



# Healthy 365 App User Guide



## How to pair and sync your HPB fitness tracker

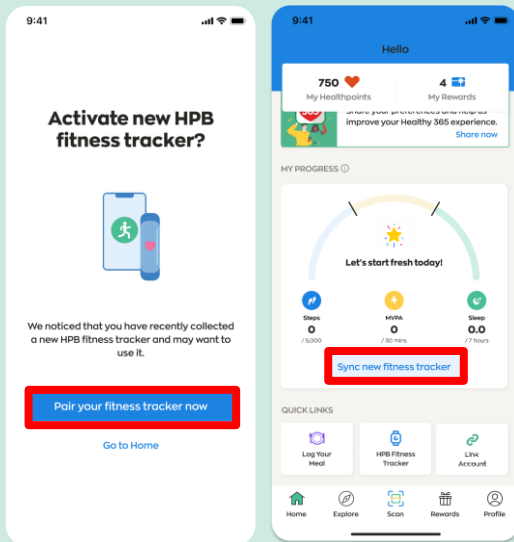
Applicable for HPB fitness trackers collected from:  
(i) HPB Appointed Centres, or (ii) Vending Machines

### For new users

If you have not previously paired any fitness device with the Healthy 365 app, turn your new HPB fitness tracker on and keep it near your mobile phone with the Healthy 365 app turned on.

Tap on "Pair your fitness tracker now" to activate your HPB fitness tracker when prompted.

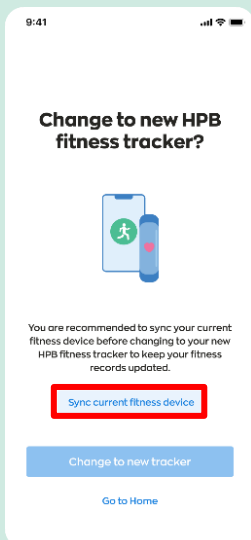
Go to "Home" and tap "Sync new fitness tracker".



### For existing users

If you have recently collected your new HPB fitness tracker and have an existing fitness device paired with the Healthy 365 app, follow either option below to pair your new HPB fitness tracker.

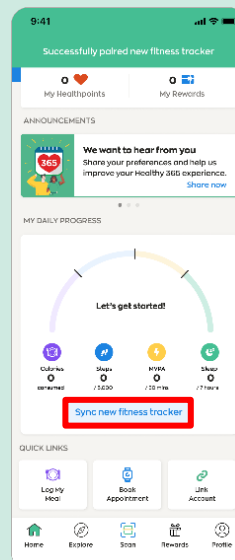
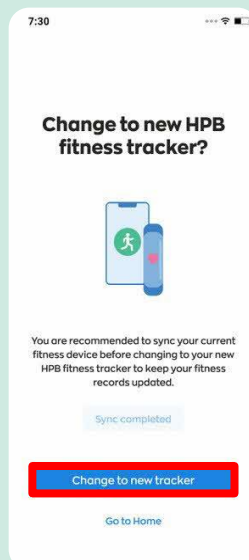
### Option 1: Through the Auto Prompt Pop-Up Message



#### Step 1

Upon detecting the new fitness tracker, an auto pop-up message will appear to prompt you with the change in fitness tracker.

When prompted, tap "Sync current fitness tracker" to sync your existing fitness records. This prevents data loss.



#### Step 2

Tap "Change to new tracker" to confirm the pairing of HPB fitness tracker with the app.

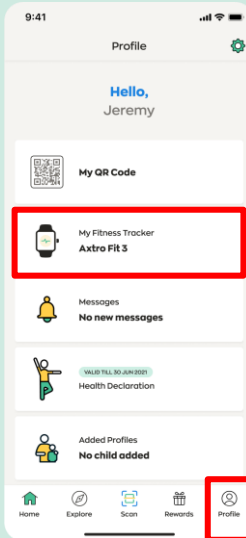
Go to "Home" and tap "Sync new fitness tracker".



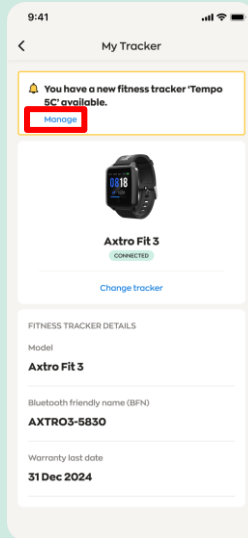
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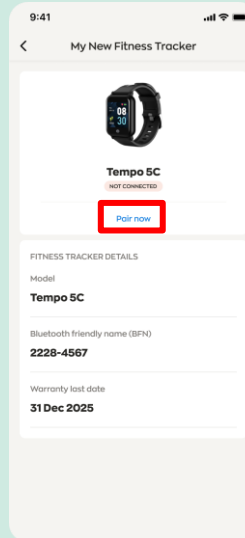
## Option 2: Through the Profile page



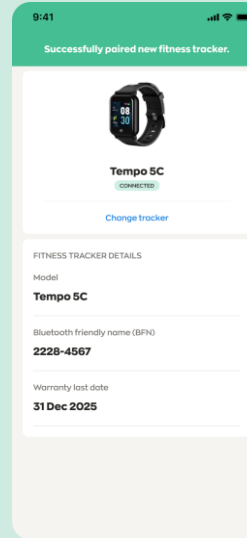
**Step 1**  
Turn on your new HPB Fitness tracker and have it nearby.  
  
Go to "Profile" and tap "My Fitness Tracker".



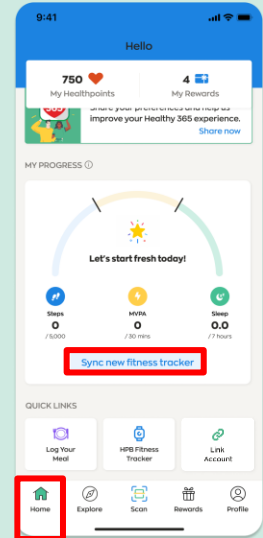
**Step 2**  
Tap "Manage".



**Step 3**  
Tap "Pair now" and follow the on-screen instructions to pair your new HPB fitness tracker.



**Step 4**  
A confirmation message will appear in the green bar to indicate that your new tracker is successfully paired.



**Step 5**  
Go to "Home" and tap "Sync new fitness tracker".



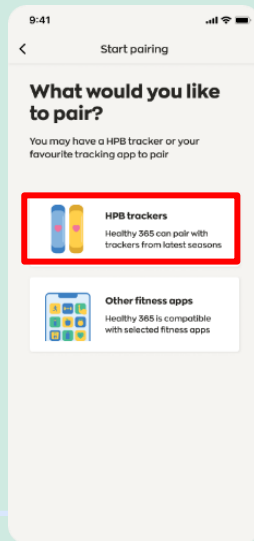
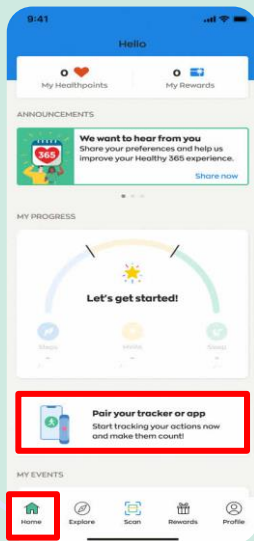
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## How to pair and sync your HPB fitness tracker

**Applicable for: (i) unpaired HPB fitness tracker, or (ii) purchased HPB fitness tracker**

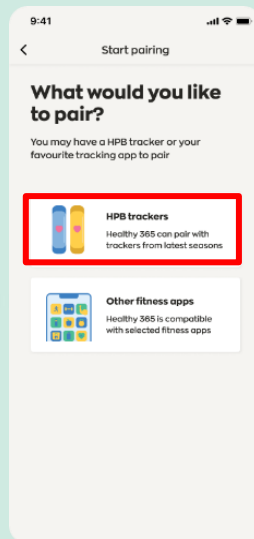
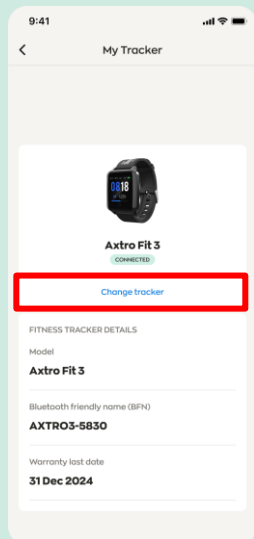
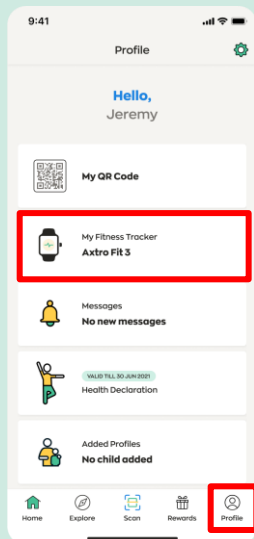
If you collected your HPB fitness tracker at the vending machines or through our HPB appointed centres, your HPB fitness tracker would have been set up and paired. You do not need to set it up again.



### For new users

#### Step 1

Go to "Home", tap on "Pair your tracker or app" and select "HPB Trackers".



### For existing users

#### Step 1

Go to "Profile", tap on "My Fitness Tracker" and select "Change tracker".

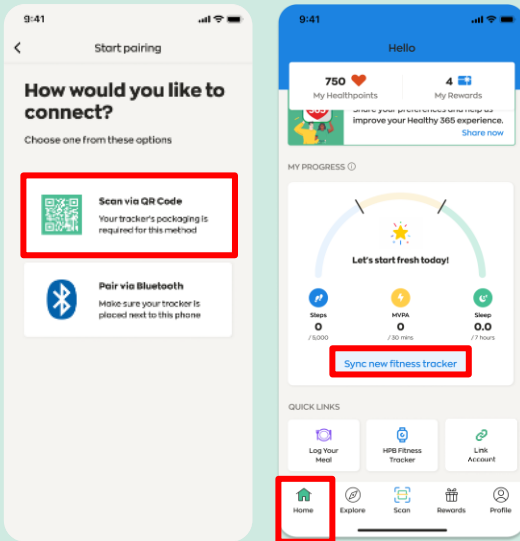
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## Connect via QR Code

### Step 2(i)

Tap "Scan via QR code" and scan the QR code on your HPB fitness tracker's packaging.



### Step 2(ii)

Go to "Home" and tap "Sync new fitness tracker".

Congratulations! You have successfully set up your HPB fitness tracker.

OR

## Connect via Bluetooth

### Step 2(i)

Tap "Pair via Bluetooth" and choose the model of your HPB fitness tracker.

Note: You will need to turn on the Bluetooth® function on your mobile phone and place your fitness tracker within 30cm of your mobile phone.

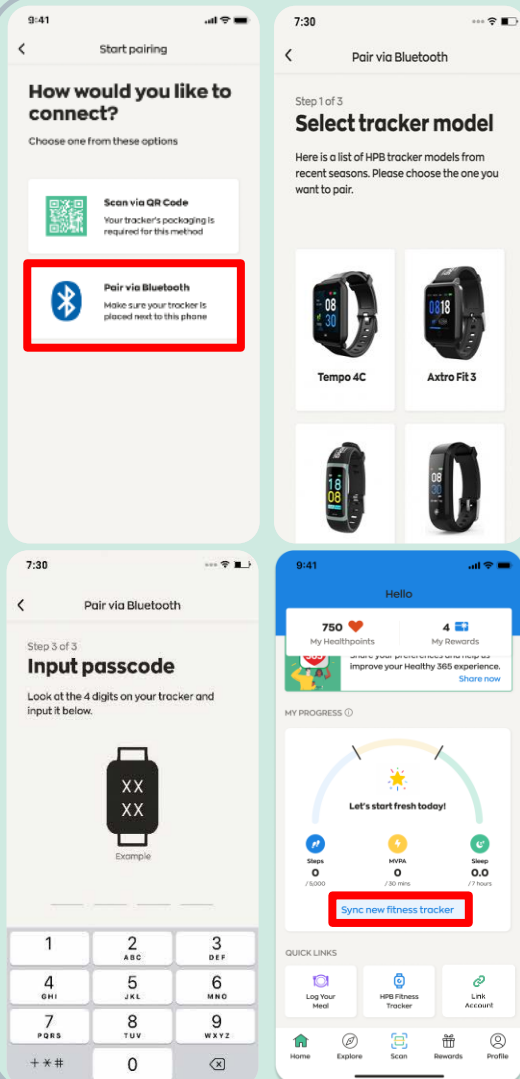
### Step 2(ii)

You will be prompted to key in a 4-digit code. Tap on your HPB fitness tracker for your 4-digit code.

Key in the code and tap "Submit".

Go to "Home" and tap "Sync new fitness tracker".

Congratulations! You have successfully set up your HPB fitness tracker.

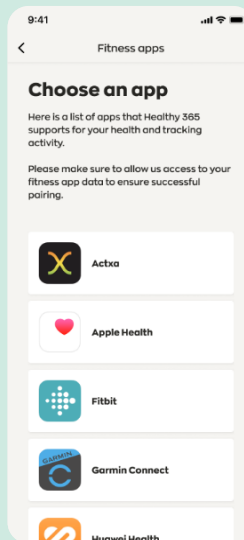
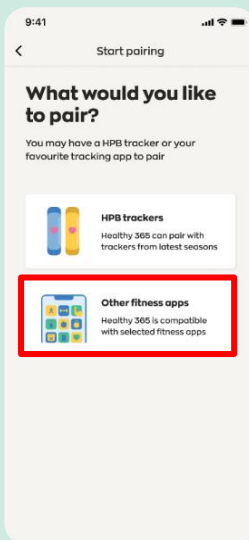
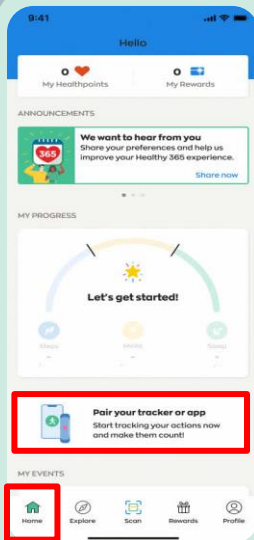




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## How to set up or change to other fitness tracking sources (For those not using HPB Fitness Tracker)



### For new users

#### Step 1

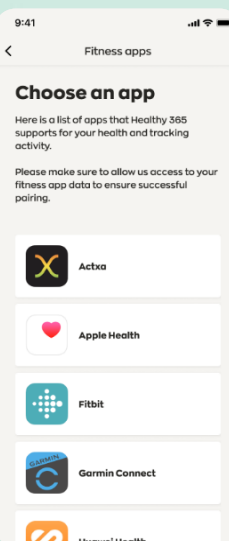
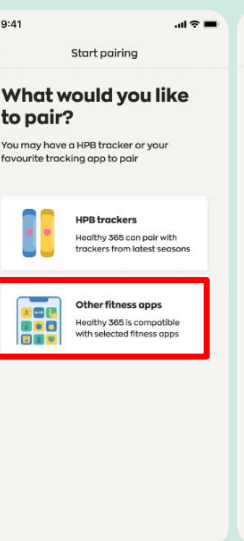
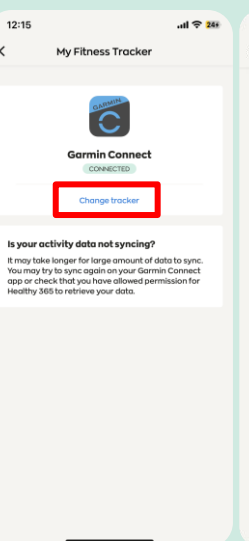
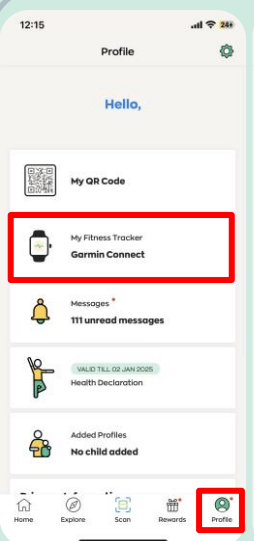
Go to "Home" and tap "Pair your tracker or app".

#### Step 2

Tap "Other fitness apps" to choose your preferred fitness tracking source:

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

<sup>^</sup>Applicable to selected fitness tracking devices compatible with Actxa®, Fitbit, Garmin Connect™, HUAWEI Health or Polar Flow apps.



### For existing users

#### Step 1

Go to "Profile" and tap "My Fitness Tracker", then "Change tracker".

#### Step 2

Tap "Other fitness apps" to choose your preferred fitness tracking source.

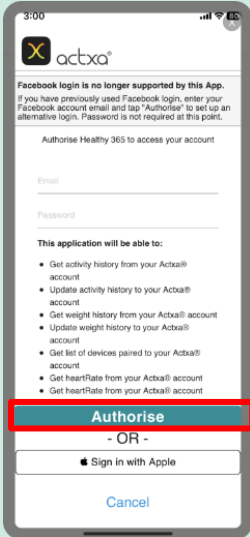




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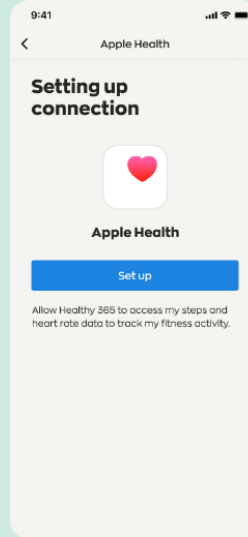


## Actxa®



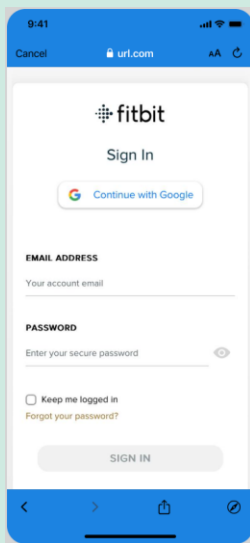
Log in to your Actxa® account and tap on “Authorise” to allow access for the Healthy 365 app.

## Apple Health



Allow the Healthy 365 app to access your fitness data on the Apple Health mobile app.

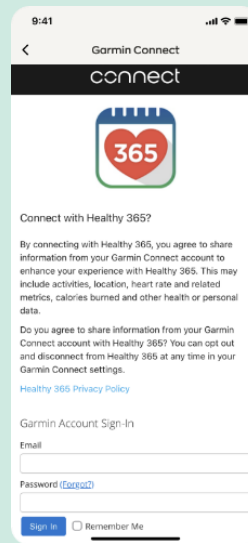
## Fitbit



Log in to your Google-linked Fitbit account.

Select your preferred Fitbit tracker to allow the Healthy 365 app to access your fitness data on the Fitbit mobile app.

## Garmin Connect™



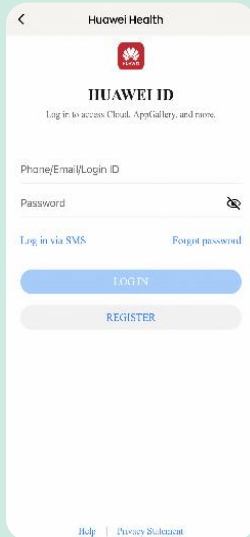
Log in to your Garmin Connect™ account to allow the Healthy 365 app to access your fitness data on the Garmin Connect™ Mobile app.



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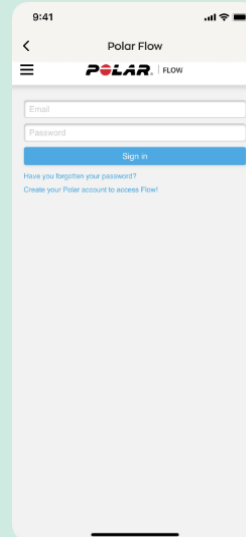


## HUAWEI Health



Log in to your HUAWEI ID to allow the Healthy 365 app to access your fitness data on the HUAWEI Health mobile app.

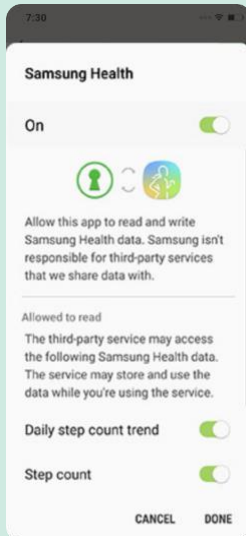
## Polar Flow



Log in to your Polar Flow account.

Select your preferred Polar tracker to allow the Healthy 365 app to access your fitness data on the Polar Flow mobile app.

## Samsung Health



Allow the Healthy 365 app to access your fitness data on the Samsung Health mobile app.