



WELLNESS PROGRAM PHYSICAL ACTIVITY FORM

If you are currently a member of a gym and/or take online fitness classes, you can submit proof of this activity to earn wellness points. Activities may include: Aerobics, Aqua Aerobics, Body Sculpt, Boot Camp, Karate, Kickboxing, Pilates, etc. You must be able to prove that you attended at least 50 sessions/classes within 6 months. Proof of attendance may include a report from the facility showing attendance or a copy of an invoice from the activity along with a signed Physical Activity Form.

Please print clearly when completing this form.

FIRST NAME _____ LAST NAME _____

TODAY'S DATE _____ DIFFERENCE CARD # _____

CONTACT PHONE NUMBER _____

EMPLOYER NAME _____

Dates attended:

Employee signature or Facility Employee signature _____

-Upload completed proof of Physical Activity form to your Difference Card Wellness Portal
-Please fax your completed form to (602) 333-4252 or
-Mail to: The Difference Card, PO Box 322, Mount Kisco, NY 10549 or

If you have any questions, please call Difference Card Customer Care at (888) 343-2110.