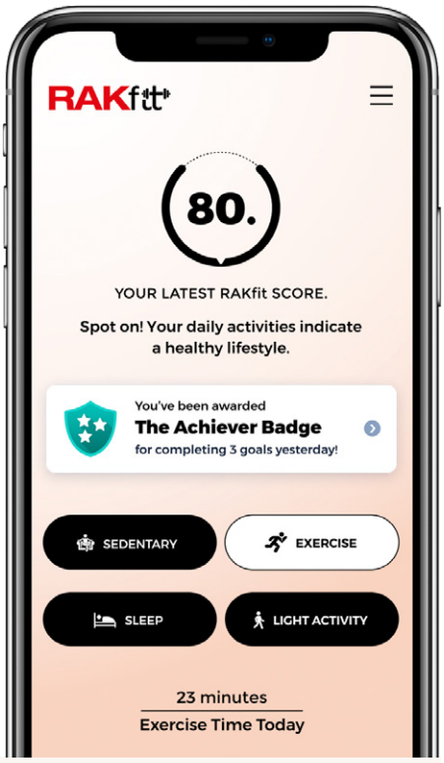
Maintain a healthy physical lifestyle with the RAKfit app.

Developed by a team of doctors and data scientists, the RAKfit app helps you make the right lifestyle choices for a long and healthy life.

The seamless interface on the RAKfit app automatically measures your daily physical activities and sleep. Maintaining a healthy physical lifestyle will lower your risk of developing chronic diseases.

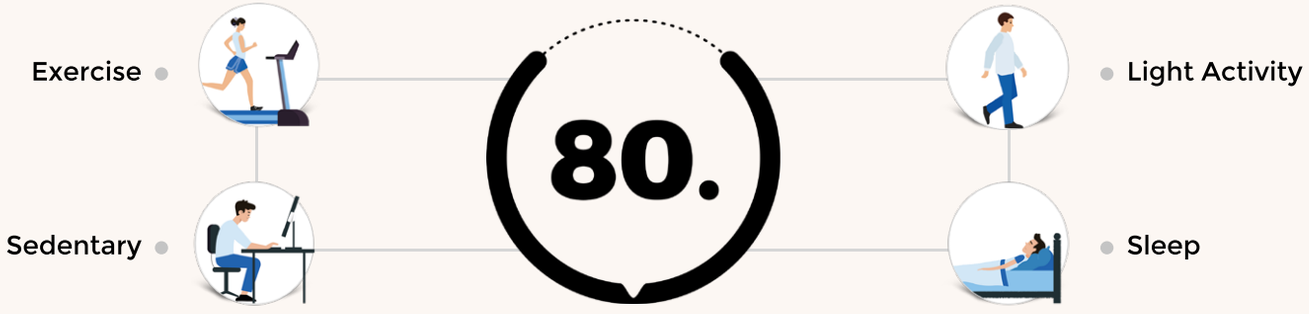
All you need is a smartphone to get started!



The RAKfit Score

With the RAKfit Score, you now have a digital biomarker for health and longevity in your pocket!

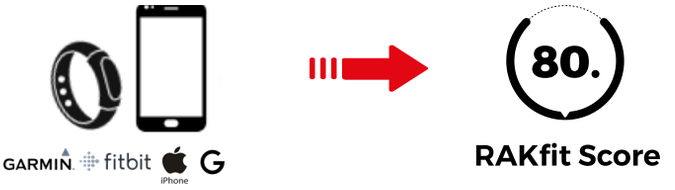
Calculated every day using a scientifically derived algorithm, the RAKfit Score measures the health risk posed by your levels of physical activity and amount of sleep.



Maintaining consistently a score of 80+ indicates a healthy physical lifestyle, which will lower your risk of developing chronic diseases such as diabetes and cardiovascular disease.

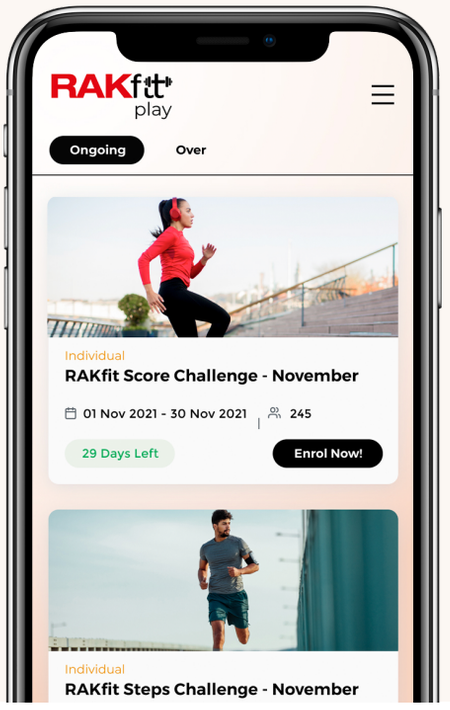
Check your RAKfit score daily and make informed decisions on how you can strike the ideal balance with your daily routine.

Connectivity



The RAKfit mobile application can connect with popular wearable devices such as Apple Watch (via Health App), Fitbit and Garmin.

If you do not have a wearable device of fitness tracker, you can still use all the features on the RAKfit app using just a smartphone. RAKfit can analyse your activity data and generate your RAKfit Score using your iPhone or Android smartphone!



RAKfit Play

Stay motivated on your journey to good health by taking part in fun games and challenges with your peers on the RAKfit app.

You can also post pictures, videos and messages from your health and wellness journey and view insightful tips shared by others on the RAKfit social wall. Inspire and be inspired!

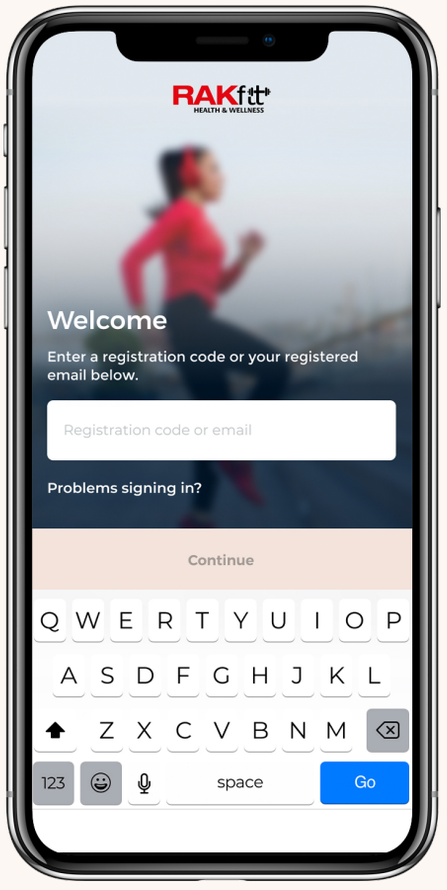
Data Privacy

The RAKfit mobile application powered by Aktivolabs, adopts global best practices to keep your data safe and secure. All customer data are securely protected, encrypted and anonymized. Aktivolabs complies with data security and privacy through European Union's General Data Protection Regulation (GDPR), Singapore's Personal Data Protection Act (PDPA), ISO 13485 and ISO 27001.

Scan the QR Code below to download the RAKfit app from the App Store or Play Store:

GET IT ON Google Play

Download on the App Store



How to sign into the RAKfit app?

1. Enter Registered Email Address

Download the RAKfit app and enter your registered email address on the sign-in page. Next. tap on the 'Continue' button.

Only users with registered email addresses can sign into the RAKfit app.

2. Enter OTP

A one-time password will be sent to your registered email address.

Enter the 5-digit one-time password and tap on the 'Submit' button.

Apple Health

To get your RAKfit Score on an iPhone, allow RAKfit to sync with Apple Health.

When prompted on the RAKfit app, tap on 'Set Up Now'. Next tap 'Turn All Categories On' and tap 'Allow' on the Health app.

Google Fit

To get your RAKfit Score on an Android phone, allow RAKfit to sync with Google Fit services when prompted.

You do not need to install Google Fit separately on your phone.