



GET
ACTIVE

and earn Vitality points with Withings



Get healthy
Get rewarded



Withings

Vitality members can earn up to 300 Vitality points a day with the Withings fitness devices. Withings devices allow you to track your fitness activities and have fun with your friends while improving your health. Track your activity levels, sleep patterns and weight to help improve your overall health.

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

Who may use an Withings

Vitality members, 13 years and older, on an active Vitality membership can link their Withings device to Vitality to earn Vitality points. Members who have only KeyFIT or Vitalitydrive (not Vitality), can use Withings devices but will not earn Vitality points.

As a Vitality member with an active Vitality membership, you will pay for the Withings 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 Withings fitness device to Vitality, and upload your workout data.



To link your Withings 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 Withings account’**.

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

Step 3: Click on **‘Allow’** to authorise the connection and link your Withings account to Vitality.

Step 4: Once you have successfully uploaded your workout data, you can view a detailed summary on the [‘Workout tracker’](#).

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

How it works

Earning Vitality points with Withings fitness devices and App

Different fitness devices and apps collect different data about your exercise session. You can earn **up to 300** Vitality points for **one exercise session a day** if you achieve the requirements set out below during your workout.

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 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 Withings fitness device, count towards the maximum Vitality points for fitness. Each adult can earn up to 30 000 and each Vitality kid 20 000 Vitality 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 a Withings fitness device 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 Withings fitness device you agree that, to award your Vitality points, Vitality and Withings will exchange information on your use of the Withings fitness device.
- Vitality reserves the right to cancel or refuse the registration of your Withings fitness device and to deduct any Vitality points awarded under this benefit if there is a reason to believe you have knowingly registered another person's Withings fitness device, permitted your registered Withings device 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 Withings app. However, you can continue to use Withings in your personal capacity.

You may disconnect your Withings app from Vitality at any stage by selecting the 'Disconnect' option on the Discovery App. If you disconnect it, you will no longer earn Vitality points.

If you want to activate the benefit again, you will need to follow the steps under the 'To link your Withings App to Vitality' section.

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






Find out more

If you have any questions or need more information about Withings 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).

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