



PEDOMETER

Earn Multiply points every time you take a step!

Why you'll love this benefit

Multiply rewards you with points every time you take a step – and the more points you have, the higher your status level. That means greater benefits and discounts.

How this benefit works for you

The number of points you can earn depends on the number of steps you take each day. We will reward you with 25 points if you reach the goal number of 10 000 steps every day.

Single members can earn up to 3 500 points from this benefit, and family members up to 7 000.

You can also earn up to 800 points each month for reaching level 5 of your Best of Activity Level.

Best of Activity Level	Average pedometer steps per day per month	Best of Activity monthly points
Level 1	0-3 000	0
Level 2	3 001-6 000	200
Level 3	6 001-9 000	400
Level 4	9 001-12 000	600
Level 5	>12 000	800

What you need to know

To activate this benefit, you must buy a Multiply Omron pedometer from Multiply's online store. This device will help you count the number of steps you take. It can also calculate how far you have walked, and how many calories you have burned.

You can download the Windows pedometer software from www.momentum.co.za/multiply. You can get the Mac version. Install the applicable software on your computer (you will need an Internet connection to do this).

It is important to set up your pedometer with your individual measurements. You must insert your stride length and weight to make sure that the information recorded by the pedometer is accurate.

Before you can start to earn points, you must register your pedometer and link it to your Multiply profile. You can do this by connecting the pedometer to the USB port on your computer, open the pedometer application, then follow the steps to register.

You will now be able to view your steps and pedometer points on our website. You can also use the website to log onto Multiply's pedometer community, where you can find a fitness buddy, join in challenges and find interesting information related to wellbeing.

Your pedometer information will also be uploaded onto the FitTrack website. This programme has been developed to help you get and keep fit by giving you customised training programmes and helping you monitor your progress with a Fitness Chart. You will also be given access to the Multiply FitTrack Index™, which will show your specific level of fitness. You can log onto FitTrack directly at www.fittrack.co.za or through Momentum's website. Your pedometer data will contribute to your fitness score and to your Multiply FitTrack Index™ - remember that you can qualify for a 20% fitness discount on your health club membership fee if your Multiply FitTrack Index™ is greater than 30 during the previous month.

The rules

- The points you earn for the current month's steps will be reflected during the first week of the following month.
- To purchase your Omron Pedometer, visit the Multiply online store (www.multiplyonlineshop.co.za) and click on the Omron catalogue.
- Items must be paid for with a valid MasterCard or Visa cheque or credit card.
- Purchases will be delivered to your specified address within ten working days. Please note that a business address is preferable.

Enjoy the walk!

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