





Step-by-Step Guide: How to change your Health Declaration status on the Healthy 365 app

What is the Health Declaration?

The Health Declaration determines an individual's health status and is based on the Get Active Questionnaire in the Healthy 365 app.

What is the Get Active Questionnaire (GAQ)?

The Get Active Questionnaire (GAQ) is a <u>self-declared questionnaire</u> intended for all ages, to help you assess your readiness to participate in physical activity. For individuals with health concerns/conditions, advice from a Qualified Exercise Professional or healthcare provider is encouraged before embarking on physical activity.

Do note that your declaration will affect your participation in the MVPA category. For your safety, if you declare that you have 1 or more health conditions, you will not be able to participate and earn Healthpoints in the MVPA category. Your declaration has a validity of 9 months and can be updated through the Healthy 365 app.

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	Health status updated:			K Health Declaration	
	Hello, Test			Keep your health status WILD TIEL OF updated For your safety, we advise you to update you health status every 9 months. You can update status once every doy.	Jr.
	My Tracker				
	Tempo 3C (HR)			Are you ready to participate physical activities?	in
	Messages No new messages			View Get Active Questionnaire before answering: Ves, I verify that I have no health conditions	
— г	VALID TILL 07 DEC 2021			Yes, I have 1 or more health cond but I verify that I can be more phy active because	
L	Health Declaration			I am comfortable with becoming more physi active an my own without consulting my doc physiotherapist, or I have consulted my doc physiotherapist who has recommended that more physically active.	tor/
Primary Information Mobile Number				No, I have 1 or more conditions	
	5432			Confirm	
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	Step 1	-		Step 2	
To change your health declaration status, click on the 'Profile' tab. Then, select the 'Health Declaration' card.		Select the description that best fits your current health status and click 'confirm' to update your health declaration status.			
Your health declaration status will be valid for 9 months upon declaration.			Do note that you <u>cannot</u> change your health declaration status more than <u>once a day.</u>		





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