



iHealth

Vitality members can earn up to 300 Vitality points a day with iHealth fitness and health devices. iHealth devices allow you to track your fitness activities to help improve your overall health and earn Vitality points.

Vitality members can get up to 25% cash back on selected fitness devices with the Vitality [HealthyGear](#) and [HealthyCare](#) benefits.

Who may use iHealth

Vitality members, 16 years and older, on an active Vitality membership can link their iHealth device to Vitality to earn Vitality points. Members who have only KeyFIT or Vitalitydrive (not Vitality), can use iHealth devices but will not earn Vitality points.

As a Vitality member with an active Vitality membership, you will pay for the iHealth device (excluding any courier charges that may apply for delivery). There are no fees for using your device to upload your workout data to Vitality to earn your Vitality points.

Get up to 25% cash back on selected Polar fitness devices with the Vitality HealthyGear and HealthyCare benefits

With up to 25% cash back on selected Polar fitness devices with Vitality [HealthyCare](#) at Clicks or Dis-Chem and [HealthyGear](#) at Sportsmans Warehouse or Totalsports, it's easier for you to track your workouts and earn Vitality points anywhere, anytime!

How to use this benefit

To get started, follow the steps below to link your iHealth health or fitness devices to Vitality, and upload your health and workout data.



To link your iHealth App to Vitality

Step 1: Click on the "[Fitness devices and apps](#)" page under the 'Gym and Fitness' section on the Vitality menu and click on 'Link my iHealth account'.

Step 2: Log into your iHealth account or create a new iHealth account.

Step 3: Select the data you would like to share with Vitality and click on 'Link' to authorise the connection and link your iHealth account to Vitality.

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

How it works

Earning Vitality points with iHealth fitness devices and App

You can earn up to **300** Vitality points for the number of steps you take throughout the day.

To earn up to 300 Vitality points you have to:

- Track **5 000 to 9 999** steps a day to earn 50 Vitality points; or
- Track **10 000 to 12 499** steps a day to earn 100 Vitality points; or
- Track **12 500** or more steps a day to earn 300 Vitality points.

You can earn Vitality fitness points for meeting the criteria for calorie data or step data, depending on the data that your device collects.

The points you earn by uploading data from your iHealth fitness device, count towards the maximum Vitality points for fitness. Each adult can earn up to 30 000 points and each child can earn up to 20 000 points for fitness each year.

Vitality will award points for one fitness event a day only. If you complete two fitness events in one day, then you will get the higher points between the two.

Points may take up to two weeks to show on your [Vitality Points Monitor](#) after you have uploaded your data from your chosen device or app.

An example

John buys an iHealth Edge that he links to Vitality. His device collects step data. John takes 10 000 steps a day and uploads his step data to Vitality.

John will earn a maximum of 100 points a day for meeting one of the step data requirements.

General information

- By registering your iHealth health and fitness devices you agree that, to award your Vitality points, Vitality and iHealth will exchange information on your use of the iHealth health and fitness devices.
- Vitality reserves the right to cancel or refuse the registration of your iHealth health or fitness devices and to deduct any Vitality points awarded under this benefit if there is a reason to believe you have knowingly registered another person's iHealth health or fitness devices, permitted your registered iHealth health or fitness devices to be used by someone else or if you have provided false or misleading information or attempted to do so.
- Discovery Vitality reserves the right to change or cancel this benefit at any time and at its discretion. If we cancel or change the benefit, we will give you reasonable notice beforehand.

Ending this benefit

If your Vitality membership ends, you will no longer earn Vitality points for uploading your workout data with your iHealth app. However, you can continue to use iHealth in your personal capacity.

Terms and conditions apply. For the [iHealth terms and conditions](#) visit the iHealth website.

Find out more

If you have any questions or need more information about iHealth go to www.discovery.co.za and click on 'Fitness devices and apps' on the Vitality menu. You will also find a full set of Vitality rules. 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

If you have any questions or need more information about this benefit, please visit www.discovery.co.za or call 0860 99 88 77. Terms and conditions apply.

Keep up to date with the latest news from Vitality: Download the  Discovery app, follow

Discovery Vitality on    (@Discovery_SA) and  (DiscoverySA).