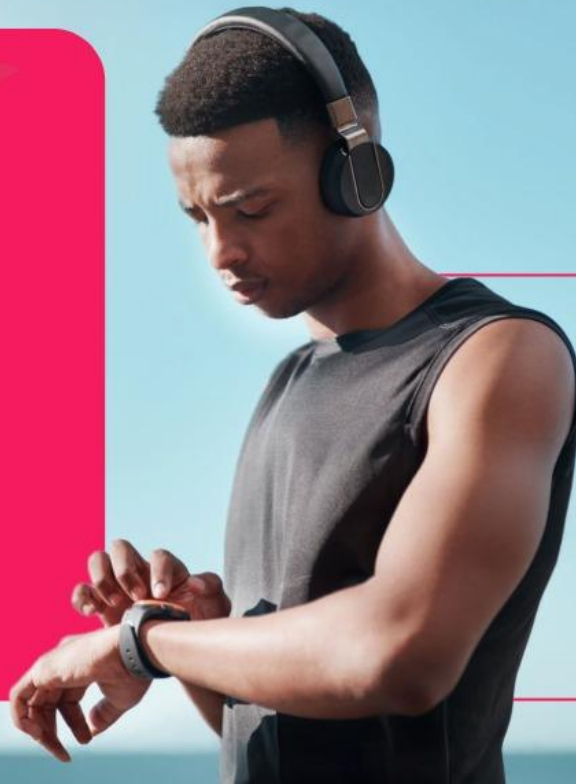


Google Health benefit guide



Google Health

Track your activity

Use your compatible Google Health (Fitbit) device to track exercise and earn Vitality points. The points you earn depend on the data your device tracks, such as steps, heart rate and speed.

Link your device to Vitality and activate Vitality Active Rewards. Earn instant rewards or Discovery Miles when you achieve your weekly exercise goals. Learn more about [Vitality Active Rewards](#) on the Discovery website.

Connect your Google Health (Fitbit) device

You can link your Google Health (Fitbit) device to Vitality by following a few simple steps:

- Create a Google Health account, if you don't already have one and connect your wearable device
- Log in to the **Discovery app > Vitality > Devices Link and Sync**
- Tap **Google Health** in the list of devices shown
- Accept the *Vitality device permissions and honesty pledge*
- Log in to your Google Health account
- Give Google Health permission to share your data with Vitality. To prepare for Vitality Sleep Rewards, coming soon for members on qualifying plans with Google Health (Fitbit) devices, make sure you enable both exercise and sleep data sharing permissions now.
- Once it's linked, your Google Health account will appear in the list of linked devices and apps.

Note: If you previously linked your Fitbit device to Vitality through the Fitbit app, you would need to link it again through Google Health in the Discovery app to continue sharing your data with Discovery. If you do not link again, Vitality will no longer receive your activity data, and you will not earn Vitality points or rewards for eligible

activities.

Who can earn Vitality points for exercise

Vitality members aged 18 years and older, on an active Vitality membership, can link their Google Health (Fitbit) device to Vitality to earn Vitality points towards their Vitality status. This only applies if you have one of the following:

- A Vitality plan that allows you to earn points
- Vitality Active Rewards.

Vitality members aged 14 to 17, who are part of the Vitality Active Rewards for Teens programme, can link their Google Health (Fitbit) device to Vitality to earn points towards their weekly exercise goals. Vitality points earned by Vitality Active Rewards for Teens members will **not** contribute towards their parents' Vitality status. Learn more about Vitality Active Rewards for Teens in the [Vitality Active Rewards benefit guide](#).

Vitality points-earning guide for exercise

You can earn Vitality points:

- By tracking steps on your Google Health (Fitbit) device
- Through heart rate-based exercise sessions
- With speed-based activities, such as walking, running, cycling or swimming

Only your highest qualifying fitness activity each day will earn points. Vitality points earned from fitness activities tracked by your device count towards your yearly fitness points limit. View the [Summary of Vitality Health Points](#) for more information.

Coming soon for Google Health (Fitbit) devices: Vitality Sleep Rewards

You can activate **Vitality Sleep Rewards** to earn instant rewards or Discovery Miles for achieving weekly sleep goals. This is available if you are a Vitality member aged 18 or older on **Vitality Premium, Vitality Active or Vitality through Personal Health Pathways**.

Vitality Sleep Rewards will soon be integrated with Google Health (Fitbit) devices but is not available yet. You may choose to enable sleep data sharing permissions now to prepare for Vitality Sleep Rewards in the future. Sleep data shared through Google Health (Fitbit) devices will only be used for Vitality Sleep Rewards once the integration becomes available and you have activated the programme.

Vitality will let you know when Google Health (Fitbit) devices are compatible with Vitality Sleep Rewards. Keep an eye out for these communications.

Disconnecting your Google Health (Fitbit) device

You may disconnect your device from Vitality at any stage by selecting the **Delink** option on the **Devices and apps** page in the Discovery app.

If you disconnect your device from Vitality, you will stop earning Vitality points through Google Health. If you want to link again, follow the steps listed in the **Connect your Google Health (Fitbit) device** section.

If your Vitality membership ends, you will no longer earn Vitality points for uploading your workout data with your Google Health (Fitbit) device.

Things to know

- You do not pay fees for using your device to upload your data to Vitality to earn your Vitality points, instant rewards or Discovery Miles. You will only pay standard data charges from your service provider.
- Different models of Google Health (Fitbit) devices track different data types, like steps, speed and heart rate. Vitality can only award points for data types that your specific device model tracks.

Need help?

Find out more about fitness devices and apps by logging in to the Discovery website and going to the. [Gym, devices, fitness](#) section under Vitality or visit our [troubleshooting page](#). You can also view a full set of the [Vitality Main Rules](#). If there is any conflict between rules in this benefit guide and the Vitality Main Rules, the Vitality Main Rules will always apply.

Disclaimer

Discovery Vitality is not responsible or liable for any changes to our ecosystem of device partners. These changes include:

- When a fitness device partner discontinues their integration with the Discovery Vitality ecosystem of device partners
- Certain devices, applications and websites that are no longer compatible with Discovery Vitality offerings
- Operational decisions taken by device partners that may impact your ability to continue using a device for Discovery Vitality benefits

Third-party consent

By linking your Google Health app to Vitality, you agree to the limits, terms and conditions. You also agree that Discovery Vitality (Pty) Limited and Fitbit LLC, and third parties associated with the benefit may share your fitness, sleep and personal information to administer the benefit effectively.

Discovery Vitality is a responsible party, as defined in the Protection of Personal Information Act No 4 of 2013

(POPIA), for processing the fitness, sleep and personal information you provide and the information we receive from Fitbit LLC.

For information on how Discovery processes your personal information, please refer to the [Discovery Privacy Statement](#).

Stay in touch

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

Download the  Discovery app. Follow Discovery Vitality (Vitality_SA) on
Not yet a Vitality member? [Join today](#); it only takes 60 seconds.



Last Updated: October 2026