





Hello 2.150 🤎 5 📑 My Healthpoints My Rewards ANNOUNCEMENTS Book & manage an appointment . Tracker collection, exchange & more Book & manage . . . MY DAILY PROGRESS /ow, let's do this again C 0 Sleep 7 /7 hours Colories 800 MVPA 30 Steps 6,000 Sync now JUST FOR YOU View all Ħ 0 俞 Ø Profile

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下载(或更新您的Healthy 365应用程序 至)最新版本。 *最低操作系统要求:安卓6或i0S10。 输入4位数字的一次性密码 (OTP),该一次性密码将 通过短讯发送到用户账户所 示的手机号码。





恋的仪表板



即将举行的活动

最多显示两项您已预约且即将举行的活动。

推荐活动

根据您的喜好接收推荐活动。

探索活动 在此搜索并预约您喜爱的活动。













在此搜索活动、地点或节目。

根据地点、活动日期和时间、活动模式和 活动的适宜性来加强您的搜索和筛选

滚动并点击日期,以查看备有的活动。

您可查看所有活动或根据自己的偏好查看

在所选日期举行的活动列表,同时显示

此指标反映了体能活动预计的有氧强

低强度	Intensity:
中等强度	Intensity:
高强度	Intensity:









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活动预约 如何预约活动





注: 如有以下情况,系 统将提示您申报健康声

1) 未申报: 或 2)将在28天内到期;或 3) 已过期

否则您无法继续预约体 育活动。





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^{活动预约} 如何预约活动



请选择适当的选项,然后点击"**确认"**。

安全起见,如果您选择了 "我不能参与,因为我有1 种或多种健康问题"选项, 您将无法参与体育活动。

注:如果您是全国健步大 挑战™的参与者,则无法获 得中至高强度体力活动 (MVPA)类别的保健积分。

9:41	al 🗢 🔳	9:41	
Health D	eclaration	<	Event Details
expiring soon. You w declaration of at lea	th Emilies on to was 2027 nealth declaration as it is ill require a valid health st 28 days in advance to activity programmes.	AD Directi	×
ical activit	o participate in les? nalre before answering: t I have no health		
Have consulted my has recommended t physically active, or becoming more phy without consulting m	I verify that I can be y active because doctor/physiotherapist who hat become more I am comfortable with sicily active on my own ny doctor/physiotherapist.	By adding th reach out	ur emergency conta his information, you allow to your emergency conta lid be an incident during y participation.
No, I have 1 or n conditions Co	nfirm		Update now



更新紧急联系人(可选)。



Event Details

Add your emergency contact

To book this event, please update the information which will allow us to reach out to your emergency contact if there would be an incident during your participation.

Update now

紧急联系人资料仅为报名 参加线上体能活动时的必 填项目。





如何预约活动









如何预约私人活动(仅限受邀者)

注: 私人活动只能应邀 注册。

9:41		.al 🗢 🖿
<	Events	
Q Search	by event or location	≢ Filter
Today T	omorrow Mon, 4 Jul 1	Tue, 5 Jul Wed, 6
Today		Enter Partner Code
	All Recommende	ed
7am	Sunrise in the City	
1	HIIT Garage Circuit 1	2
8am	The Garage, Beauty Wor	d Intensity:
7.15am	Sunrise in the City	
	Hatha Basic	
8.15am	One Wellness, Bugis	Intensity:
7.30am	Sunrise in the City	5 SLOTS LEFT
	The Mix by Piloxing	
8.30am	Anytime Fitness, Toa Pa	yoh intensity:
7.30am	Healthy Workplace Ecosyste	т воокер
	Bouldering Open Gy	m
8.30am	Boulder+ Gym, Kallang	
8.10am	Sunrise in the City	3 SLOTS LEFT
	Core Yoga Flow	
8.55am	Fitness First, Alexandra	Intensity: 🔳
8.30am	Sunrise in the City	
	Baulas Class	

点击"输入合作伙伴代码"。



输入主办方提供的5位数字代码,以查 看私人活动详情。



A 60-min High Intensity Interval Training Workout with elements of bouldering exercises that is bound to get your calories burning for the day! Climbing shoes are provided but do bring along

Book now 点击**"立即预约"** 以参

与私人活动。





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活动预约 如何预约亲子活动? 将子女添加到家长的个人资料中





为检索相关资讯,系统会提示您进行一 次SingPass验证。

选择要添加到个人资料中的子女。 在点击"添加个人资料"之前,请同意 条款与条件。

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9:41

7:30





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^{活动预约} 如何预约亲子活动? 预约亲子活动







^{活动预约} 预约确认



您预约的活动将显示在主页的 "已预约活动"部分。

Sunrise in the City (Bouldering Open Gym): Booking Confirmation

to you

Dear Jasmine, Please be informed that you have successfully booked for the following session(s):

Sunrise in the City (Bouldering Open Gym)

1 Jul 2020, 08:05 - 08:50, Boulder+Gym, Kallang 2 Jul 2020, 08:05 - 08:50, Boulder+Gym, Kallang 8 Jul 2020, 08:05 - 08:50, Boulder+Gym, Kallang

As these slots are reserved for you, we look forward to your participation. Please note that there may be specific instructions which can be found under "About this event" in the Healthy 365 App. Participants who do not meet the eligibility criteria (if any) will not be allowed to take part in the session(s).

This is an auto-generated email. Please do not reply to this email. For enquiries, kindly contact the organiser. Refer to the Healthy 365 app for the organiser's email and contact number.

您将收到一封确认电子邮件。





^{预约活动时段} 查看已预约的活动



点击"**查看所有预约活动**",即可查看 您预约的所有活动,包括即将举行的以 及已经结束的活动。







^{预约活动时段} 活动变更情况更新



Sunrise in the City (Zumba): Session cancelled for 1 May 2020

Dear Jasmine, Please be informed that the following session has been cancelled. We apologise for the inconvenience caused.

Sunrise in the City (Zumba) 1 May 2020, 08:05 - 08:50 Fitness First, Raffles Place

Healthy365

to you

This is an auto-generated email. Please do not reply to this email. For enquiries, kindly contact the organiser. Refer to the Healthy 365 app for the organiser's email and contact number.

如果您已预约的活动取消或地点变更, 您会提前收到推送通知和电子邮件。





^{预约活动时段} 缺席处罚制度



显示缺席处罚制度的警告卡 如果您无法参与预约的活动, 请取消预约,以免招致7天 的预约处罚。此处罚从最后 一次活动缺席开始计算。



Bouldering Open Gym

You have booked for this session If you are unable to attend this session, cancel your booking to avoid a booking penalty. Cancel my booking

IIII WHEN

Monday 1 Jul, 08:05 - 08:50

♀ where Boulder+Gym, Kallang

About this event

A 60-min High Intensity interval Training Workout with elements of bouldering exercises that is bound to get your calories burning for the day! Climbing shoes are provided but do bring along your own socks. Gym T8C: Participants may use the gym; shower and cubby hole facilities 60 min after SITC session.

How to get there





^{活动管理} 如何取消已预约的活动

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2,150 🧡 4 🔜	K My Schedule	< Event Details	< Event Details	Your booking has been cancelled
Based close memory and the second sec	3 Upcoming O Attended	-6-	~> _/	~ V
National Steps Challenge Eat, Drink, Shop Healthy Challenge	Upcoming Here are the upcoming sessions you have booked for.	Directions Book now	Directions Book now	Directions Book now
Live Well, Age Well	If you are unable to attend, cancel your booking to avoid a penalty incurring a booking penalty will prevent you from making bookings for a week.		Cancel booking	
Activities to help you stay healthy and active takine to your needs and the could be added and the second to your needs and MY EVENTS	08:05am Mon.1.M Bouldering Open Gym 08:50am Boulder+ Gym, Kallang	Sunrise in the City PAL Bouldering Open Gym ① You have booked for this session	Are you sure you want to cancel this booking? BOI NO Yes, cancel the second sec	Sunrise in the City Bouldering Open Gym
Booked Recommended	14:00 The Mix by Plioxing 1 The Mix by Plioxing 15:00 Eightrium, Expo	Make sure you arrive promptly to the session you've booked for See you soon!	Make sure you anrive promotify to the session you've booked for. See you soon! Concel my booking	Monday 1 Jul, 08:05 - 08:50 Q WHERE Boulder+Gym, Kallang
Boulder+ Gym, Kallang View all booked events	19:00 Wed, 8-Jul Image: State of the state of	₩ WHEN Monday 1 Jul, 08:05 - 08:50 © WHERE Boulder+Gym, Kallang	agi wika Monday 1 Jul, 08:05 - 08:50 Q`wikere Boulder+Gym, Kallang	About this event A 60-min High Intensity Interval Training Workout with elements of bouldering exercises that is bound to get your calories burning for the day! Climbing shoes are provided but to bring along
Home Explore Scan Reverts Profile		About this event A 60-min High Intensity Interval Training Workout with elements of bouldering exercises that is bound to get your colories burging for the day	About this event A 60-min High Intensity Interval Training Workout with elements of bouldering exercises that is request to act use a cationies burging for the deal	Book now
在首页点击" 查看所有 约活动",即可查看您到 约的所有活动。		点击"取消我的 预约"。	点击" 是,取消" 。	您已成功取消所选活 动。





活动管理 如何管理亲子活动的预约?





Active Family

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Junior Frisbee

(i) You have booked for this session Make sure you arrive promptly to the session you've booked for. See you soon! Cancel my booking

& PARTICIPATING WITH Dominic Cheng

Manage participant(s) 🛗 WHEN

Monday 4 Jul, 8am - 9am Q where

Pasir Ris East, Pasir Ris Zone 11 RC

A bout this event 您的预约已更新。





现场出席登记 如何进行现场登记 个人活动









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^{现场出席登记} 如何进行现场登记 亲子活动







参与虚拟活动 如何参与虚拟活动

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Live Well, Age Activities to he stay healthy ar	lp you		quit support pla ed to your needs		Min Expl and
VEVENTS					
Во	oked	Re	commended		
🏥 Sat, 24	Feb, 7:15a	ım - 8:15ar	n		
Sat, 24 Detox Fla Westgate Zoom, Virt	ow Yoga (e Tower)				
Detox Flo Westgate	ow Yoga (e Tower) ual event	Platinun		on -	
Detox Flo Westgate Zoom, Virt	ow Yoga (e Tower) ual event 30 minutes p	Platinun	n Yoga @ Join Sessi	<u></u>	
Detox Flo Westgate Zoom, Virt	ow Yoga (e Tower) ual event 30 minutes p	(Platinun	n Yoga @ Join Sessi)

在活动开始前30分钟, 点击仪表板上的"**加入活动时段**"。 供您加入并参与活动时段。

我们将开展虚拟活动平台,

🗖 Zoom

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Veet & Chat Meetings Cont

OR

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•	to you	
	Dear Jasmine,	
	Please be informed that you have successfully booked the following session(s):	
	Sunrise in the City (Zumba) 1 Jul 2020, 08:05 - 08:50, Zoom, Virtual event Join Session 2 Jul 2020, 08:05 - 08:50, Zoom, Virtual event 8 Jul 2020, 08:05 - 08:50, Zoom, Virtual event	
	You can use any device to join the event using the link(s) above.	
	As these slots are reserved for you, we look forward to your participation. Please note that there may be specific instructions which can be found under "About this event" in the Healthy 365 App. Participants who do not meet the eligibility criteria (if any) will not be allowed to take part in the session(s).	
	For enquiries, kindly contact the organiser. Refer to the Healthy 365 app for the organiser's email and contact number.	
	This is an auto-generated email. Please do not reply to this email.	
	在活动开始前30分钟点击电子邮件中 "加入活动时段",即可用任何设备 出席活动时段。	





^{活动后反馈} 填写调查表



Get moving. Get more from life.

moveit.gov.sg