

# TakeCare Self-Reported Fitness Activities



## 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

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



Apple Fitness



FitBit



Garmin



Nike Run Club



Peloton



Samsung



Strava



Under Armour

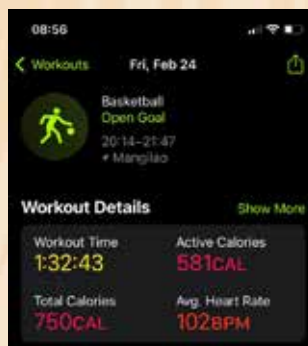
4. Upload a **screenshot\*** of your activity to <http://tiny.cc/TCActivityReport> and complete the validation form. \*Program Restriction Apply

### \*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



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