ACTIVE DAYZ™
MOVE | TRACK | SCORE

Get started with Active Dayz™

A. Linking your fitness wearable device or fitness app:

1. Navigate to link your qualifying **device or fitness app** in Active Dayz™ section

2. Click on your wearable device or **Google Fit**

3. Provide your device username and password and provide the relevant consent & get started
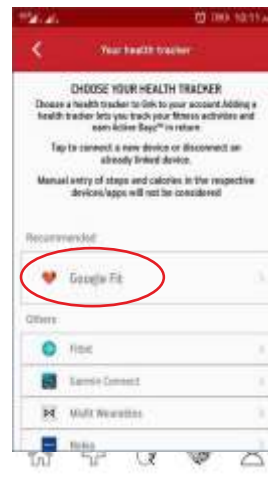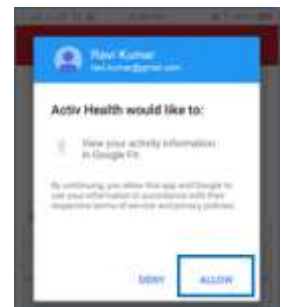
1	2	3	4

If you don't have a fitness wearable device, Apple users can link Apple health and android users can download Google Fit app and link the same to our app

B. Start earning Your Active Dayz™

You can earn an Active Day in one of the following ways:

1. Use our network of fitness centres

- When you enter the affiliated fitness centre, turn on the Bluetooth & GPS services on your smart phone
- Click on the Wellness section on the Activ Health app
- Click on the highlighted icon and choose "Gym Check-in" and spend 30 minutes working out
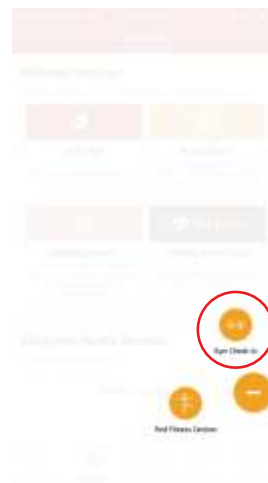
1   **2**   **3**   **4**

2   Or, burn 300 calories in one exercise session (through a device or app linked to your profile)

3   Or, take 10000 steps per day (through a device or app linked to your profile)

You can only earn 1 Active Day on a day, even if you do multiple activities on a particular day.

Healthy Heart Score™ + Active Dayz™ = HealthReturns™

Contact us:
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