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account

NRIC or FIN





How to make an appointment to collect your free HPB fitness tracker for National Steps Challenge™



Sign In

Sign in to restore your

Access your Healthpoints and data with an improved experience.

> n't have an account? a perfect time to get started Sign up

Step 1

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

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

Step 2

Create or restore your profile

A 4-digit One-Time-Password (OTP) will be sent via SMS to your registered mobile number.



Explore and participate in various Health Promotion Board activities to get healthing and feel great!



Tap on "Explore" under Menu and

Step 3

then tap "Challenges".



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Step 4

Tap on "National Steps Challenge™ Season 6" and agree to the Terms & Conditions to join the challenge if you have not yet done so.

You may also need to complete the Health Declaration if you have not done so previously.



Step 5

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Go to "Home" page, look for the "Book & Manage an appointment" section. Tap "Book & Manage".



For enquiries, please call 1800 567 2020 or email us at stepschallenge@hpb.gov.sg stepschallenge.gov.sg | #moveit150 | #my10ktoday Championing: Let's Beat Diabetes







How to make an appointment to collect your free HPB fitness tracker for National Steps Challenge™

Steps

Find a location closest to you

Congratulations! gible to collect HPB Fitne

Appointmen Select appointment type

Step 6

Tap "Collect a HPB fitness tracker". Eligible participants¹ will be redirected to the appointment booking site.

¹ You are eligible if you have a valid NRIC number and (i) did not collect a HPB fitness tracker in Season 5; and/or (ii) completed all 6 "Steps Rewards" tiers in previous seasons.

Step 7

On the appointment booking site, eligible participants can enter your postal code to find HPB fitness tracker collection points closest to you. Alternatively, you can also tap "Show all locations" to view all available collection points.

Go back All locations	< Go	back	В	ook app	pointr	nent
Available locations	Sel	ect d	late (and t	ime	slot
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	Mon	Tue	Wed	Thu	Fri	Sat
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727 Ang Mo Kio Ave 6, #01-4246, Singapore 560727	6	7	8	9	10	11 •
Singapore Post - Bishan Branch 51 Bishan Street 13, Singapore 579799	13 •	14 •	15 •	16 •	17 •	18 •
Singapore Post - Bukit Panjang Branch	20	21 •	22	23	24	25
Track 10, 10 Choa Chu Kang Rd, Singapore 689379	27	28	29	30 •		
Singapore Post - Choa Chu Kang	-	Availabl	e =	Not ava	ilable	Ch
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90 Hougang Avenue 10 #04-15A Haugang Mall, Singapore 538766	Book '	10:00 /	(M - 10:3	50 AM' o	on'Sep	tember

Step 8

Tap your preferred collection location and select your desired date and timeslot.

Step 9 (i)

Review your appointment details.

Step 9 (ii)

Provide your 'Name' and 'Mobile number' to confirm your appointment and receive updates from HPB.

Note: If you wish to receive a confirmation email, do also provide a valid email address.

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Appointment Review



A one-time password (OTP) will be sent to your mobile number. Enter the 6-digit OTP to verify your mobile number.



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Verify OTP

Championing: Let's Beat Diabetes







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Appointment confirmation

Step 10 (Optional)

If you would like to authorise someone else to collect your fitness tracker on behalf, please enter their 'Name' and 'Email address' and tap "Send Email" for them to receive the confirmation email.

Step 11

Check your confirmed appointment details and take note of the instructions and items to bring during collection.

On the day of your appointment, please present your photo ID alongside with either of the following to the staff at the collection location:

- (i) The QR code on the appointment confirmation page on Healthy 365 app (Repeat Step 5 & 6 to view your appointment details) or
- (ii) Appointment confirmation email.

Please check your junk/spam folder if you did not receive the confirmation email in your inbox.

How to change/cancel an appointment?



Follow Steps 5 & 6 to retrieve your appointment details from Healthy 365 app.

Then tap:

- (i) "Reschedule" to change your appointment, or
- (ii) "Cancel appointment" to cancel your appointment.

A new appointment confirmation and QR code will be generated if a new appointment is made. Please use the latest appointment confirmation details when you are collecting your HPB fitness tracker.

