

SAMSUNG HEALTH BENEFIT GUIDE

Samsung Health

Get started

Track your workouts through Vitality using a Samsung Gear Watch or the Samsung Health app to earnpoints based on tracking your steps, speed and average heart rate depending on the capability of yourdevice.

Who can earn points with Samsung Health

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

The points you earn by uploading data from your Samsung Health app or device count towards the maximum Vitality points for fitness. Each adult can earn up to 30 000 fitness points in a 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.

Discovery Vitality members aged 14 to 17, who are part of the Vitality Active Rewards for Teensprogramme, will need to link their Samsung 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 Samsung but takes no responsibility for the age restrictions legislation of Samsung. 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 Samsung deviceage restrictions [here](#).

To start earning points, give Vitality access to your Samsung Health app data by following these steps:

1. Ensure that your smartphone has the Samsung Health app installed.
2. Select **'Samsung Health'** from the list of devices under the **'Devices and apps'** section in the Vitality section of the Discovery App.
3. Choose the data that you would like to share with Vitality and then confirm your connection.
4. Once you have successfully linked your Samsung Health smartphone app click on **'Done'**. The Samsung Health app will appear under the list of linked devices and apps.

If you have any problems importing your workout data, please visit [Samsung Health](#) for more information.

Please note that different devices 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. ▪ 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) 	<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.

	<p>;1.5 kilometers an hour (swimming) or 10 kilometers an hour (cycling)</p> <ul style="list-style-type: none"> ▪ 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. 		
--	---	--	--

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.

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](#).

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 tracks his activity using the Samsung Health app linked to his smartphone linked it to Vitality. His device collects step data. John tracks 10 000 steps in a day. This earns John 100 points.

Ending this benefit







If your Vitality membership ends, you will no longer earn Vitality points for uploading your workout data with your Samsung Health app or device. However, you can continue to use Samsung Health app in your personal capacity. You may disconnect your Samsung Health app or Samsung fitness 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 Samsung Health app. If you want to link again, you will need to follow the steps under the '**To link your Samsung Health app or 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.

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.

Last Updated: November 2023