploading your workout data. Points depend on your **heart rate, speed, exercise or duration**.

#### *To earn up to 100 Vitality points:*

- Track **30 minutes or more of light physical activity in one exercise session a day** at a minimum average heart rate of more than 60% and less than 70% of your [age-related heart rate](#).
- Track **30+ minutes of physical activity in one exercise session a day** at a minimum **average speed** of 5.5 kilometres an hour (walking/running); 1.5 kilometres an hour (swimming) or 10 kilometres an hour (cycling).
- Workouts with an average speed exceeding 25 kilometres an hour (walking/running), 6 kilometres an hour (swimming) or 60 kilometres an hour (cycling) will not qualify for Vitality points.

#### *To earn up to 200 Vitality points:*

- Track **30 - 59 minutes of moderate physical activity in one exercise session a day** at a minimum average heart rate of more than 70% and less than 80% of your [age-related heart rate](#).

#### *To earn up to 300 points:*

- Track **30 minutes of vigorous physical activity in one exercise session a day** at a minimum average heart rate of more than 80% of your [age-related heart rate](#).
- Track **60 minutes of moderate physical activity in one exercise session a day** at a minimum average heart rate of more than 70% and less than 80% of your [age-related heart rate](#).

**Please note:** There is an option to clear your data from your device after you have uploaded it. If you clear it, you will not be able to upload older details to Vitality.

## An example

John buys a TomTom fitness device and links it to Vitality. His device collects heart rate and speed data. John is 35 years old and exercises for 30 minutes at an average heart rate of 148 bpm or higher. This earns John 300 points because it is vigorous physical activity at an average heart rate of at least 80% of his age-related maximum heart rate.

## Ending this benefit

If your Vitality membership ends, you will no longer earn Vitality points for uploading your workout data with your TomTom device. However, you can continue to use TomTom in your personal capacity. You may disconnect your TomTom device from Vitality at any stage by selecting the 'Delink' option on the Fitness devices and apps page or the Discovery App. If you disconnect it, you will no longer earn Vitality points through TomTom. If you want to link again, you will need to follow the steps under the 'To link your TomTom device to Vitality' section.

## 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 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](http://www.discovery.co.za) or call 0860 99 88 77. Terms and conditions apply.

## Keep up to date with the latest news from Vitality:

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