

## 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 or 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**.

### Earning Vitality points

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.

### Activities that qualify for points

You cannot earn points through Strava for workouts from a fitness device that is linked to Strava, you should link your fitness device directly to Vitality.

Earn speed-workout fitness points for the following:

Activity	Qualifying activity	Vitality points
Running	Running at an average of 5.5+ km/hour for 30 minutes plus	100
Cycling	Cycling at an average of 10+ km/hour for 30 minutes plus	100

### Activities that do NOT qualify for points

You will not earn Vitality points for the following:

- Speed workouts for running that exceed 25 km/hour
- Cycling that exceeds 60 km/hour
- Swimming
- Heart rate, steps and speed data received through a third-party device or app linked to Vitality through Strava.

### 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](#) or visit our troubleshooting page within the **Help** page on the Discovery website. You will also find a [full set of Vitality Main Rules](#). If, for any reason, there is a conflict between the rules in this benefit guide and the Vitality Main Rules, the Vitality Main Rules will always apply.

### Stay in touch

If you have any questions or need more information about outdoor sporting events, go to [www.discovery.co.za](http://www.discovery.co.za).

Download the Discovery app, follow Discovery Vitality on [Facebook](#), [Instagram](#), [Twitter](#) and [YouTube](#).

Join our Team Vitality [running](#) and [cycling](#) communities on Strava, [running](#) and [cycling](#) groups on Facebook and [cycling](#) club on Zwift.

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