

VITALITY FITNESS DEVICE GUIDE

As a Vitality member, you can earn Vitality points and rewards when you use devices or apps to track your fitness and health activities.



SUMMARY

To ensure that you get the most out of your fitness device, Vitality recommends that you purchase a device that is compatible with the operating software of your mobile phone.

This guide will provide you with the information you need to maximise your Vitality points and other benefits related to your fitness device including updates that will ensure you do not miss out on new features and additional points.

Depending on the Vitality linked fitness device you have, you can earn Vitality points for the following:



Steps

Earn Vitality points and close your Active Rewards fitness ring



Heartrate


Earn Vitality points and close your Active Rewards fitness ring



Speed

Earn Vitality points and close your Active Rewards fitness ring

To learn about the points you can earn for your steps, heart rate, and speed workouts, check out the [Vitality Health Points Guide](#).

FITNESS DEVICE			
 WATCH	✓	✗	✗
 fitbit	✓	✓	✗
 GARMIN.	✓	✓	✗
 HUAWEI Health Kit	✓	✓	✓
 POLAR.	✓	✓	✓
SAMSUNG Galaxy Watch	✗	✓	✗
 SUUNTO	✓	✓	✗
 Withings™ Part of Nokia	✓	✓	✗
 ZWIFT	✓	✓	✗

You may link multiple devices to your profile, however we'll only award Vitality points for the highest points-earning fitness activity per the day. To calculate the amount of Vitality fitness points you can earn, visit the [fitness device points calculator page](#).

This information was correct at the time of printing. The device models, manufacturer rules and benefits are subject to change.






NAVIGATION



Details

The table below has the detailed explanation on the fitness device and mobile phone operating software compatibility and how to link to Vitality to earn points.



					
FITNESS DEVICE	DEVICE MODEL	HOW IT WORKS			
	<ul style="list-style-type: none"> ■ Series 1-8 ■ Series SE ■ Ultra 	<ul style="list-style-type: none"> ■ Download the Health app, follow the onboarding process to set up your device and pair it with your phone. ■ Link your Health account to Vitality under devices and apps in the Discovery app, by toggling to apps and allowing Vitality to receive your workout information. <p>Learn more Watch video tutorial</p>			
	<ul style="list-style-type: none"> ■ Charge 1-5 ■ Inspire 1-3 ■ Versa 1-4 ■ Senser 1-2 ■ Luxe 	<ul style="list-style-type: none"> ■ Download the Fitbit app, create an account and pair your device with your phone. ■ Link your Fitbit account to Vitality on the devices and apps screen on the app or website by selecting Fitbit and enter your account login details. ■ Allow Vitality to receive your workout information. <p>Learn more Watch video tutorial</p> <p>* As a Vitality member with a linked Fitbit device, you don't need to be concerned. While you may not be able to buy a Fitbit device in South Africa anymore, you can still earn up to 300 Vitality points a day for tracking your steps, heart-rate and speed workouts with your Fitbit.</p>			
	<table border="0"> <tr> <td> <ul style="list-style-type: none"> ■ ApproachS40 - S62 ■ CaptainMarvel ■ Catalyst ■ D2 ■ DarthVader ■ Descent - MK2s ■ Edge20 - 1000 ■ Epix ■ Etrextouch </td> <td> <ul style="list-style-type: none"> ■ Fenix 1-7 ■ Fenixchronos ■ FirstAvenger ■ Foreathlete 45 - 945 ■ Forerunner10 -945 ■ Swim 1-2 ■ Instinct 1-2 ■ Lumen ■ Marq </td> <td> <ul style="list-style-type: none"> ■ Quatix 1-6 ■ Rey ■ Tactix ■ Venu 1-2S ■ VenuSq ■ VivoactiveHR 1-4 ■ Vivofit 1-4 ■ Vivomove 1-3s ■ Vivosmart 1 -5HR </td> </tr> </table>	<ul style="list-style-type: none"> ■ ApproachS40 - S62 ■ CaptainMarvel ■ Catalyst ■ D2 ■ DarthVader ■ Descent - MK2s ■ Edge20 - 1000 ■ Epix ■ Etrextouch 	<ul style="list-style-type: none"> ■ Fenix 1-7 ■ Fenixchronos ■ FirstAvenger ■ Foreathlete 45 - 945 ■ Forerunner10 -945 ■ Swim 1-2 ■ Instinct 1-2 ■ Lumen ■ Marq 	<ul style="list-style-type: none"> ■ Quatix 1-6 ■ Rey ■ Tactix ■ Venu 1-2S ■ VenuSq ■ VivoactiveHR 1-4 ■ Vivofit 1-4 ■ Vivomove 1-3s ■ Vivosmart 1 -5HR 	<ul style="list-style-type: none"> ■ Download the Garmin Connect app, create an account and pair your device with your phone. ■ Link your Garmin Connect account to Vitality on the devices and apps screen on the app or website by selecting Garmin and enter your account login details. ■ Allow Vitality to receive your workout information. <p>Learn more Watch video tutorial</p>
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		<ul style="list-style-type: none"> ■ Download the Huawei Health Kit app, create an account and pair your device with your phone. ■ Link your Huawei Health Kit account to Vitality on the devices and apps screen on the app or website by selecting Huawei Health Kit and enter your account login details. ■ Allow Vitality to receive your workout information. <p>Learn more Watch video tutorial</p>			



Apple

FITNESS DEVICE

DEVICE MODEL

HOW IT WORKS

- Polar A300 - A370
- Polar Grit X
- Polar Grit X Pro
- Polar H7 to H9 Heart Rate Sensor
- Polar Ignite 1-2
- Polar Loop 1-2
- Polar M200 - M600
- Polar OH1
- Polar Pacer
- Polar Pacer Pro
- PolarTeamPro
- Polar Unite
- Polar V650 - V800
- Polar Vantage V-M
- Polar Verity Sense

- Download the Polar Flow app, create an account and pair your device with your phone.
 - Link your Polar account to Vitality on the devices and apps screen on the app or website by selecting Polar and enter your account login details.
 - Allow Vitality to receive your workout information.
- [Learn more.](#)

SAMSUNG Galaxy Watch

- Suunto 1-90
- Sunnto Core

- You cannot earn Vitality points through a Samsung Watch unless you link it to the Discovery Android app on an Android phone.

- Pulse HR
- Steel HR
- ScanWatch

- Download the Suunto app, create an account and pair your device with your phone.
 - Link your Suunto account to Vitality on the devices and apps screen on the app or website by selecting Suunto and enter your account login details.
 - Allow Vitality to receive your workout information.
- [Learn more.](#)

- Android 9.0

- Download the Withings app, create an account and pair your device with your phone.
 - Link your Withings account to Vitality on the devices and apps screen on the app or website by selecting Withings and enter your account login details.
 - Allow Vitality to receive your workout information.
- [Learn more.](#)

- Download the Zwift app, create an account and pair your device with your phone.
 - Link your Zwift account to Vitality on the devices and apps screen on the app or website by selecting Zwift and enter your account login details.
 - Allow Vitality to receive your workout information.
- [Learn more.](#)

- Download the Zwift app, create an account and pair your device with your phone.
 - Link your Zwift account to Vitality on the devices and apps screen on the app or website by selecting Zwift and enter your account login details.
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(Including older Huawei devices using Google Mobile Services)



FITNESS DEVICE

DEVICE MODEL

HOW IT WORKS

SAMSUNG Galaxy Watch

- Galaxy Watch 1 -5 Pro
- Band Fit 1-2
- Galaxy Active 1-2

- Download the Samsung Health app, create an account and pair your device with your phone.
- Link your Samsung Health account to Vitality on the devices and apps screen on the app or website by selecting Samsung Health and enter your account login details.

[Learn more](#) Watch [video tutorial](#)

APPLE WATCH

- You cannot earn Vitality points through an Apple Watch unless you link it to the Discovery IOS app on an Apple iPhone.

fitbit

- Charge 1-5
- Inspire 1-3
- Versa 1-4
- Senser 1-2
- Luxe

- Download the Fitbit app, create an account and pair your device with your phone.
- Link your Fitbit account to Vitality on the devices and apps screen on the app or website by selecting Fitbit and enter your account login details.

- Allow Vitality to receive your workout information.

[Learn more](#) Watch [video tutorial](#)

* As a Vitality member with a linked Fitbit device, you don't need to be concerned. While you may not be able to buy a Fitbit device in South Africa anymore, you can still earn up to 300 Vitality points a day for tracking your steps, heart-rate and speed workouts with your Fitbit.

GARMIN

- | | | |
|---------------------|------------------------|--------------------|
| ■ ApproachS40 - S62 | ■ Fenix 1-7 | ■ Quatix 1-6 |
| ■ CaptainMarvel | ■ Fenixchronos | ■ Rey |
| ■ Catalyst | ■ FirstAvenger | ■ Tactix |
| ■ D2 | ■ Foreathlete 45 - 945 | ■ Venu 1-2S |
| ■ DarthVader | ■ Forerunner10 -945 | ■ VenuSq |
| ■ Descent - MK2s | ■ Swim 1-2 | ■ VivoactiveHR 1-4 |
| ■ Edge20 - 1000 | ■ Instinct 1-2 | ■ Vivofit 1-4 |
| ■ Epix | ■ Lumen | ■ Vivomove 1-3s |
| ■ Etrextouch | ■ Marq | ■ Vivosmart 1 -5HR |

- Download the Garmin Connect app, create an account and pair your device with your phone.
- Link your Garmin Connect account to Vitality on the devices and apps screen on the app or website by selecting Garmin and enter your account login details.

- Allow Vitality to receive your workout information.

[Learn more](#) Watch [video tutorial](#)

HUAWEI Health Kit

- Download the Huawei Health Kit app, create an account and pair your device with your phone.
- Link your Huawei Health Kit account to Vitality on the devices and apps screen on the app or website by selecting Huawei Health Kit and enter your account login details.

- Allow Vitality to receive your workout information.

[Learn more](#) Watch [video tutorial](#)



(Including older Huawei devices using Google Mobile Services)



FITNESS DEVICE

DEVICE MODEL

HOW IT WORKS



- Polar A300 - A370
- Polar Grit X
- Polar Grit X Pro
- Polar H7 to H9 Heart Rate Sensor
- Polar Ignite 1-2
- Polar Loop 1-2
- Polar M200 - M600
- Polar OH1
- Polar Pacer
- Polar Pacer Pro
- PolarTeamPro
- Polar Unite
- Polar V650 - V800
- Polar Vantage V-M
- Polar Verity Sense

- Download the Polar Flow app, create an account and pair your device with your phone.
 - Link your Polar account to Vitality on the devices and apps screen on the app or website by selecting Polar and enter your account login details.
 - Allow Vitality to receive your workout information.
- [Learn more.](#)



- Suunto 1-90
- Sunnto Core

- Download the Suunto app, create an account and pair your device with your phone.
 - Link your Suunto account to Vitality on the devices and apps screen on the app or website by selecting Suunto and enter your account login details.
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- Pulse HR
- Steel HR
- ScanWatch

- Download the Withings app, create an account and pair your device with your phone.
 - Link your Withings account to Vitality on the devices and apps screen on the app or website by selecting Withings and enter your account login details.
 - Allow Vitality to receive your workout information.
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- Android 9.0

- Download the Zwift app, create an account and pair your device with your phone.
 - Link your Zwift account to Vitality on the devices and apps screen on the app or website by selecting Zwift and enter your account login details.
 - Allow Vitality to receive your workout information.
- [Learn more.](#)



(Newer Huawei devices using Huawei Mobile Services)



FITNESS DEVICE

DEVICE MODEL

HOW IT WORKS

SAMSUNG Galaxy Watch

- Galaxy Watch 1 -5 Pro
- Band Fit 1-2
- Galazy Active 1-2

- Download the Samsung Health app, create an account and pair your device with your phone.
- Link your Samsung Health account to Vitality on the devices and apps screen on the app or website by selecting Samsung Health and enter your account login details.

[Learn more](#) Watch [video tutorial](#)

APPLE WATCH

- You cannot earn Vitality points through an Apple Watch unless you link it to the Discovery IOS app on an Apple iPhone.

fitbit

- Charge 1-5
- Inspire 1-3
- Versa 1-4
- Senser 1-2
- Luxe

- Download the Fitbit app, create an account and pair your device with your phone.
- Link your Fitbit account to Vitality on the devices and apps screen on the app or website by selecting Fitbit and enter your account login details.
- Allow Vitality to receive your workout information.

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- Download the Garmin Connect app, create an account and pair your device with your phone.
- Link your Garmin Connect account to Vitality on the devices and apps screen on the app or website by selecting Garmin and enter your account login details.
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HUAWEI Health Kit

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- Link your Huawei Health Kit account to Vitality on the devices and apps screen on the app or website by selecting Huawei Health Kit and enter your account login details.
- Allow Vitality to receive your workout information.

[Learn more](#) Watch [video tutorial](#)



(Newer Huawei devices using Huawei Mobile Services)



FITNESS DEVICE

DEVICE MODEL

HOW IT WORKS



Mobile Device:

- Y Series
- Nova Series
- P Series
- Mate Series

Wearables:

- | | | |
|-------------|---------------|----------------|
| ■ Band 2Pro | ■ Band 7 | ■ Watch GT2Pro |
| ■ Band 3 | ■ Band 8 | ■ Watch GT3 |
| ■ Band 3Pro | ■ Watch Fit | ■ Watch GT3Pro |
| ■ Band 4 | ■ Watch Fit 2 | ■ Watch GT3SE |
| ■ Band 6 | ■ Watch GT | ■ WatchD |
| | ■ Watch GT2e | |

- Download the Huawei Health Kit app, create an account and pair your device with your phone.
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- Allow Vitality to receive your workout information.

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- The Garmin app is not available on the Huawei App Gallery. Vitality recommends using apps found on the App Gallery.



(Newer Huawei devices using Huawei Mobile Services)



FITNESS DEVICE

DEVICE MODEL

HOW IT WORKS



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- Polar Grit X
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- Download the Polar Flow app, create an account and pair your device with your phone.
 - Link your Polar account to Vitality on the devices and apps screen on the app or website by selecting Polar and enter your account login details.
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- [Learn more.](#)

SAMSUNG Galaxy Watch

- You cannot earn Vitality points through a Samsung Watch unless you link it to the Discovery Android app on an Android phone.

SUUNTO

- The Suunto app is not available on the Huawei App Gallery. Vitality recommends using apps found on the App Gallery.



- The Withings app is not available on the Huawei App Gallery. Vitality recommends using apps found on the App Gallery.



- The Zwift app is not available on the Huawei App Gallery. Vitality recommends using apps found on the App Gallery.

Vitality will only award points for data types that your specific device model or app tracks. Please ensure your device is paired correctly on your device account and you have granted Vitality permission to receive your workout data.

Need more information?

Find out more about fitness devices and apps or visit our troubleshooting page. You will also find a full set of Vitality Main Rules. If, for any reason, there is a conflict between rules in this benefit guide and the Vitality Main Rules – the Vitality Main Rules will always apply.

Stay in touch

At Vitality we are committed to providing you with round-the-clock exceptional service, which is why we are delighted to welcome you to Vitality 24/7. With Vitality 24/7, you can ask a live Vitality agent anything, anytime via Ask Discovery on WhatsApp, the Discovery app or discovery.co.za.

To start receiving real-time assistance with Vitality 24/7, you can use one of the following methods:



Register for Ask Discovery on WhatsApp or Scan the QR code.



on the website or App

Look out for the pink chat icon on the website or Discovery App and tap to start chatting. To get personalised answers to your questions, make sure you are logged in to your Discovery profile.





For more information about the benefit, visit www.discovery.co.za.

Download the Discovery app

and follow Discovery Vitality on

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