



HEALTH APP BENEFIT GUIDE

Health App

Get started.

Track your workouts through Vitality using the Health App or Apple devices to earn points based on tracking your steps, speed and average heart rate depending on the capability of your Apple Watch, iPod or iPhone.

Find out more about the [Apple Watch benefit](#).

Who can earn points with Health App

Vitality members, 18 years and older, on an active Vitality membership can link their Health App or Apple device to Vitality to earn Vitality points.

Discovery Vitality members aged 14 to 17, who are part of the Vitality Active Rewards for Teens programme, will need to link their Health App or Apple 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 Apple but takes no responsibility for the age restrictions legislation of Apple. 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. Find out about the Apple Health age limits [here](#).

The points you earn by uploading data from your Health App device count towards the maximum Vitality points for fitness. Each adult can earn up to 30 000 points for fitness each year. 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 Health App data by following these steps:

1. Ensure that you have the Discovery app installed. The Health App is available on iPhone (5s and above) and the iPod touch (5th generation and above).
2. Log into Discovery app and select Vitality.
3. On the Vitality page select Devices and apps.
4. A confirmation page will pop up your screen. Click 'Get started' to authorise Health App and choose the data that you would like to share.
5. Once you have confirmed the information you would like Health App to share with Vitality, click on 'Allow'.

You can update the data permissions that you have given Discovery by using Health App on your iPhone. To do this:

Step 1: Open your Health App and select Discovery from the apps under the Sources section.

Step 2: Choose the workout information which you would like to share with Discovery.

If you have any problems uploading your workout data, please visit the [Health App website](#) for more information. Please note that different Apple devices track different data types (steps, speed, heart rate, etc.). Vitality will only award points for data types that your specific device model or app tracks.

Earn Vitality points

Earning Vitality points with your iPod, iPhone or Apple Watch: 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 a minimum average heart rate of more than 60% and less than 70% of your age-related heart rate. ▪ 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 and hour (cycling) will not qualify for Vitality points. 	<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-related heart rate 	<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 in one exercise session a day at a minimum average heart rate of more than 80% of your age-related heart rate.

Please note: the integration with Apple Health App only shares workout data which has been recorded on the Activity App on a paired Apple Watch.

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 amount of points teens can earn towards reaching their goals.

An example

John gets Apple Watch Series 2 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 Health App device. However, you can continue to use Health App in your personal capacity. You may disconnect your Health App device from Vitality at any stage by selecting the 'Delink' option on the Fitness devices and apps page or the Discovery App. If you disconnect it, you will no longer earn Vitality points through Health App. If you want to link again, you will need to follow the steps under the 'To link your Health App device to Vitality' section.

Questions unanswered?

Find out more about fitness devices and apps here or visit the Vitality help 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.

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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