

The **Vitality** Health Tracker



Use the Vitality Health Tracker to track your exercise and find out how healthy you really are. You'll accumulate Discovery Miles as you get active and complete relevant health checks.



01 | **Activate** the Vitality Health Tracker



Download the Discovery app and activate the Vitality Health Tracker at no cost. Link your fitness device or an iOS or Android health app to track your steps and exercise.

02 | **Achieve** personalised health goals



Get active and reach your personalised, weekly exercise goals to close the exercise ring. Complete relevant health checks to meet your personalised health goals.

03 | **Accumulate** Discovery Miles



Play the gameboard and earn Discovery Miles each time you close the exercise ring or when you complete your personalised health goals.

04 | **Upgrade** for all rewards



Upgrade to Vitality or Vitality Active to get access to rewards.

The Vitality Health Tracker is available to all Discovery Health Medical Scheme members, Discovery Life clients, Group Risk clients, Discovery Invest clients and Healthy Company employees.

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