**Link your device to maximise your rewards**

*Markets to localise*

Want to earn Vitality points and maximise your rewards the easy way? Link your fitness devices and apps to Vitality, and your completed activities will automatically sync with us – so you’ll earn points when you get active.

**It’s that simple: get points for moving.**

Vitality rewards you for the steps you take and the average heart rate workouts that are recorded on your linked fitness device. As you exercise using your device, the secure data is tracked and automatically sent to us. We’ve partnered with some of the best wearable tech brands in the world and we allocate points from devices including Garmin, Fitbit, Suunto, Withings, Polar, iHealth, Apple Health app, Samsung S Health app and Google Fit health app.

**Link and sync**

Once you have a compatible device or app, link it to the Vitality app, and remember to sync your data by logging into your Vitality app regularly. Our tip is to make this part of a routine to log in every Monday – that way you can sync your data, view your progress and focus on your weekly activity goal ahead.

Get active, and get rewarded.