

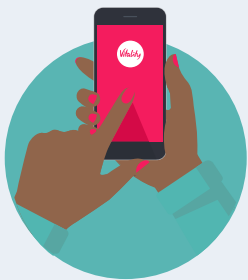


Link your device to Vitality

Earning Vitality activity points to improve your Vitality status and earn rewards has never been easier.

Getting started

You can use a device to track your activity and earn Vitality activity points.



1

Select a supported device or app from the list below.



APPLE WATCH



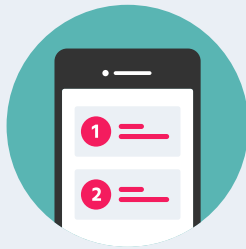
GARMIN

POLAR

WITHINGS

fitbit

SAMSUNG



2

Follow the steps to link it to Vitality.

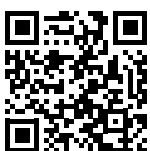


3

Sync your device. This can be different for each app or device.



Points are awarded within 48 hours of the activity appearing on the device manufacturer's website or app.



Download the Vitality Member app to get started