WHAT IS A POLAR HEART RATE MONITOR?

If you’re new to the concept of a heart rate monitor, you might be wondering what it is. It consists of a watch worn on your wrist, and a transmitter that you comfortably wear around your chest. The transmitter picks up the signals of your heart and sends them wirelessly to the watch you wear on your wrist. It’s that simple. No wires, no taking your pulse and doing a multiplication equation. Just look at your wrist and it’s there. And the key – it’s displayed continuously. The continuous display is what makes it effective. It’s there to guide you during your entire workout.

HOW DO I EARN VITALITY BUCKS®?

If you wear the Polar heart rate watch and transmitter while exercising for at least 30 minutes at 60% of your maximum heart rate continuously, you will earn Vitality Bucks for working out.

60% of maximum heart rate = (220 - age) x .6

Certain models of Polar heart rate monitors are able to transmit this data to Vitality via a computer microphone that will plug into your computer. You can purchase these at any electronics store. In addition, all Polar heart rate monitors featured on the Vitality website have the ability to transmit data. Your Polar heart rate monitor must be able to transmit data to Vitality.

These transmission types include infrared, sound, and Polar Flowlink. Every Polar heart rate monitor offered on the Vitality Mall has the ability to transmit data using one of these transmission types.

HOW DO I TRANSMIT DATA?

1. You may purchase Polar Heart rate monitors and accessories directly from our Vitality Mall at www.powerofvitality.com using your Vitality Bucks or credit card.

2. Visit www.polarpersonaltrainer.com and register as a Polar user. You’ll need to enter your first and last name, your country, the last four digits of your Social Security Number, your heart rate monitor model number and monitor serial number.

3. Make sure your Polar heart rate monitor is WebLink enabled by downloading the Polar Weblink software after registering as a Polar user. The WebLink feature will enable you to log your training sessions and earn Vitality Bucks.

4. Register Vitality as your “data share” partner, on www.polarpersonaltrainer.com by selecting “Vitality” from the drop down list under Settings/Partners. Make sure that you have selected “United States” as your country under Contact Information so that this option appears.

5. After successful validation and registration, you can download your exercise data on the Polar website.

6. Polar will send your workouts to Vitality – you do not need to take additional steps or log anything on the Vitality site.

7. Existing www.polarpersonaltrainer.com members can also register under Vitality as their “data share” partner, via the same process, by selecting Vitality from the drop down list under Settings/Partners.

If it is unreasonably difficult due to a medical condition for you to achieve the standards for the rewards under the Vitality™ program, call us at 877.224.7117 and we will work with you to develop another way to qualify for the reward.