

## How to *set up/restore* your account for National Steps Challenge<sup>TM</sup>

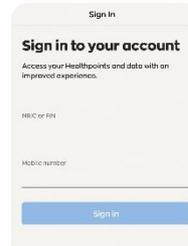


### Step 1

Download or update to the latest version of the Healthy 365 mobile app\*.



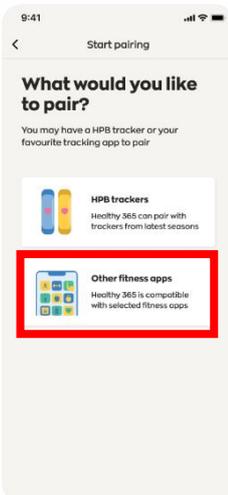
\*The latest version of the Healthy 365 mobile app requires a minimum of Android 6 and iOS 10.



### Step 2

Create or restore your profile by following the on-screen instructions.

Note: All Healthy 365 profiles must be verified using Singpass. Click [here](#) for a step-by-step guide on the Singpass verification process.



### Step 3

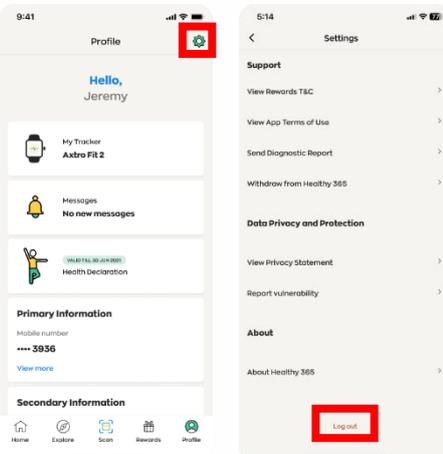
Choose your preferred fitness tracking device. Use the FREE HPB fitness tracker or one of the compatible<sup>1</sup> mobile apps or fitness trackers:

#### Preferred mobile apps and trackers:

- Actxa<sup>®</sup> mobile app
- Apple Health mobile app
- Fitbit mobile app with any Fitbit tracker
- Garmin Connect<sup>TM</sup> mobile app
- HUAWEI Health mobile app
- Polar Flow mobile app
- Samsung Health mobile app

<sup>1</sup> For participants who are using one of the compatible mobile apps and fitness trackers, your device needs to be able to track heart rate data in order to contribute towards the MVPA category.

## How to sync for family/friends



- Log out of your account by going to the 'Profile' tab and tap on the 'Settings' icon on the top right corner
- Scroll down to the bottom of the page and tap on 'Log-out'.
- Next, restore your family/friend's profile by following the on-screen instructions. For step-by-step instructions on how to restore profile, click [here](#)