

PHYSICAL



Move. Track. Score. Active Dayz™ from Multiply, rewards you for being active, your way.

At a glance

Run, walk, cycle, chase the kids, dance, we've got you. Go to gym, log an event or use your device or app to track your calories burned or steps taken and we'll give you real benefits like cash-back and discounts. And then there are the priceless benefits of living longer and bullet-proofing yourself against most lifestyle diseases.

What you get

Premier

Your Active Dayz™ earn you points.

You can earn HealthReturns from Momentum Health.

You can get an additional fitness discount on your Momentum Myriad premium.

Provider

Your Active Dayz™ earn you points.

You can earn HealthReturns from Momentum Health.

Starter

You can earn HealthReturns from Momentum Health.

How it works

How to get it

You can have an Active Day in one of the following ways:

- Go to the gym - a Multiply gym visit per day (provided you belong to Virgin Active, Planet Fitness or a Multiply affiliated gym).
- Take 10 000 steps per day (through a device or app linked to your Multiply profile).
- Burn 300 calories in an exercise session (through a device or app linked to your Multiply profile).
- Participate in a qualifying event (claimed via Entrytime online).

Using the benefit

Linking your device:

- (1) Register your new device on the manufacturer's website and follow their guide to obtain a username and password if you don't yet have one.
- (2) Log on to the Multiply website at www.momentum.co.za/multiply and select 'link your device' from the 'Get Active' menu. You can also verify that your device is supported by Multiply by viewing our full list of supported devices.
- (3) Select your device's brand name or search for your device by brand name. Once you have selected your brand, click on 'link device'. You will be directed to your device's website and you will have to enter your user details (or register if you have not done so yet).
- (4) You will then have to give Multiply authorisation to access your data.

Remember to regularly upload your device data using the device's website or app.

Remember that you can only earn one Active Day on a day, even if you do a number of activities on a particular day. You will get an Active Day based on the activity that reaches Multiply first.

The steps contributing towards Active Dayz™ are based on your number of actual steps taken and accumulated over the full day, while calories are based on the number of calories burned per single exercise session i.e. calories do not accumulate over the full day.

For this reason when a device tracks your steps throughout the day we will be using the steps recorded on the device rather than the calories burned to check if you've had an Active Day. However if your device only tracks calories burned, then we will use the calories to check if you've had an Active Day.

For example, let's say this was your exercise program for the week, then your Active Dayz™ would be as follows:

DAY OF THE WEEK	EXERCISE	ACTIVE DAY	EXPLANATION
Monday	Afternoon: Gym	Yes	A gym visit qualifies you to have an Active Day
Tuesday	●	●	●
Wednesday	Morning: Run burning 380 calories	Yes	Burning more than 300 calories qualifies you to have an Active Day
Thursday	Morning: Gym Afternoon: 10 km run taking 14 000 steps	Yes	Although both qualify you for an Active Day, you can only have one Active Day on a day
Friday	●	●	
Saturday	Morning: Run burning 200 calories Afternoon: Weight training burning 200 calories	Yes	Although total calories burned equal 400, you will not get an Active Day as you did not burn 300 calories in one exercise session
Sunday	●	●	

If you have more than one device, you must burn 300 calories or take 10 000 steps on one of the devices in order to earn your Active Day. For e.g. let's say you take 7 000 steps with your pedometer and 5 000 steps with your TomTom device. Although the total steps for the day equal 12 000, you will not get an Active Day as the total steps was not on one device.

If you use a Multiply Omron pedometer, only normal steps will count towards an Active Day i.e. aerobic steps will no longer be doubled for the purpose of an Active Day. For example, let's say you took 11 000 steps for the day of which 2 000 steps were aerobic steps. The number of steps counting towards an Active Day would be 11 000 only i.e. the aerobic steps would not be counted twice.

Visit www.momentum.co.za/multiply to view the full list of Multiply supported devices and apps.

The standard Multiply Ts & Cs apply.

