

**NEW APPS & FITNESS ACTIVITIES ADDED**

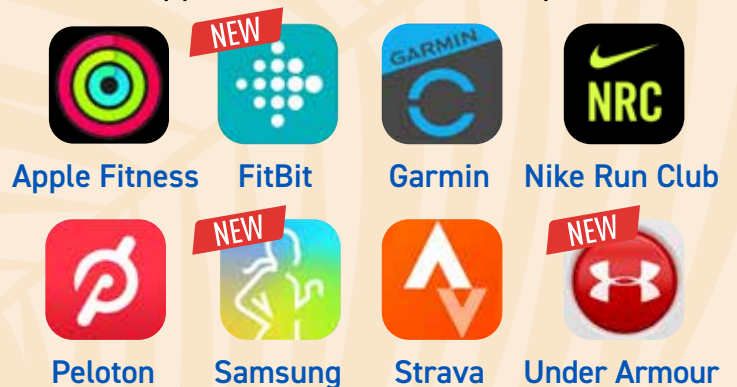
# TakeCare Self-Report Fitness Activity



## 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 Insurance.
2. Complete at least 30-minutes of an approved activities such as:
  - Walking/Jogging/Running ▪ **Strength Training\***
  - Biking ▪ **Court/Field Sports\*** ▪ Swimming
  - Rowing ▪ **Boxing/Combat Sports\*** ★New activities

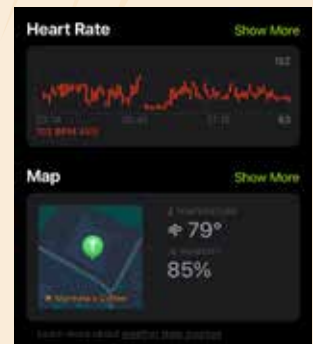
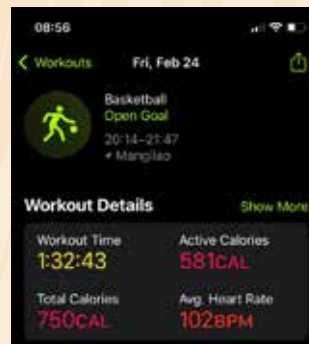
3. Track your activity using one of your favorite fitness apps such as these below, plus others:



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

### \*Screenshots must include:

- Exact Date and Time (Dates listed as "Today"; "Yesterday", etc will not be accepted)
- Type of activity
- Duration (time) of activity
- Optional: GPS mapping, heart rate, calories, steps, distance



Scan QR Code to upload via mobile device.



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