

NATIONAL STEPS CHALLENGE[™] THEMATIC CHALLENGES

'MOVE FOR WELLNESS CHALLENGE' FREQUENTLY ASKED QUESTIONS

General Information	
1.	<p>What is the 'Move for Wellness Challenge'?</p> <p>The 'Move for Wellness Challenge' is a thematic challenge of the National Steps Challenge[™], a physical activity initiative by the Health Promotion Board (HPB). It encourages participants to be physically active every day, anytime and anywhere.</p> <p>The 'Move for Wellness Challenge' will officially start on 3 June 2022, 0000 hours (Singapore time) and end on 19 June 2022, 2359 hours (Singapore time).</p> <p>The first 26,000 participants who clock and sync at least 50,000 steps or 50 minutes of Moderate-to-Vigorous Physical Activity (MVPA) to the Healthy 365 app during the challenge period will earn a Sure-win Prize.</p> <p>Participants can also accumulate chances to win attractive prizes in a lucky draw by achieving 10,000 steps and/or 30 minutes of Moderate-to-Vigorous Physical Activity (MVPA) daily from 3 June 2022 to 19 June 2022.</p>
2.	<p>Who can sign up for the 'Move for Wellness Challenge'?</p> <p>The 'Move for Wellness Challenge' is open to all members of public who are:</p> <ul style="list-style-type: none"> a) Residing in Singapore with a valid NRIC or FIN. b) Aged 17 years and above (based on birth year). Please note that eligible persons who are 17 years of age must obtain parental consent before participating in the challenge. c) Signed up for the National Steps Challenge[™]. d) If you are an existing participant of LumiHealth, you must withdraw from LumiHealth in order to sign up for the 'Move for Wellness Challenge'. If you would like to withdraw from LumiHealth, do note that once you withdraw from LumiHealth programme, you cannot sign up for it again. Be sure to redeem your coins and use your HPB eVouchers before you withdraw, if applicable. You will not be able to do this after you withdraw. <p>All new, past, and current participants of the National Steps Challenge[™] are welcome to sign up for the 'Move for Wellness Challenge'.</p>
3.	<p>How do I sign up for the 'Move for Wellness Challenge'?</p> <p>Participants can start to register for the challenge and earn rewards once the challenge officially commences from 3 June 2022. To participate:</p> <ul style="list-style-type: none"> 1. Download the Healthy 365 app on Google Play or Apple App Store. A minimum OS of Android 6 or iOS 10 is required. 2. Create or restore your profile on the Healthy 365 app.

	<div><div><div>3. A One Time Password (OTP) will be sent to your profile’s registered mobile number.</div><div>4. Pair your fitness tracking device with the Healthy 365 app.</div><div>5. Find the ‘Move for Wellness Challenge’ under “Challenges” on the “Explore” tab and tap “Join now”.</div></div><div>Agree to the Terms and Conditions.</div></div>						
4.	<div><div><div>When does the ‘Move for Wellness Challenge’ start?</div><div><div>The ‘Move for Wellness Challenge’ will officially start on 3 June 2022, 0000 hours (Singapore time) and end on 19 June 2022, 2359 hours (Singapore time).</div><div>The Challenge will be available for registration on the Healthy 365 app under the Explore tab > Challenges tab, from 3 June 2022, 0000 hours. Registration will end on 19 June 2022, 2359 hrs (Singapore time).</div></div></div></div>						
5.	<div><div><div>Can I sign up on behalf of my friends or family members for the ‘Move for Wellness Challenge’?</div><div>Each person must sign up individually via the Healthy 365 app.</div></div></div>						
6.	<div><div><div>Must I pay to participate in the ‘Move for Wellness Challenge’?</div><div>No, participation in the ‘Move for Wellness Challenge’ is free of charge.</div></div></div>						
7.	<div><div><div>How does the ‘Move for Wellness Challenge’ work?</div><div><div>The ‘Move for Wellness Challenge’ will be conducted via the Healthy 365 app which is available for free download on Google Play Store or Apple App Store. Participants have the option of selecting different fitness tracking modes, including app-based tracking and other compatible fitness tracking devices.</div><div>From 3 June 2022 to 19 June 2022, participants can earn the following rewards under the ‘Move for Wellness Challenge’ when the qualifying criteria are met.</div></div></div><table><tr><th>Type</th><th>Qualifying Criteria</th><th>Rewards*</th></tr><tr><td>Sure-Win</td><td><div><div>Clock at least 50,000 steps or 50 minutes of MVPA within the Official Challenge Period and sync to the Healthy 365 app</div><div>(Limited to the first 26,000 participants who sync their data to the Healthy 365 app)</div></div></td><td><div><div>Each of the 26,000 winners will be randomly allocated one of the following rewards:</div><div><div><div>• LiHO Jasmine Green Tea (M) eVoucher</div><div>• LiHO Jing Syuan Tea (M) eVoucher</div><div>• LiHO Fresh Lemon Jing Syuan Tea (M) eVoucher</div><div>• LiHO Fresh Lemon Green Tea (M) eVoucher</div><div>• \$2 LiHO eVoucher</div><div>• LiHO Buy 1 Get 1 Free eVoucher</div><div>• 30% off Polar Electro eVoucher</div></div></div></div></td></tr></table></div>	Type	Qualifying Criteria	Rewards*	Sure-Win	<div><div>Clock at least 50,000 steps or 50 minutes of MVPA within the Official Challenge Period and sync to the Healthy 365 app</div><div>(Limited to the first 26,000 participants who sync their data to the Healthy 365 app)</div></div>	<div><div>Each of the 26,000 winners will be randomly allocated one of the following rewards:</div><div><div><div>• LiHO Jasmine Green Tea (M) eVoucher</div><div>• LiHO Jing Syuan Tea (M) eVoucher</div><div>• LiHO Fresh Lemon Jing Syuan Tea (M) eVoucher</div><div>• LiHO Fresh Lemon Green Tea (M) eVoucher</div><div>• \$2 LiHO eVoucher</div><div>• LiHO Buy 1 Get 1 Free eVoucher</div><div>• 30% off Polar Electro eVoucher</div></div></div></div>
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Lucky Draw	Clock at least 10,000 steps in a day during the Official Challenge Period	One (1) lucky draw chance for each day, up to seventeen (17) chances during Official Challenge Period
	Clock at least 30 minutes of MVPA in a day during the Official Challenge Period	Two (2) lucky draw chances for each day, up to thirty-four (34) chances during Official Challenge Period Participants must clock at least 10,000 steps or 30 minutes of MVPA in a single day in order to earn lucky draw chances.
	<p>Head down to Zentosa Fest @ Sentosa to join Wellness Festival Singapore activities:</p> <ol style="list-style-type: none"> 1) Take a photo with a National Steps Challenge™ standee or obtain a unique activity code by participating in selected Wellness Festival Singapore activities*: <ol style="list-style-type: none"> a. Family Fun Time Workshops b. True Fitness Hour Workouts 2) Submit the photo or unique activity code to https://go.gov.sg/m-f-w within the Official Challenge Period. <p>*Participation in the above workshop and/or workout requires pre-registration. Visit www.wellnessfest.sg and https://zentosafest.sentosa.com.sg/ for more details.</p>	<p>Double (x2) lucky draw chances earned with a valid FormSG submission during the Official Challenge Period</p> <p>Each participant can only double their lucky draw chances once</p>

*For rewards that are randomly allocated, requests to be allocated to another reward will not be entertained. HPB reserves the right to provide alternative rewards at its sole discretion without any further notice to participants. Sure-win rewards are while stocks last.

- Participants may use any number of days within 3 June 2022 to 19 June 2022 to clock and sync the total of 50,000 steps or 50 minutes of MVPA for the Sure-win Prize. Steps need not be clocked on consecutive days.
- Steps and MVPA minutes must be clocked and synced to the Healthy 365 app during the Official Challenge Period to be considered towards the qualifying criteria. Only steps and MVPA minutes from the day a Participant joins the Challenge or from the day of commencement of the Official Challenge Period, whichever is later, will be considered. All steps and MVPA minutes must be synced to the Healthy 365 app before the Challenge ends to be considered. Any steps and MVPA minutes synced after the end of Challenge will not be considered, even if they were clocked during the Official Challenge Period.

	<p>Moderate physical activities refer to those that cause a noticeable increase in breathing rate. For instance, brisk walking at approximately 100 steps per minute should get you to be able to carry on a conversation but not have enough breath to sing.</p> <p>Vigorous physical activities refer to those that cause a large increase in breathing rate. For instance, you will not be able to carry out a conversation while you are jogging or doing step aerobics, but you are not out of breath.</p> <p>For more information on MVPA, please refer to www.stepschallenge.sg.</p>
11.	<p>I have been exercising, why were my MVPA minutes not recorded in the Healthy 365 mobile app?</p> <p>The Healthy 365 mobile app will only register MVPA duration for exercise sessions that last for more than 10 continuous minutes and at a moderate to vigorous level of intensity.</p> <p>Please note that participants who have declared that they are unfit to proceed with the MVPA category under National Steps Challenge™ will not be able to earn chances for the 'Move for Wellness Challenge' Draw from MVPA.</p> <p>If you wish to change your fitness status, please email to stepschallenge@hpb.gov.sg with the email title: Reset Health Declaration Status and resubmit your Health Declaration status via the Healthy 365 mobile app under "Profile" before the end of the registration period (19 June 2022, 2359 hrs). Health declaration status that are changed after 19 June 2022, 2359 hrs would not be accepted.</p>
12.	<p>How do I know if my activities are of moderate to vigorous intensity?</p> <p>MVPA is attained when you reach at least 64% of your maximum heart rate (<i>Source: National Physical Activity Guidelines, Health Promotion Board, 2011</i>). An individual's maximum heart rate is estimated to be 220 minus the individual's age. You can now check your heart rate easily during your activities with our HPB heart rate monitoring fitness tracker. The HPB fitness tracker is able to track your heart rate automatically throughout the day, as long as the tracker is worn correctly on the wrist. When you sync your fitness records to the Healthy 365 mobile app, your duration of MVPA will be automatically computed.</p>
13.	<p>How will my heart rate be recorded by HPB fitness trackers?</p> <p>The HPB fitness tracker automatically tracks heart rate throughout the day, as long as the tracker is turned on, has sufficient battery and is worn correctly on the wrist. Heart rate is measured in beats per minute (bpm) and can vary from person to person depending on factors like age and fitness level. If you wish to monitor your heart rate more accurately in real-time, you may trigger the "Workout Mode" function manually.</p> <p>To trigger the "Workout Mode" function, tap on the screen of the HPB fitness tracker where the touch sensor is located until the word "Workout" is displayed. Do a "long tap" (tap and hold) on the touch sensor to trigger the "Workout Mode" to view real-time heart rate tracking.</p> <p>Do note that staying on "Workout Mode" for extended periods of time will drain the fitness tracker's battery. Please remember to switch off the function after each exercise session to conserve battery power.</p>
14.	<p>What other fitness tracking devices/apps are compatible with the Healthy 365 app?</p>

	<p>Aside from using the fitness trackers issued by HPB, you may also track your steps and MVPA duration using other trackers or mobile applications compatible with the Healthy 365 app.</p> <p>Compatible fitness tracking devices and apps:</p> <ul style="list-style-type: none"> • <i>Actxa® app</i> • <i>Apple Health app</i> • <i>Fitbit app with any Fitbit tracker</i> • <i>Garmin Connect™ app</i> • <i>Polar Flow app</i> • <i>Samsung Health app</i> <p>If you are using one of the above compatible fitness tracking devices or fitness mobile apps your device needs to be able to track heart rate in order to contribute towards the MVPA category.</p>
15.	<p>Is there a deadline to sync my fitness records?</p> <p>Yes, all fitness records must be synced to the Healthy 365 app by 19 June 2022, 2359 hrs. Note that only fitness records from 3 June 2022 to 19 June 2022 which are synced to the Healthy 365 app will be taken into account for the Challenge.</p> <ul style="list-style-type: none"> • Only step counts from the day a participant joins the Challenge or from the day the Challenge starts, whichever is later, will be considered. • All step counts must be synced to the Healthy 365 app before the Challenge ends to be considered. Any step counts synced after the Challenge has ended will not be considered, even if the step count was clocked during the Official Challenge Period.
16.	<p>Can non-smartphone participants take part in the ‘Move for Wellness Challenge’?</p> <p>Only participants using compatible smartphones with the Healthy 365 app installed are able to take part in the ‘Move for Wellness Challenge’.</p>
17.	<p>I need a fitness tracker for the ‘Move for Wellness Challenge’. Am I eligible to collect a new HPB Fitness Tracker for the challenge?</p> <p>HPB fitness trackers are available for collection in National Steps Challenge™. All participants who meet the following eligibility conditions can collect a new HPB fitness tracker.</p> <p>(a) You must be a Singaporean or Permanent Resident of Singapore with a valid NRIC. (b) You must be 17 years or older (based on birth year) at the point of registration. Eligible persons who are 17 years of age must have obtained the necessary parental consent to register for the Challenge. (c) You have signed up for the National Steps Challenge™ at the point of fitness tracker collection; and (d) Did not collect an Axtro Fit 2 or Tempo 3C HPB fitness tracker in Season 5 (2019-2020)</p>

	<p>(e) Did not collect an Axtro Fit 3 or Tempo 4C HPB fitness tracker in Season 6 (2021-2022)</p> <p>Exceptions apply:</p> <p>(f) Returning participants who completed all 6 tiers under the “Steps Rewards” category in previous seasons, up to Season 5 (2019-2020) and have collected an Axtro Fit 2 or Tempo 3C. (Note: these participants (“Completers”) are eligible to collect a new fitness tracker. However, Completers who have already collected the new fitness tracker, either Axtro Fit 3 or Tempo 4C, in the recent Season 6 (2021-2022) will not be able to collect another fitness tracker under the National Steps Challenge™ unless otherwise explicitly stated.</p> <p>Eligible participants may collect 1 free HPB fitness tracker each. Click here for a step-by-step guide on how to book a collection appointment on the Healthy 365 app.</p> <p>If you are not eligible to collect a new HPB fitness tracker as you have already collected an Axtro Fit 2 or Tempo 3C HPB fitness tracker in Season 5 (2019-2020) or an Axtro Fit 3 or Tempo 4C HPB fitness tracker in Season 6 (2021-2022), and your existing fitness tracker is faulty, you may make a 1-for-1 exchange while stocks last. For information on how to make a tracker exchange, click here.</p>
Healthy 365 App	
18.	<p>Is the Healthy 365 app compatible with my smartphone?</p> <p>Please check that both the version of your phone's operating system (OS) and your phone model are compatible with the Healthy 365 app.</p> <p>For smartphone OS versions, the Healthy 365 app requires at least Android 6 and iOS 10 and above to operate.</p> <p>Note however that newer Huawei phone models that do not support the Google Play Store app are not be compatible.</p>
19.	<p>Do I need data or internet connection to use the Healthy 365 app?</p> <p>Yes, internet connection is required in order to use the Healthy 365 app, which allows participants to register for Challenges, sync steps and MVPA duration, as well as update Healthpoints and redeem rewards.</p>
Technical assistance/ Troubleshooting	
20.	<p>I cannot click on “I agree to the Terms & Conditions” when I try to register for the ‘Move for Wellness Challenge’.</p> <p>Please ensure that your smartphone has internet connection in order join challenges. As the Healthy 365 app is built to be time sensitive, you may encounter an error when the time on your phone is different from the time in Singapore. If you are currently in Singapore, please ensure the time on your phone is accurate.</p> <p>Please follow the steps below:</p> <p>For iOS:</p> <ol style="list-style-type: none"> Go to your phone's “Settings” page Tap on “General”, followed by “Date & Time” Turn on “Set Automatically” option

	<p>For Android:</p> <ul style="list-style-type: none"> a) Go to your phone's "Settings" page b) Tap on "Date and Time" c) Turn on "Automatic date and time" option
21.	<p>I am unable to complete registration for the 'Move for Wellness Challenge' on the Healthy 365 app.</p> <p>You might not have internet connectivity, or our servers may be busy/under maintenance at the moment. Please try again later. If the problem persists, please contact us at stepschallenge@hpb.gov.sg for further assistance.</p>

For other enquiries, please contact us at stepschallenge@hpb.gov.sg.