

GARMIN BENEFIT GUIDE

Garmin

Get started

Track your workouts through Vitality using a Garmin device to earn points based on tracking your steps, speed and average heart rate, depending on the capability of your device. Plus, get up to 50% off your next fitness device with Vitality Active Gear when you activate Vitality Active Rewards, complete your relevant health assessments and achieve your exercise goals. Learn more about the Vitality **Active Gear benefit** [here](#).

Who can earn points with Garmin?

Vitality members, 18 years and older, on an active Vitality membership can link their Garmin device to Vitality to earn Vitality points towards their Vitality status.

Discovery Vitality members aged 14 to 17, who are part of the Vitality Active Rewards for Teens programme, will need to link their Garmin device to Vitality to earn points towards their weekly exercise goals. You can find out more about Vitality Active Rewards for Teens [here](#).

Discovery Vitality will receive data from Garmin but takes no responsibility for the age restrictions legislation of Garmin. The age group rules or the legislation differ per partner and per country and need to be verified by the purchaser before purchasing the device. Learn more about Garmin device age restrictions [here](#).

Members who have only KeyFIT or Vitality Drive (not Vitality), will not earn Vitality points. There are no fees for using your device to upload your workout data to Vitality to earn your Vitality points.

Points for all fitness activities earned by uploading data from your Garmin device will accumulate towards the annual member cap. View the [Vitality points guide](#) for more.

Points will only be awarded for one fitness event a day. If you complete more than one fitness activity a day, then the higher of the activities will be awarded.

To start earning points, give Vitality access to your Garmin device data by following these steps:

1. Make sure you have a Garmin Connect account. Visit the [Garmin Connect website](#) to create a Garmin Connect account. When you have a Garmin Connect account, make sure that you have connected your Garmin devices to that account. When registering on the Garmin website, you agree to their terms and conditions.
2. Click on the '[Garmin](#)' section under the '**Gym, devices and fitness**' page on the Vitality menu and click on '**Link my device**'.
3. Enter your Garmin Connect login information and click on '**Sign In**'.
4. The page will refresh. You will see the '**Gym, devices and fitness**' overview page updated with your Garmin Connect information.

If you have any problems uploading your workout data, please visit the [Garmin website](#) for more information.

View the Vitality points structure under '[Earn Vitality points](#)' below. Please note that different models of Garmin track different data types (steps, speed, heart rate, etc.).

Vitality can only award points for data types that your specific device model tracks.

Earn Vitality points

You can earn Vitality points for uploading your workout data. Points depend on your **heart rate, speed, exercise duration or steps** you take. Find out more about Vitality points [here](#).

To earn up to 50 Vitality points	To earn up to 100 Vitality points	To earn up to 200 Vitality points	To earn up to 300 Vitality points
<ul style="list-style-type: none"> ▪ Track 5000 – 9999 steps a day 	<ul style="list-style-type: none"> ▪ Track 10 000+ steps a day ▪ Track 30 minutes or more of light physical activity in one exercise session a day at a minimum average heart rate of more than 60% and less than 70% of your age-related heart rate. 	<ul style="list-style-type: none"> ▪ Track 30 – 59 minutes of moderate physical activity in one exercise session a day at a minimum average heart rate of more than 70% and less than 80% of your age- 	<ul style="list-style-type: none"> ▪ Track 30 minutes of vigorous physical activity in one exercise session a day at a minimum average heart rate of more than 80% of your age-related heart rate ▪ Track 60 minutes of moderate physical activity

	<ul style="list-style-type: none"> ▪ Track 30+ minutes of physical activity in one exercise session a day at a minimum average speed of 5.5 Kilometers an hour (walking/running) ;1.5 kilometers an hour (swimming) or 10 kilometers an hour (cycling) ▪ Workouts with an average speed exceeding 25 kilometers an hour (walking/running), 6 kilometers an hour (swimming) or 60 Kilometers an hour (cycling) will not qualify for Vitality points. 	related heart rate	in one exercise session a day at a minimum average heart rate of more than 80% of your age-related heart rate.
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Please note: There is an option to clear your data from your device after you have uploaded it. If you clear it, you will not be able to upload older details to Vitality.

Points earned by Vitality Active Rewards for Teens members will not contribute towards their parents' Vitality status. There is no cap on the number of points teens can earn towards reaching their goals.

1000 fitness points threshold: Earn 50 Vitality points for tracking between 5 000 and 9 999 steps in a day or 100 points for a 30+ minute workout where you are able to maintain 60 - 69% of your maximum age-related heart rate. These activities recognise that important first step for many of our members who are just starting out. For this reason, these points will contribute to your weekly Vitality Active Rewards goal but will be subject to a cap of 1 000 points per year towards your Vitality Status. Find out more about your [Vitality Active Rewards](#).

You can earn up to 1 200 Vitality points per month towards your Vitality Status and Vitality Active Rewards goal by tracking 10 000+ steps. After the cap is reached in a month, all 10 000+ step activity will continue to count towards Vitality Active Rewards goal. Find out more about your [Vitality Active Rewards](#).

An example

John buys a Garmin fitness device and links it to Vitality. His device collects heart rate and speed data. John is 35 years old and exercises for 30 minutes at an average heart rate of 148 bpm or higher. This earns John 300 points because it is vigorous physical activity at an average heart rate of at least 80% of his age-related maximum heart rate.

Ending this benefit

If your Vitality membership ends, you will no longer earn Vitality points for uploading your workout data with your Garmin device. However, you can continue to use Garmin in your personal capacity. You may disconnect your Garmin device from Vitality at any stage by selecting the 'Delink' option on the 'Gym, devices and fitness' page or the Discovery App. If you disconnect it, you will no longer earn Vitality points through Garmin. If you want to link again, you will need to follow the steps under the '**To link your Garmin device to Vitality**' section.

Questions unanswered?

Find out more about fitness devices and apps [here](#) or visit our [troubleshooting page](#). You will also find a full set of Vitality rules [here](#). If, for any reason, there is a conflict between rules in this benefit guide and the Vitality rules - the Vitality rules will apply at all times.







Disclaimer

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

- A fitness device partner discontinuing 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.

Stay in touch.

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

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

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