



HealthSteps

**THE ALLIANZ
HEALTHSTEPS
APP GIVES YOU
PERSONALISED
GUIDANCE
TOWARDS
REACHING YOUR
FITNESS GOALS.**



Track your daily activity

Get personalised guidance towards reaching your fitness goals. HealthSteps tracks your daily activities, including steps taken, calories burned and sleep schedule by connecting to your mobile device and apps such as Fitbit, Apple Health, Google Fit, Dailymile, FatSecret, Nokia Health (Withings), Misfit and Strava.

Push your limits

Set challenges based on steps, calories, distance and keep yourself inspired and motivated to reach your health and fitness goals.

Share with your friends

Get encouragement from your friends by sharing your performance and inviting them for a group challenge.

GET STARTED NOW!

Allianz HealthSteps App is available in English, French, Spanish and Italian. Simply download HealthSteps from App Store or Google Play.



Set your goals

Choose one of our action plans and get access to a list of tailored activities, recommended actions, articles and other reminders based on your goal, unique needs, habits and routines.

Some of the Allianz HealthSteps App action plans:

- Healthy Eating
- Sleep Better
- Better Posture

For further details, please visit www.allianzcare.com/en/support/health-and-wellness/healthsteps.html