

### Overview

By connecting the Vitality Today app to Apple's Health app and confirming that you would like to share your data, you can earn Vitality Points for Light, Standard and Advanced Workouts. You can share steps measured by your iPhone or Apple Watch as well as active calories from Apple Watch.

### QUICK LINKS

[Get Apple Watch](#)

[Download the Vitality Today App](#)

### Steps to link to Health app

- 1 Download and open the [Vitality Today](#) app.
- 2 Tap on the "More" menu.
- 3 Tap "Connect to the Health app".
- 4 Allow Vitality Today access to your Health app information. If you are using Apple Watch, be sure to allow Vitality Today to read steps, weight and calories.
- 5 Log into the Vitality Today app frequently (at least weekly) to send your data to Vitality Today.
- 6 View your current data and workout thresholds on the Health app page of the Vitality Today app.

### Important to Note

- Your iPhone (as long as it is an iPhone 5s or up) has the ability to measure steps when you're carrying it with you.
- Your steps data will be transferred to Vitality when you log into the Vitality Today app. Only steps recorded in the past 30 days will be transferred to Vitality Today.
- If you have an Apple Watch and an iPhone connected to your Vitality Today account, we will record the highest steps captured on either of the two devices during the time that the data was recorded by your Apple devices.
- The method Apple Watch uses to track your calories differs from how other Vitality-compatible devices track activity. Vitality Points are awarded based on the active calories burned throughout the entire day, not just during the span of a workout.
- When you use the Apple Watch to track your workouts, the watch tracks your steps and active calories – the calories you burn when you're active. The calculation for active calories is influenced by your weight stored in the Health app.
- Since your weight influences the amount of calories you burn, Vitality will adjust your workout thresholds if your weight stored in the Health app changes. We will not adjust the thresholds if there is a minor change in your weight.
- Only verified data will be processed by Vitality. Any data that has been manually entered will not be processed.

### FREQUENTLY ASKED QUESTIONS

#### Will Vitality accept data from devices I link to the Health app?

**A:** Vitality allows members to connect and earn Vitality Points for activity on many different devices. However, this feature is not available when connecting devices through the Health app. Workouts tracked... [More](#)

#### Why does Vitality adjust active calorie thresholds if my weight changes?

**A:** When you use the Apple Watch to track your workouts, the watch tracks your active calories – the calories you burn when you're active. The calculation for active calories is influenced by your weight stored... [More](#)

#### How do I view my active calorie thresholds?

**A:** Tap "Health App" on the Home Page of the Vitality Today app, then click on Active Calorie. This will expand the section to show the active calorie thresholds for light, standard and advanced workouts.... [More](#)