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

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|  | **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 | https://www.tk.de/techniker/magazin/digitale-gesundheit/spezial/tk-fit-2066260 | 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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