



Get more fun
out of life
in every step!

Win
amazing
prizes!

Explore places
with the
ones you love!

Feel healthier
and more
energetic!

The National Steps Challenge[™] is back with Season 2!

Aim for
10,000
steps per day

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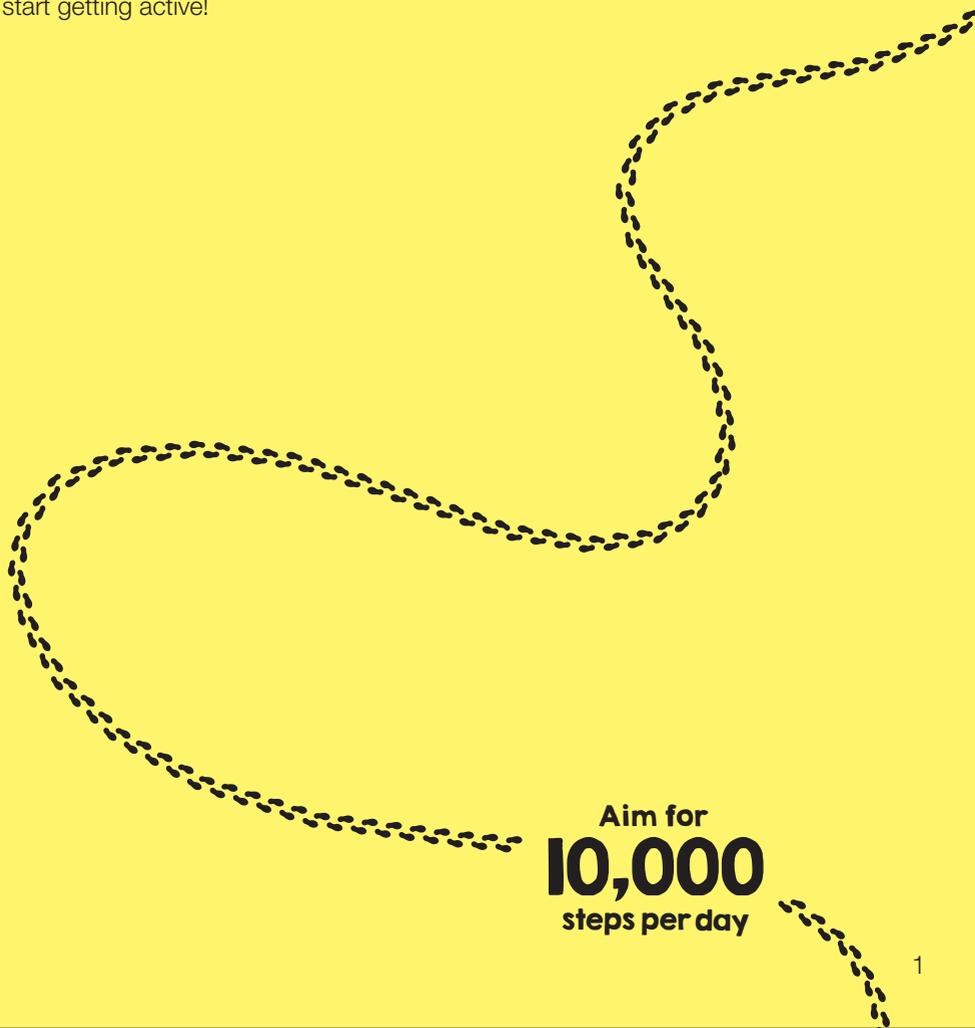
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Introducing the National Steps Challenge™ Season 2

Step up to a whole new world of fun and bigger prizes, including an exciting holiday to New Zealand on Singapore Airlines Business Class and a whole lot more!

With more ways to join the Challenge in Season 2, get moving today and aim for 10,000 steps per day!

This guide will help you get started with the National Steps Challenge™ Season 2, with instructions on how you can join the Challenge, set up your steps tracker, use other modes of tracking steps and guide you through new features of the Healthy 365 mobile app. Just follow the step-by-step instructions in each section and start getting active!



Aim for
10,000
steps per day

How does the National Steps Challenge™ Season 2 work?

It's easy to put the fun back in your steps.

All it takes are a few simple steps to get to the fun. Before you realise it, you'll be on your way to great rewards and prizes.

Here's how it works:



Sign up for the Challenge

Download the Healthy 365 mobile app, create your profile and sign up for National Steps Challenge™ Season 2 in the Challenge tab.



If you have an older version of the mobile app, delete it and install the latest version before restoring your profile.

If you are a new participant, refer to page 4.

If you are a returning participant, refer to page 6.



More ways to track your steps

Use the **FREE HPB steps tracker*** or one of these compatible mobile apps and trackers:

National Steps Challenge™ preferred mobile apps and trackers:

- S Health mobile app with Samsung Gear Fit2[^]
- Lifelog mobile app with Sony SmartWatch 3[^]
- Actxa[®] mobile app with Actxa[®] Swift

Other mobile apps and trackers:

- HealthKit mobile app with Apple Watch
- Any Fitbit tracker

Refer to pages 8 to 13 on how to set up your preferred steps tracking mode.

**Applicable to selected steps tracking devices compatible with the S Health and Sony Lifelog mobile apps.*

Earn points for more great prizes



Sync your **FREE HPB steps tracker*** or any other compatible mobile app and tracker at least once every 7 days to update your step count and earn points.

STEPS	POINTS (DAILY)
5,000	15
7,500	45
10,000	60 (Maximum)

Redeem sure-win rewards

Exchange your points for up to 6 tiers of sure-win rewards worth up to \$35 in total. The more points you earn, the greater the value of shopping and grocery vouchers you can redeem!



	POINTS (TOTAL)	REWARDS VALUE [^]
TIER 1	600	\$5 voucher
TIER 2	Additional 1,800	\$10 voucher
TIER 3 - 6	Additional 1,200	\$5 voucher

[^]Rewards can only be redeemed once from each tier.

Only points earned from 1 October 2016 to 28 February 2017 can be used to redeem sure-win rewards.



Stand to win Grand Draw prizes worth over \$75,000 in total

Every 750 points earned from 1 October 2016 to 30 April 2017 gives you 1 chance to win awesome prizes like an exciting holiday to New Zealand on Singapore Airlines Business Class, gadgets from Samsung and Sony, a family cruise or a staycation and a whole lot more! The fun never ends!

**Terms and conditions apply. Refer to page 25.*

How to join the Challenge if you are a new participant



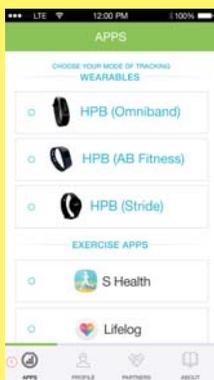
STEP 1 Download the Healthy 365 mobile app and create your profile.



STEP 2 Sign up for National Steps Challenge™ Season 2 in the Challenge tab.



STEP 3 Consent to the Terms and Conditions to start Challenge.



STEP 4 Complete your sign up for the National Steps Challenge™ Season 2 and choose your preferred mode of tracking your steps:

A. FREE HPB steps tracker*

Refer to page 8 on how to set up your HPB steps tracker*.

B. National Steps Challenge™ preferred mobile apps and trackers:

- i. S Health mobile app with Samsung Gear Fit2[^]
- ii. Lifelog mobile app with Sony SmartWatch 3[^]
- iii. Actxa[®] mobile app with Actxa[®] Swift

C. Other compatible mobile apps and trackers:

- i. HealthKit mobile app with Apple Watch
- ii. Any Fitbit tracker

Refer to pages 8 to 13 on how to set up your preferred steps tracking mode.

[^]Applicable to selected steps tracking devices compatible with the S Health and Sony Lifelog mobile apps.



STEP 5 Complete your set up and start clocking your steps! You can even track your calories burnt with the steps you take.

Reminder: Aim for 10,000 steps per day and remember to update your step count with the Healthy 365 mobile app once every 7 days to avoid losing your step count data.

For non-smartphone new participants, visit us at any of our National Steps Challenge™ roadshows to sign up for Season 2! Find out more at stepschallenge.sg

*Terms and conditions apply. Refer to page 25.

How to join the Challenge if you are a returning participant

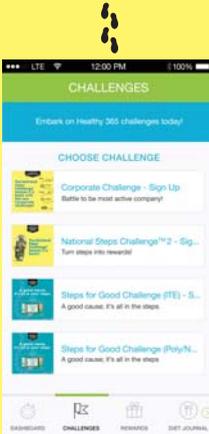


STEP 1 Launch the Healthy 365 mobile app and restore your profile.

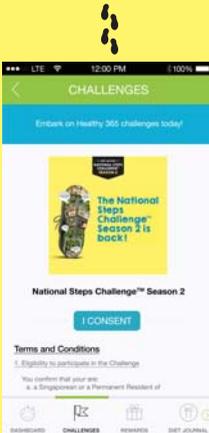


If you have an older version of the mobile app, delete it and install the latest version before restoring your profile.

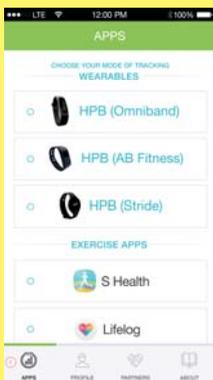
Refer to page 18 on how to restore your account.



STEP 2 Sign up for National Steps Challenge™ Season 2 in the Challenge tab.



STEP 3 Consent to the Terms and Conditions to start Challenge.



STEP 4 Complete your sign up for the National Steps Challenge™ Season 2 and choose your preferred mode of tracking your steps:

- A. HPB steps tracker*
- B. National Steps Challenge™ preferred mobile apps and trackers:
 - i. S Health mobile app with Samsung Gear Fit2[^]
 - ii. Lifelog mobile app with Sony SmartWatch 3[^]
 - iii. Actxa[®] mobile app with Actxa[®] Swift
- C. Other mobile apps and trackers:
 - i. HealthKit mobile app with Apple Watch
 - ii. Any Fitbit tracker

Refer to pages 8 to 13 on how to set up your preferred steps tracking mode.

[^]Applicable to selected steps tracking devices compatible with the S Health and Sony Lifelog mobile apps.



STEP 5 Complete your set up and start clocking your steps! You can even track your calories burnt with the steps you take.

Reminder: Aim for 10,000 steps per day and remember to update your step count with the Healthy 365 mobile app once every 7 days to avoid losing your step count data.

For non-smartphone returning participants, visit us at any of our National Steps Challenge™ roadshows to sign up for Season 2! Find out more at stepschallenge.sg

*Terms and conditions apply. Refer to page 25.

How to set up your HPB steps tracker*

STEP 1 Launch the Healthy 365 mobile app, tap on the Apps tab and choose your tracking mode based on the model of your HPB steps tracker*.



HPB (Omniband)

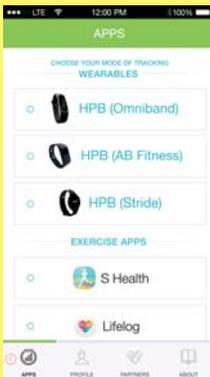


HPB (AB Fitness)



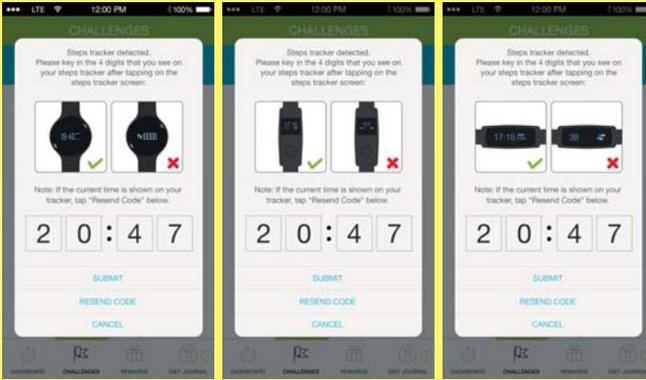
HPB (Stride)

STEP 2 Turn on Bluetooth® on your smartphone.



STEP 3 Switch on your HPB steps tracker* and place it next to your smartphone.

Tap on your HPB steps tracker* for your 4-digit code.



STEP 4 Key in the 4-digit code on the Healthy 365 mobile app and tap ‘Submit’. If pairing was unsuccessful, tap ‘Resend Code’ on the Healthy 365 mobile app and follow steps 3 and 4 again.



STEP 5 Congratulations! You’ve successfully paired your HPB steps tracker* with the Healthy 365 mobile app.

Reminder: Aim for 10,000 steps per day and remember to update your step count with the Healthy 365 mobile app once every 7 days to avoid losing your step count data.

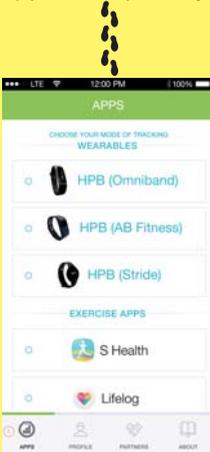
*Terms and conditions apply. Refer to page 25.

How to set up S Health, Lifelog and Actxa® mobile apps

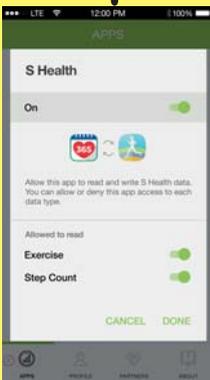
S Health and Lifelog mobile apps are only available for Android users (Android 4.4Kit Kat and above).

Actxa® mobile app is available for both Android and IOS users (Android 4.4Kit Kat and above and iPhone 5S and above, with iOS8).

STEP 1 Ensure that you have installed the S Health, Lifelog or Actxa® mobile app on your smartphone. You will also need to create an account to use these mobile apps and update your step count on these mobile apps first.



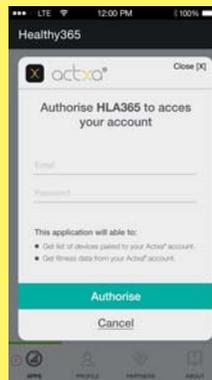
STEP 2 Launch the Healthy 365 mobile app, tap on the Apps tab and choose your preferred mode of tracking steps.



Allow access for the Healthy 365 mobile app from the S Health mobile app.



Log in to your Lifelog account and tap on 'Accept' to allow access for the Healthy 365 mobile app.



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

STEP 3

Allow access for the Healthy 365 mobile app to retrieve your step count data from your preferred mode of tracking steps.



STEP 4 Complete your set up and start clocking your steps! You can even track your calories burnt with the steps you take.

Reminder: Aim for 10,000 steps per day and remember to update your step count from the S Health, Lifelog or Actxa® mobile apps with the Healthy 365 mobile app once every 7 days to avoid losing your step count data.

Did you know?

You can also use selected steps tracking devices compatible with the S Health, Lifelog and Actxa® mobile apps to participate in the National Steps Challenge™ Season 2! Refer to page 12 for more details.

Did you know?

You can also use these cool gadgets from our Official Technology Partners or other selected steps tracking devices compatible with the S Health, Lifelog and Actxa® mobile apps to participate in the National Steps Challenge™ Season 2!



Stay in shape and in style with the latest Samsung devices. Keep track of your fitness activities with S Health¹ app on your Galaxy smartphone² to achieve your workout goals. Simply pair it with your Gear Fit2 smartwatch to synchronise your health data.



With Sony's Smartband 2, you can make smarter choices when it comes to fitness, thanks to insightful heart rate tracking. The more you know, the more you can achieve.



Actxa® Swift and Swift+ activity trackers track steps, distance, active time, calories and sleep pattern. Both are touch enabled, ultra-light weight and comfortable, sports a sleek design with choice of interchangeable colour straps. The Actxa® Swift+ comes with an added ring, email and message notifications. With advanced Nano coating, Actxa® Swift+ is great for a dip by the pool.



Check out the Healthy 365 mobile app for exclusive discounts from our Official Technology Partners!

1: Not intended for clinical or medical use, including diagnosis, treatment, monitoring, alleviation, compensation, cure, prevention or mitigation of any disease, ailment, defect, injury and other conditions.

2: Compatible with the following Galaxy devices: Galaxy Note 7, S7 edge 4G+, S7 4G+, Note 5 4G+, S6 edge+ 4G+, S6 edge 4G+ and S6 4G+.

How to set up other compatible mobile apps and trackers

HealthKit mobile app with Apple Watch

Only available for iOS users (iPhone 5S and above, with iOS 8).



STEP 1 After you have successfully signed up for the Challenge, tap on the Apps tab and choose 'HealthKit' as your preferred mode of tracking steps.

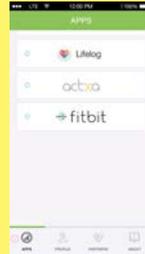


STEP 2 Allow access for the Healthy 365 mobile app to retrieve your step count data from the HealthKit mobile app.

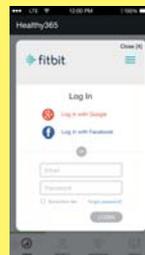


STEP 3 Complete your set up and start clocking your steps! You can even track your calories burnt with the steps you take.

Fitbit



STEP 1 After you have successfully signed up for the Challenge, tap on the Apps tab and choose 'Fitbit' as your preferred mode of tracking steps.



STEP 2 Log in to your Fitbit account.



STEP 3 Select your preferred Fitbit tracker to allow access for the Healthy 365 mobile app to retrieve your step count data from the Fitbit mobile app.

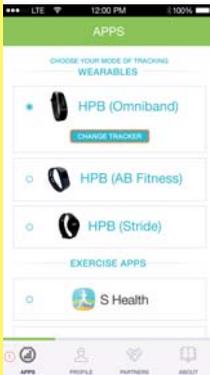


STEP 4 Complete your set up and start clocking your steps! You can even track your calories burnt with the steps you take.

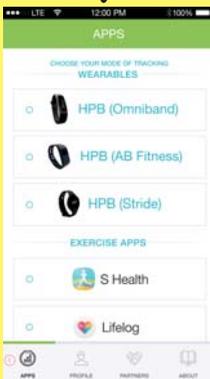
Reminder: Aim for 10,000 steps per day and remember to update your step count from the HealthKit or Fitbit mobile app with the Healthy 365 mobile app once every 7 days to avoid losing your step count data.

Switching your preferred steps tracking mode

New Feature!



STEP 1 Launch the Healthy 365 mobile app and tap on the Apps tab.



STEP 2 Select your preferred mode of tracking steps and allow the Healthy 365 mobile app access to the step count data to your preferred steps tracking mode. Choose your preferred mode of tracking steps:

- A. HPB steps tracker*
- B. National Steps Challenge™ preferred mobile apps and trackers:
 - i. S Health mobile app with Samsung Gear Fit2[^]
 - ii. Lifelog mobile app with Sony SmartWatch 3[^]
 - iii. Actxa® mobile app with Actxa® Swift
- C. Other mobile apps and trackers:
 - i. HealthKit mobile app with Apple Watch
 - ii. Any Fitbit tracker

Refer to pages 8 to 13 on how to set up your preferred steps tracking mode.

**Applicable to selected steps tracking devices compatible with the S Health and Sony Lifelog mobile apps.*



STEP 3 Complete your set up and start clocking your steps! You can even track your calories burnt with the steps you take.

Reminder: Aim for 10,000 steps per day and remember to update your step count from your preferred mode of tracking steps with the Healthy 365 mobile app once every 7 days to avoid losing your step count data.

Did you know?

You can switch between different modes of tracking your steps with any compatible mobile app or tracker.

All you need to do is make sure to sync your steps first before switching your preferred steps tracking mode. Steps taken after successfully switching your tracking mode will be added to your previously synced steps.

**Terms and conditions apply. Refer to page 25.*

Sync for Friends

New Feature!

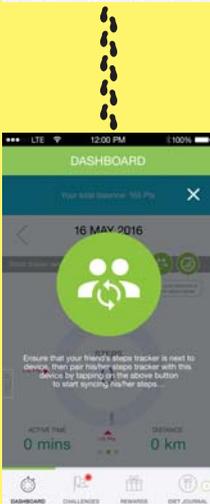
Syncing your steps is now a lot easier with the new Sync for Friends function on the Healthy 365 mobile app. Don't own a smartphone? Or left your smartphone at home? No problem! All you need to do is find a friend or family member with a smartphone to get started.

Available 1 October 2016 onwards.

STEP 1 Ensure Bluetooth® is enabled on your friend's smartphone and is connected to the internet.



STEP 2 Launch the Healthy 365 mobile app and tap on the Dashboard tab. Next, swipe to the left for the step count Dashboard and tap on the Sync for Friends button.

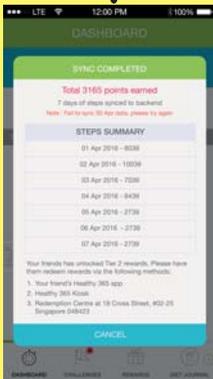


STEP 3 Place your HPB steps tracker* next to your friend's smartphone.



STEP 4 You will be prompted to key in a 4-digit code. Tap on your HPB steps tracker* for your 4-digit code. Key in the code on the Healthy 365 mobile app and tap 'Submit'.

If unsuccessful, tap 'Resend Code' on the Healthy 365 mobile app and repeat step 4 again.



STEP 5 Congratulations! You've successfully updated your step count on your friend's smartphone.

*Terms and conditions apply. Refer to page 25.

How to restore your account and update your personal details

STEP 1 Launch the Healthy 365 mobile app.



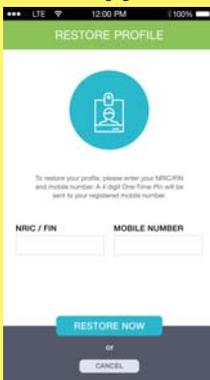
If you have uninstalled the app, you will need to download it again from the Apple Store (iOS) or Google Play Store (Android).

If you have an older version of the mobile app, delete it and install the latest version before restoring your profile.

STEP 2 Go to the Profile tab and select 'Restore Profile'.



STEP 3 Enter your NRIC and mobile number and select 'Restore Now'.





STEP 4 A 4-digit one-time password will be sent to you via SMS to your registered mobile number. Key in the 4-digit one-time password on the Healthy 365 mobile app and select 'Submit'.



STEP 5 Once your profile has been restored, select 'Go to Challenge'.

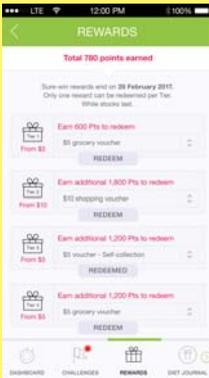


To update your personal details, please contact us at 1800 567 2020 for assistance.

How to redeem sure-win rewards

Exchange your points for up to 6 tiers of sure-win vouchers worth up to \$35 in total. The more points you earn, the greater the value of shopping and grocery vouchers you can redeem!

To redeem your rewards in the mail:



STEP 1 Launch the Healthy 365 mobile app and tap on the Rewards tab to choose your sure-win reward.



STEP 2 Select your preferred sure-win reward (by mail) from each tier that you have earned sufficient points for, and tap on 'Redeem'. Do check that your mailing address is accurate before redeeming your rewards. If you need to update your mailing address, please refer to page 18.



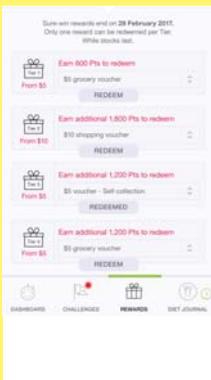
STEP 3 Upon successful redemption, you will receive a confirmation note.



	POINTS (TOTAL)	REWARDS VALUE [^]
TIER 1	600	\$5 voucher
TIER 2	Additional 1,800	\$10 voucher
TIER 3	Additional 1,200	\$5 voucher
TIER 4	Additional 1,200	\$5 voucher
TIER 5	Additional 1,200	\$5 voucher
TIER 6	Additional 1,200	\$5 voucher

[^]Rewards can only be redeemed once from each tier. Only points earned from 1 October 2016 to 28 February 2017 can be used.

To redeem your rewards in person:



STEP 1 Launch the Healthy 365 mobile app and tap on the Rewards tab to choose your sure-win reward.

STEP 2 Select your preferred sure-win reward (self-collect) from each tier that you have earned sufficient points for, and tap on 'Redeem'.



STEP 3 Visit the redemption centre (after 4 working days) at:

Mojito Redemption Centre
Plaza Singapura Extension
68 Orchard Road, #04-60/61
Singapore 238839

Operating Hours: 11.30am to 8.30pm daily (Closed on Public Holidays)

Please bring along your NRIC or a photo identification card and call 6534 8095 to check for stock availability before making your way down.

Grand Draw Prizes

Every 750 points earned gives you 1 chance to win these awesome prizes worth over \$75,000 in total!

1ST PRIZE

A pair of Singapore Airlines
Business Class tickets to

**Wellington, New Zealand +
vouchers total worth
\$25,000**

2ND PRIZE

Family cruise package +
vouchers total worth
\$15,000

3RD PRIZE

Luxurious staycation +
vouchers total worth
\$10,000

Other prizes include Sony Bravia LED TV,
Sony Action Cam, Samsung Gear Fit2,
Samsung Gear IconX, shopping and travel
vouchers, and many more!

HPB steps trackers authorised service providers

For HPB (Omniband) steps tracker



Waterway Point

83 Punggol Central, #B1-24 (East Wing)
BEST Denki, Singapore 828761
Tel: (65) 6456 3922
Operating Hours: Daily 10am – 10pm

IMM

2 Jurong East Street 21, #03-33 to 47
BEST Denki, Singapore 609601
Tel: (65) 6564 4022
Operating Hours: Daily 10am – 10pm

VivoCity

1 HarbourFront Walk, #02-07
BEST Denki, Singapore 098585
Tel: (65) 6276 6636
Operating Hours: Daily 10am – 10pm

Junction 8

9 Bishan Place, #03-02
BEST Denki, Singapore 579837
Tel: (65) 6258 8488
Operating Hours: Daily 10am – 10pm

Parkway Parade

80 Marine Parade Road, #03-29/30
BEST Denki, Singapore 449269
Tel: 6440 4188
Operating Hours: Daily 10am – 10pm

For HPB (Stride) steps tracker



AMK Hub

53 Ang Mo Kio Ave 3, #02-57
Singapore 569933
Tel: 6258 3915
Operating Hours: Daily 11am – 9pm

City Square Mall

180 Kitchener Road, #01-17
Singapore 208539
Tel: 6509 1182
Operating Hours: Daily 11am – 9pm

Northpoint Shopping Centre

930 Yishun Ave 2, #B1-03
Singapore 769098
Tel: 6754 2028
Operating Hours: Daily 11am – 9pm

The Clementi Mall

3155 Commonwealth Ave West
#B1-03/04, Singapore 129588
Tel: 6659 5336
Operating Hours: Daily 11am – 9pm

Macpherson Office

8 Burn Road, #17-06 TRIVEX
Singapore 369977
Tel: 6288 8663
Operating Hours: Mon-Fri, 9am – 6pm

For HPB (AB Fitness) steps tracker



Plaza Singapura

68 Orchard Rd, #03-05/06

Singapore 238839

Tel: 6238 0082

Operating Hours: Daily 11am – 10pm

Suntec City Mall

3 Temasek Boulevard, #02-602B/C

Singapore 038983

Tel: 6334 0322

Operating Hours: Daily 11am – 10pm

Parkway Parade

80 Marine Parade Road

#B1-106/107/108/108A

Singapore 449269

Tel: 6440 9989

Operating Hours: Daily 11am – 10pm

Bedok Mall

311 New Upper Changi Road

#B2-48, Singapore 467360

Tel: 6844 9581

Operating Hours: Daily 11am – 10pm

VivoCity

1 HarbourFront Walk

#02-160/161, Singapore 098585

Tel: 6376 9717

Operating Hours: Daily 11am – 10pm

Jem

50 Jurong Gateway Road

#B1-35, Singapore 608549

Tel: 6339 0556

Operating Hours: Daily 11am – 10pm

IMM

2 Jurong East Street 21

#02-13, Singapore 609601

Tel: 6899 1190

Operating Hours: Daily 11am – 10pm

Causeway Point

1 Woodlands Square

#B1-35, Singapore 738099

Tel: 6894 5655

Operating Hours: Daily 11am – 10pm

Nex

23 Serangoon Central

#03-25/26, Singapore 556083

Tel: 6634 4553

Operating Hours: Daily 11am – 10pm

Contact Us

General Enquiries

Please call 1800 567 2020 or email us at stepschallenge@hpb.gov.sg.

National Steps Challenge™ Customer Care Centre

For technical support, visit the National Steps Challenge™ Customer Care Centre at Health Promotion Board.

If you wish to speak to a customer care officer in person, please visit the National Steps Challenge™ Customer Care Centre located at Health Promotion Board. Our customer care officers can provide technical support and help troubleshoot software or hardware issues.

Venue:

Health Promotion Board, 3 Second Hospital Avenue, Singapore 168937
Level 1 Lobby (next to 7-11 store)

Note: HPB is located within walking distance of Outram Park MRT station.

Operating Hours:

Mon to Fri, 11am – 8pm

Sat, 9am – 1pm

(Closed on Sundays, Eve of Public Holidays, and Public Holidays)

Rewards Redemption Centre

Mojito Redemption Centre
Plaza Singapura Extension
68 Orchard Road, #04-60/61
Singapore 238839

Operating Hours: 11.30am to 8.30pm daily (Closed on Public Holidays)

Please call 6534 8095 to check for stock availability before making your way down.

Terms and Conditions:

Only new participants of the National Steps Challenge™ Season 2 are eligible to receive a free HPB steps tracker, available on a first-come first-served basis, while stocks last. Participants of the National Steps Challenge™ who have previously collected their HPB steps tracker are no longer eligible for another free steps tracker. The National Steps Challenge™ Season 2 starts 1 October 2016 and ends on 30 April 2017. Participants must be at least 18 years old at the time of signing up. Other terms and conditions apply. For full terms and conditions, please visit stepschallenge.sg

National Steps™ Challenge

stepschallenge.sg | #my10ktoday
Get active. Get more from life.

Main Partners



Official Partners



Official Technology Partners



Official Venue Partners

