

— GET ACTIVE —
**STEPS FOR GOOD
CHALLENGE**
SEASON 2



Step-by-step User Guide

**Get active.
Get more from life.**



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How to Join

1. **Download** the Healthy 365 mobile app and create your profile.
2. **Sign up** for the Steps For Good Challenge, by keying in your school's entry code.
3. **Set up** your preferred mode of tracking your steps. Refer to the next page to find out if you are eligible for a free HPB steps tracker.
4. **Clock 10,000 steps** to raise funds for your school's chosen beneficiary!
5. **Sync your steps** to the App regularly. Contribute to your school's count by clocking as many days with 10,000 steps!



The more steps you take, the more you raise for your school's chosen beneficiary!

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How do I know if I am eligible for a free HPB steps tracker?

- For **Institute of Technical Education and Polytechnics**, only Year 1 students matriculated in 2016 are eligible for a free HPB steps tracker.
- For **Universities**, only NUS students who have not collected a free HPB steps tracker before are eligible.
- Eligible students are to collect the steps tracker from the **Steps For Good roadshows** at your schools.
- Find out when and where they are held at www.stepsforgood.sg.

Before you sign up, please check your phones!

1. Incompatible Smartphone Models

Mercury A3S

LG G Pro Lite

LG G2

ASUS (All models)

Samsung S3 & below

Umi Hammer

Acer Liquid X1

iPhone 4 & below

Note: Sony Xperia Z3/ Z3 Compact / Z4 and
OPPO phones may encounter difficulties

2. Smartphone OS versions

The Healthy 365 app requires at least
Android 4.4 and iOS 8.0 to operate.

*If you do not have a smartphone, or if your
smartphone is not compatible,*

**Please register at the Steps For Good
roadshows* at your school.**

Note: Students without a smartphone can
only participate using HPB steps tracker*.

**Only for eligible students, on a first-come-first-
served, while stocks last basis.*

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How do I sign up on my smartphone?

Step 1:

Download the Healthy 365 mobile app and create your profile (or delete, reinstall the latest version of the app if you have downloaded it before, then restore your profile).



PROFILE

Restore your profile, historical steps data, challenge status and points earned (if any) by tapping on the button below

RESTORE PROFILE

NAME

NRIC / FIN YEAR OF BIRTH

GENDER MOBILE NUMBER

EMAIL

ADDRESS

HISTORY NEARBY APPS PROFILE

PROFILE

ADDRESS

In the past week, how much time did you spend on physical activity?

minutes

WEIGHT HIEGHT BMI

kg cm

WEIGHT GOAL

kg

For National Steps ChallengeSM participants, please ensure that you have provided a correct mailing address as your rewards will be sent to this address.

SAVE

HISTORY NEARBY APPS PROFILE

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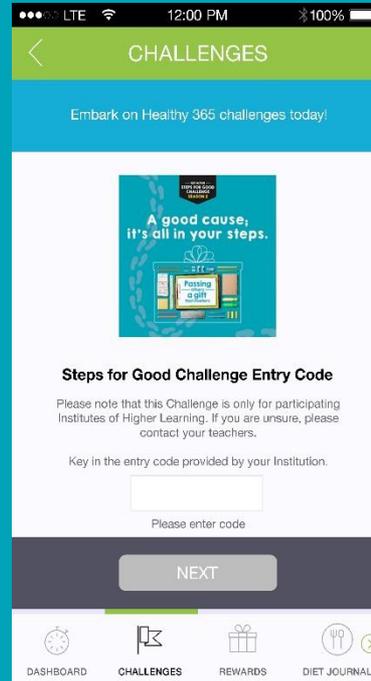
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How do I sign up on my smartphone?

Step 2:

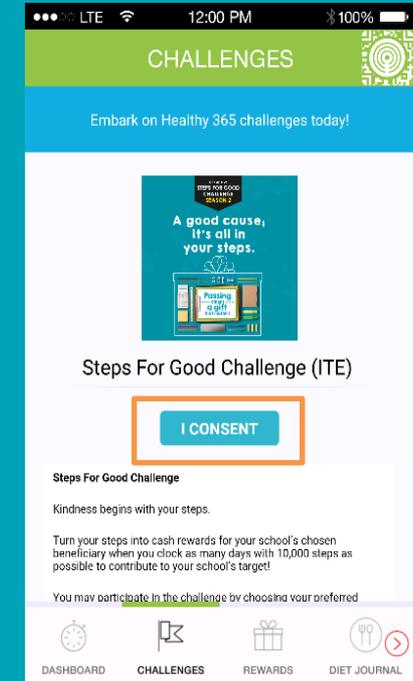
Sign up for Steps For Good Challenge on the Challenge tab. Key in your school's entry code*.

*Students from participating schools will receive an email with the corresponding entry codes.



Step 3:

Consent to the Terms and Conditions to start Challenge.



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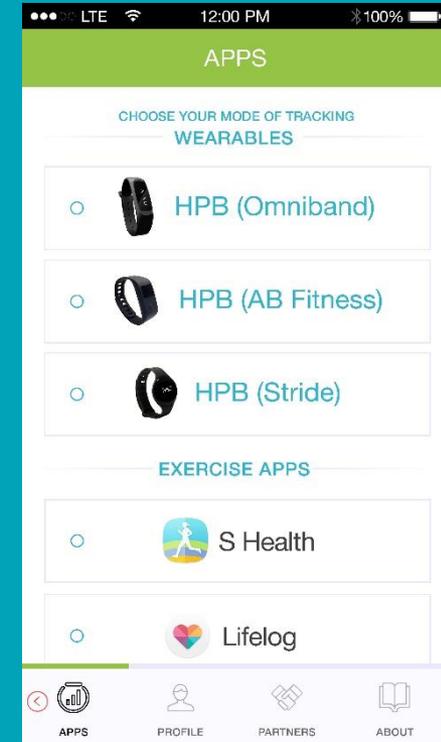
How do I sign up on my smartphone?

Step 4:

Complete your sign up and choose your preferred mode of tracking your steps:

- a. FREE HPB steps tracker
- b. Preferred mobile apps & trackers
 - S Health mobile app with Samsung Gear Fit2[^]
 - Lifelog mobile app with Sony SmartWatch 3[^]
 - Actxa[®] mobile app with Actxa[®] Swift
- c. Other mobile apps & trackers
 - HealthKit mobile app with Apple Watch
 - Any Fitbit tracker

[^]Also applicable to selected steps tracking devices compatible with the S Health and Sony Lifelog mobile apps.

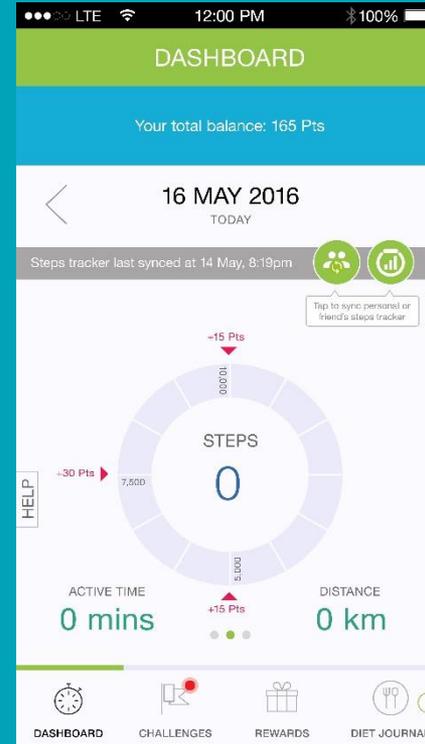


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How do I sign up on my smartphone?

Step 5:

Complete your set up and start clocking your steps to aim for 10,000 steps per day! You can also track your calories burnt with the steps you take.



Your sign up is complete!

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What comes with my steps tracker?

Once you have collected your steps tracker,
Open the box and check that there are 3
items included:

1. Steps tracker*
2. Charger
3. User manual^

Your steps tracker should be charged,
so you can start using it straight away!

^Please keep this user manual for 12 months warranty



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How do I pair my HPB steps tracker?

To begin, enable Bluetooth on your smartphone.

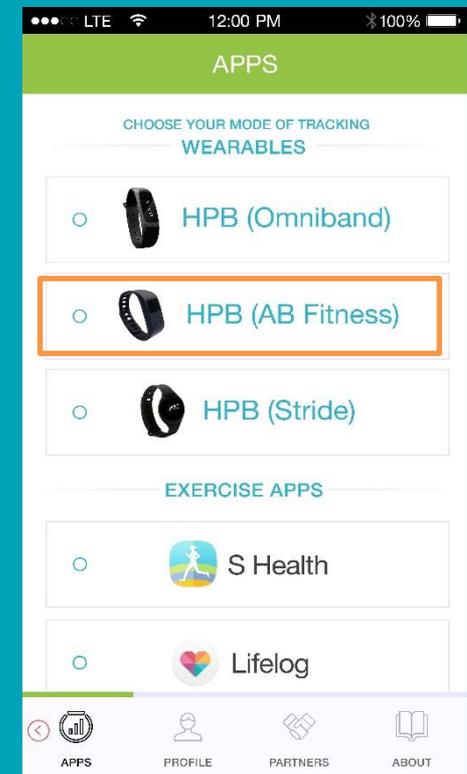


Step 1:

Tap on the “Dashboard” tab. Next, swipe to the left for the step count Dashboard. Place your steps tracker beside your phone. Tap on the green sync button.

Step 2:

Select “HPB (AB Fitness)”.



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How do I pair my HPB steps tracker?

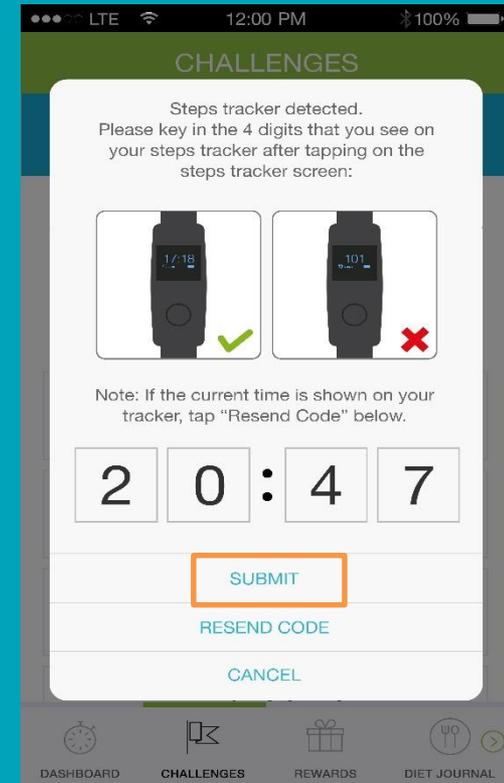
Step 3:

The app will ask you to enter a **4-digit code**.

Step 4:

Tap on your steps tracker. Enter the 4-digit code shown on your steps tracker and tap “Submit”.

If you still only see the actual time being reflected on your steps tracker, tap “Resend Code” to try again.



How do I pair my HPB steps tracker?

Pairing complete!

You will be brought to the “Dashboard” page.

Steps from the steps tracker will be displayed.



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What's next?

- Wear your steps tracker daily during the challenge period (**except in the shower**)
- Make sure you **charge your steps tracker regularly*** for not more than 1 hour
*refer to user manual
- Start clocking your 10,000 steps!
- Remember to sync your steps tracker to the Healthy 365 app **at least once every 7 days** to avoid losing your step count data.



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How do I set up app-based tracking?

Preferred mobile apps & trackers:

S Health and Lifelog mobile apps are only available for Android users (Android 4.4 and above).

Actxa mobile app is available for both Android and iOS users (Android 4.4 and above and iPhone 5S and above, with iOS8).

Step 1:

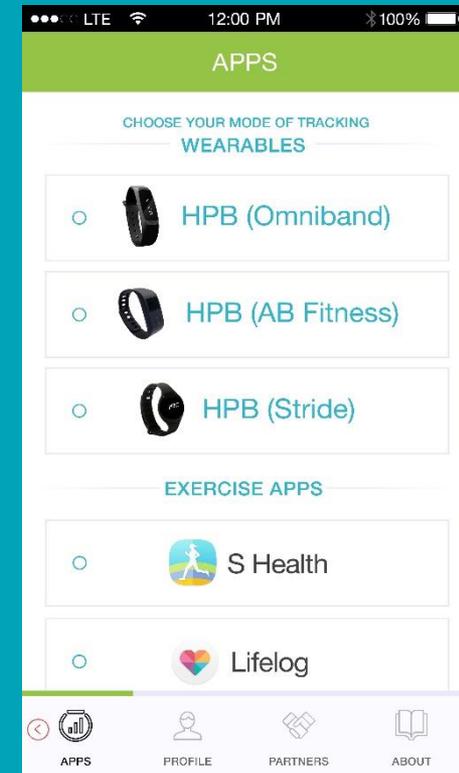
Ensure that you have installed the S Health, Lifelog or Actxa mobile app on your smartphone. You will also need to create an account to use these mobile apps and update your step count on these mobile apps first.

How do I set up app-based tracking?

Preferred mobile apps & trackers:

Step 2:

Launch the Healthy 365 mobile app, tap on the Apps tab and choose your preferred mode of tracking steps.



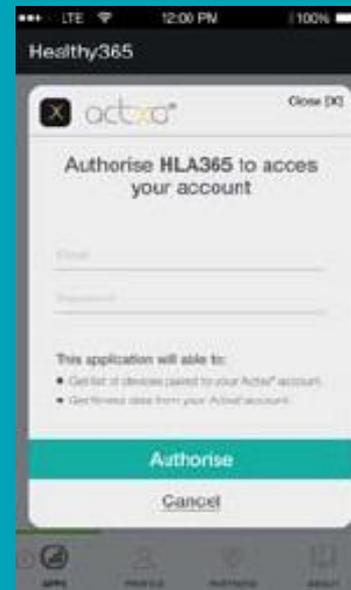
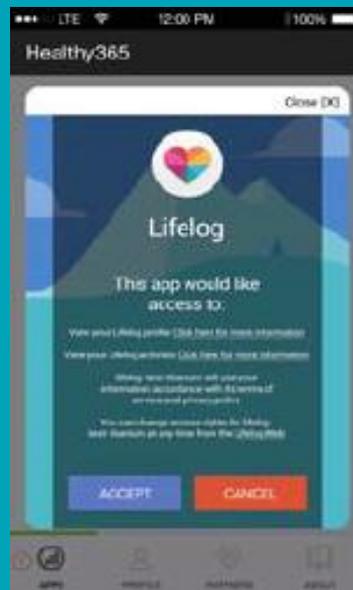
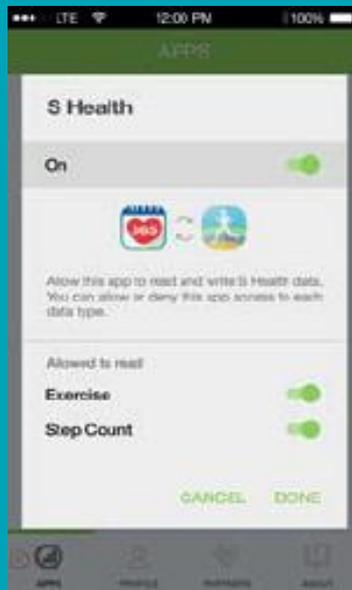
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How do I set up app-based tracking?

Preferred mobile apps & trackers:

Step 3:

Allow access for the Healthy 365 mobile app to retrieve your step count data from your preferred mode of tracking steps.



**Your set up
is complete!**

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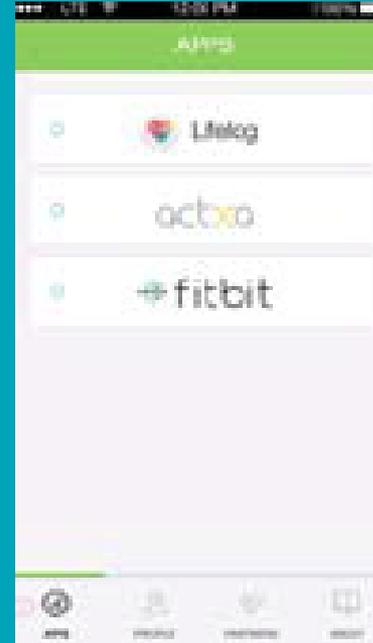


How do I set up app-based tracking?

Other mobile apps & trackers:

Step 1:

Tap on the Apps tab and choose your preferred mode of tracking steps.



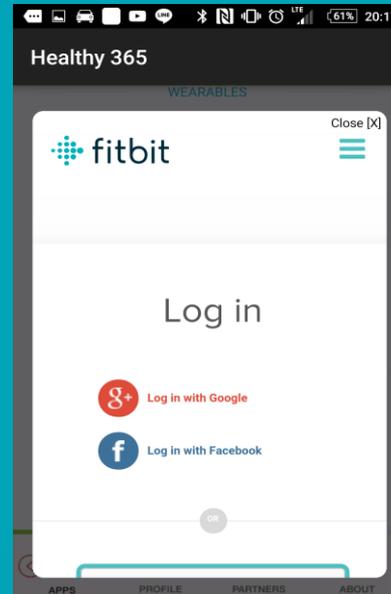
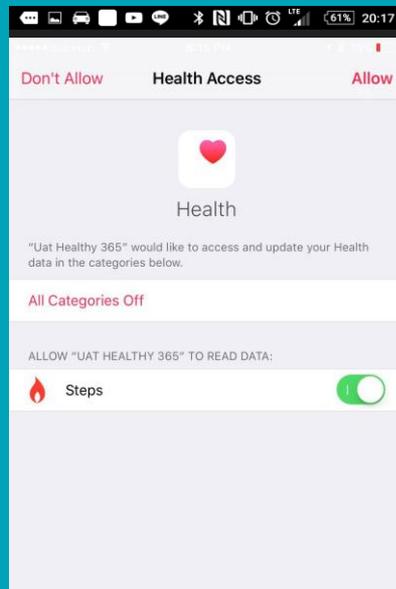
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How do I set up app-based tracking?

Other mobile apps & trackers:

Step 2:

Allow access for the Healthy 365 mobile app to retrieve your step count data from your preferred mode of tracking steps.



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How to sync my steps on my smartphone when using a HPB steps tracker?

To begin, enable Bluetooth on your smartphone.



Step 1:

Launch the Healthy 365 mobile app and tap on the Dashboard tap. Next, swipe to the left for the step count Dashboard. Place your steps tracker beside your phone.

Step 2:

Steps will be automatically synced when Bluetooth is available. If not, tap on the **green button** on the “Dashboard” page.

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How to sync my steps if I am a non-smartphone user?

Step 1:

Visit the Healthy 365 kiosk placed in your school.

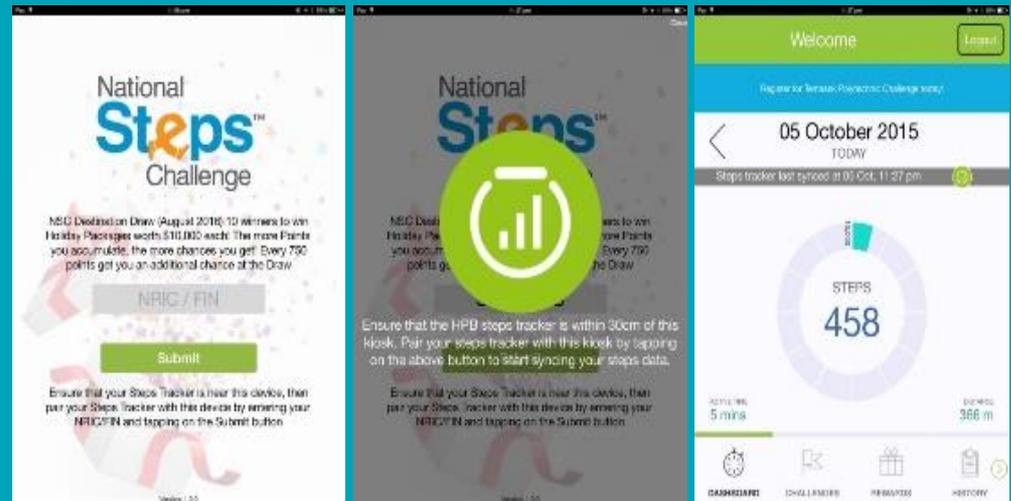


Step 2:

Sync your HPB steps tracker with the kiosk **at least once every 7 days** with these steps:

- Place your steps tracker next to the kiosk.
- Enter your NRIC and tap “Submit”.
- Tap on the green button.

You should be able to access your profile, and the steps count from your steps tracker should be synced across to the kiosk.



How to use Sync for Friends?

Note: Sync for Friends is only applicable for HPB steps trackers.

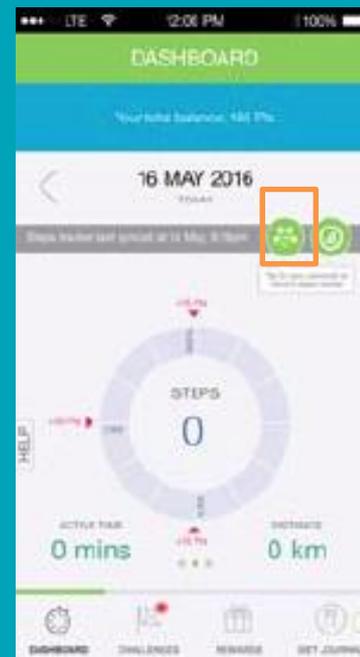
To begin, ensure Bluetooth is enabled on your friend's smartphone and that it is connected to the internet.



Step 1:

Launch the Healthy 365 mobile app and tap on the Dashboard tap. Next, swipe to the left for the step count Dashboard and tap on the Sync for Friends button.

Place your HPB steps tracker next to your friend's smartphone.



How to use Sync for Friends?

Note: Sync for Friends is only applicable for HPB steps trackers.

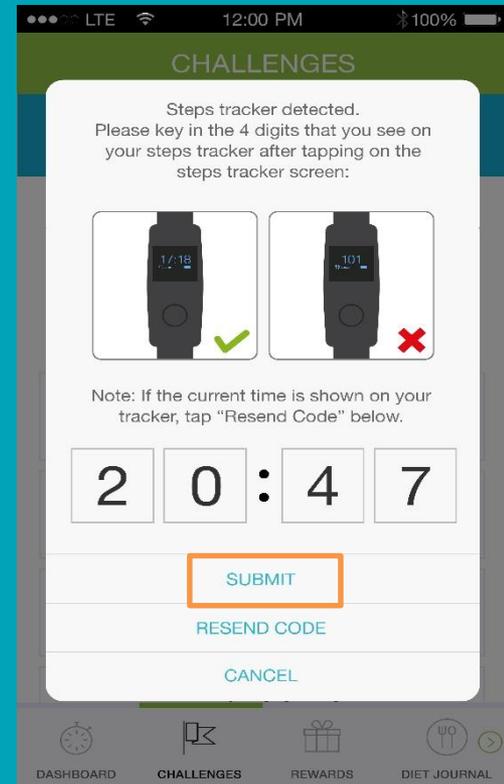
Step 2:

The app will ask you to enter a **4-digit code**.

Step 3:

Tap on your steps tracker. Enter the 4-digit code shown on your steps tracker and tap “Submit”.

If you still only see the actual time being reflected on your steps tracker, tap “Resend Code” to try again.



How to use Sync for Friends?

Note: Sync for Friends is only applicable for HPB steps trackers.

Sync complete!

You will be shown the summary page.

Steps from your steps tracker (up to 7 days)
will be displayed.



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How to clock more steps?



Some simple ways to increase your daily step count:

Join a booster activity



Walk to the furthest canteen for lunch with your friend

Take the stairs to your classes



Alight one bus stop earlier and walk your way home

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Enquiries hotline & E-mail

Refer to the user manual if you need any help with the steps tracker.

Hotline: 1800 567 2020

Email: stepsforgood@hpb.gov.sg

Find out more at www.stepsforgood.sg

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Aim for 10,000 steps every day!



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