

### 11.2.2 Pre-defined template for creating a plan for using healthcare services apps

	Name of the beneficiary	Health topic to be tackled	Name of the app	Platform (link)	Description	Why is this app beneficial for the user?
1	Margerita	Painful tensions due to lack of physical exercise	TK App	<a href="https://www.tk.de/techniker/magazin/digitale-gesundheit/spezial/tk-fit-2066260">https://www.tk.de/techniker/magazin/digitale-gesundheit/spezial/tk-fit-2066260</a>	This is an app of a health insurance company that also offers a fitness programme which rewards physical activities	The aim is to relieve painful tension in the muscles.
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