

# Rewards

- [How can I earn points?](#)
- [How can I change my country in healthmov rewards?](#)

# How can I earn points?

Healthmov rewards you to be healthy. You are rewarded with health points for completing numerous activities on the healthmov application. This includes using the app, completing daily tasks and challenges.

Check out the challenges section for available personal challenges or start a group challenge for earning points. Once you have earned enough points, check over 100 available rewards to redeem online or in store at your favourite brands.

# How can I change my country in healthmov rewards?

To change your country in healthmov rewards, follow these steps:

1. Go to the Rewards page
2. Click on the country flag icon
3. Select your country from the drop-down menu
4. Now you can view the rewards available in your country