



Fitness Incentive Program

Qualified TakeCare Members can earn fitness incentives in two ways:

Online Health Risk Assessment (HRA) must be completed for incentives to be paid-out. Subject to plan benefits. Please refer to your HR or speak to a TakeCare representative to find out if you are eligible for this incentive.

1. Monthly Workouts

Completion of ten (10) workouts per month. Earn a fitness stamp on your TakeCare App or stamp cards to receive credit for each workout. Workout must be at least 30 minutes to receive a stamp.

- 1 stamp per visit at TakeCare’s participating fitness partners.
- 1 stamp for each TakeCare Group Fitness class.

2. Healthy Metrics

Perform a fitness screening and earn \$50 per quarter. At least one of the measurements must be within the healthy range or meet the improvement criteria. Screenings are performed by TakeCare’s Wellness Team or your selected fitness partner.

Name: _____

Date: _____

Member ID: _____

DOB [Age]: _____

BMI: _____

Height: _____

Body Fat %: _____

Weight [lbs]: _____

Waist: _____

Screened by: _____ [print and sign]

Fitness Facility: _____

Criteria:

1. Body Fat Percentile 10% improvement or sustained normal or ideal body fat range

Gender	Age	Low	Normal	High	Very High
Female	20-39	<21	21-32.9	33-38.9	>39
	40-59	<23	23-33.9	34-39.9	>40
	60-79	<24	24-35.9	36-41.9	>42
Male	20-39	< 8	8-19.9	20-24.9	>25
	40-59	<11	11-21.9	22-27.9	>28
	60-79	<13	13-24.9	25-29.9	>30

2. Waist Circumference

Depending on the member’s age and gender; 2-inch waist circumference improvement or sustained ideal range:

For men less than 40 inches and for women less than 35 inches indicates lower risk for weight related problems

3. Body Mass Index

Two (2) point improvement or a sustained healthy BMI score between 18.5 and 24.9:

ADULTS

- Underweight BMI = Below 18.5
- Healthy BMI = 18.5 to 24.9
- Overweight BMI = 25 to 29.9
- Obese BMI = Over 30

How to submit:

Submit completed form **7 days prior to the end of the calendar quarter** to TakeCare Customer Service (M-F, 8a-5p, dropbox also available) or email tc.incentives@takecareasia.com; Attn: Wellness or fax to 671-647-3541 or; Have your selected fitness partner enter the information of TakeCare’s Gym Portal [must have Gym Membership Benefit]



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