

ACTION SPORTS BENEFIT GUIDE

Earn 100 Vitality points a day with Action Sports

Action Sports is a premier indoor sports provider with a national footprint of 20 arenas across South Africa. Action Sports offers the ultimate in indoor activities, including Action Cricket, Action Netball, Action Hockey and Action Soccer.

Who may use this benefit?

All Vitality members who are 18 years or older may use this benefit. To earn 100 Vitality points a day, you must:

- Have an active profile on the [Action Sports app](#) or [webpage](#).
- Be part of a team.
- Complete a sport at participating Action Sports arenas in South Africa.

Click to view all [participating Action Sports arenas](#) where you can earn Vitality points.

What you pay

There is no payment for this benefit; however, participation in sports activities may be subject to venue, league registration or playing fees charged by Action Sports. These fees are determined and administered by Action Sports and are separate from the Vitality benefit.

Access to this benefit is included in your Vitality membership fee and does not require any additional fees.

How to activate the benefit

Create an Action Sports profile on www.actionsports.co.za and link it to your Vitality membership through your ID or passport number:

- Navigate to the **Discovery Vitality** banner in the Actions Sports app.
- Type your ID number or passport number to verify your Vitality membership.
- Your profile will be linked to Vitality and you won't need to complete this step again.

Earn Vitality points

You can earn a maximum of 100 Vitality points a day at participating arenas. You'll only earn points for one sports activity a day at Action Sports, even if you play more than one sport.

How to earn Vitality points:

- When you arrive at the venue, open the Action Sports app on your phone.
- Scan the QR code at the entrance.
- Select the game scheduled for that day and confirm check-in.
- Play for 30 minutes+

Your points can take up to four days to reflect on the Vitality Points Tracker.

- Vitality points will only be awarded for one fitness activity a day. If you complete two activities in one day, then the higher points between the two will be awarded.
- For example, if you complete one Actions Sports activity (100 points) and then track a heart-rate activity with your fitness device on the same day (up to 300 points), you'll receive the higher number of points for that day.
- Points for all fitness activities will contribute towards your maximum limit of 25,000 Vitality points a year.
- View the [Vitality points guide](#) for more details.

When you will not earn Vitality points

- If you have not linked your ID or passport number in the Action Sports app.
- If you do not have a valid booking at an Action Sports arena on that day.
- If you do not scan the QR code at the venue to check in for your activity.

To earn Vitality points, make sure to add your ID or passport number correctly in the Action Sports app. By registering with your valid South African ID or passport number, Discovery Vitality will be able to receive your activity information from Action Sports and award your Vitality points.

Ending this benefit

This benefit ends when your Vitality membership ends.

Third party consent for using the Action Sports benefit

By linking your ID number or passport number in the Action Sports app, you agree to the limits, terms and conditions of the Action Sports benefit and consent to Discovery Vitality (Pty) Ltd., its partner network and third parties associated with the benefit sharing and processing your personal information to administer the benefit in line with the rules set out in this document, the [Vitality Main Rules](#) and the [Discovery Privacy Statement](#).

Please read this benefit guide together with the [Vitality Fitness benefit guide](#) and the following [Action Sports terms and conditions](#).

If, for any reason, there is a conflict between rules in this benefit guide and the [Vitality Main Rules](#), the Vitality Main 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 and navigate to Vitality or call 0860 99 88 77. Alternatively, visit the [Vitality Help](#) page for more information.

Not a Vitality member yet? [Join today](#). It only takes in 60 seconds.

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