

# TakeCare Self-Report Fitness Activity

To earn fitness stamps through self-reported fitness activities, TakeCare Members must:

1. Be eligible for fitness incentives through TakeCare's Wellness and Fitness Incentives Program OR have a gym benefit through TakeCare.
2. Complete at least 30-minutes of an approved activity:
  - Walk | Jog | Run
  - Bike
  - Swim
  - Row (ocean)

3. Track your activity using one of the approved fitness apps:



Apple Fitness



Strava



Nike Run Club



Garmin



Peloton

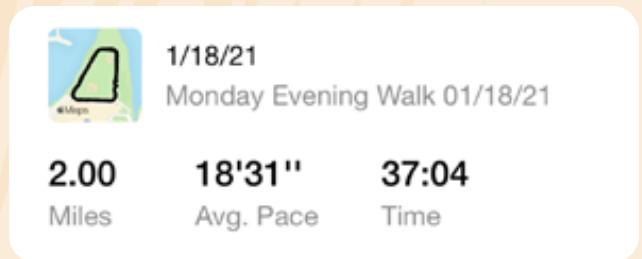


Map My Run by Under Armour

4. Upload a screenshot of your activity to <http://tiny.cc/TCActivityReport> and complete the validation form. \*Program Restriction Apply

## Screenshots should include:

- Clearly show exact date and time. Date listed as "TODAY", "YESTERDAY", etc will not be accepted.
- Show type of activity.
- Display duration of activity.
- Include GPS mapping/tracing of activity



Our Island, Your Health Plan™



A TanHoldings Company

takecareasia.com

Connect with us