

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

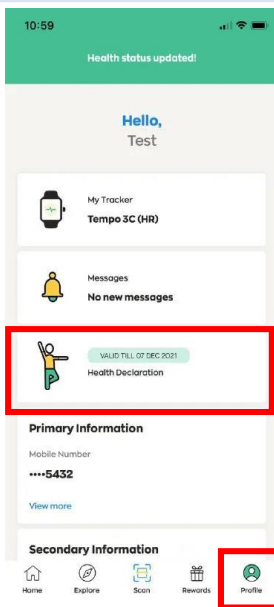
What is the Health Declaration?

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 self-declared questionnaire 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.



Step 1

To change your health declaration status, click on the 'Profile' tab. Then, select the 'Health Declaration' card.

Your health declaration status will be valid for 9 months upon declaration.



Step 2

Select the description that best fits your current health status and click 'confirm' to update your health declaration status.

Do note that you cannot change your health declaration status more than once a day.