



CONNECT WITH SAMSUNG HEALTH

Connect the Vitality Today mobile app to the Samsung Health app to record your activity and earn rewards. By connecting the Vitality Today mobile app to Samsung Health, you can earn Vitality Points for Light, Standard and Advanced Workouts. Vitality accepts steps data, active calories and heart rate from a Samsung phone or Samsung smartwatch that is directly connected to Samsung Health.

- 1** Download and open the Vitality Today mobile app
Already have the Vitality Today app? Make sure you have the most recent version to start sharing data!
- 2** Tap on the left navigation on the app homepage
- 3** Tap “Apps and Devices”
- 4** Tap “Samsung Health” and then “Connect Samsung Health”
- 5** Allow the Vitality Today mobile app to read and write Samsung Health data. You can allow or deny the Vitality Today app to access each data type. Data recorded up to 30 days prior to you connecting to Samsung Health will be transferred to Vitality if you choose to share historical data.
- 6** You should see a pop-up that confirms you’ve connected to Samsung Health

Each time you open the Vitality Today app, Vitality will pull up to seven days’ worth of data from your Android device. Log into the app frequently to sync your activity!

STILL HAVE QUESTIONS?

On PowerofVitality.com navigate to Resources > Guide to Vitality > Linking to Vitality > Samsung Health