

**PICK UP THE
PACE OF YOUR
STEPS TO CLOCK
MVPA MINS**



PARTICIPATE IN THE NATIONAL STEPS CHALLENGE[™] AND BE REWARDED DAILY



Get moving. Get more from life. | Championing: Let's Beat Diabetes
stepschallenge.gov.sg | [#moveit150](https://twitter.com/moveit150) | [#HealthierSG](https://twitter.com/HealthierSG)

STAY ACTIVE AND FEEL GOOD ALL YEAR ROUND

Feel good as you intensify your moves.

Simply pick up your pace to clock Moderate to Vigorous Physical Activity (MVPA) minutes and be rewarded daily as you hit the fitness goals! To reap optimal health benefits, aim to achieve at least 150 minutes of MVPA per week.

HOW TO PARTICIPATE IN THE CHALLENGE?



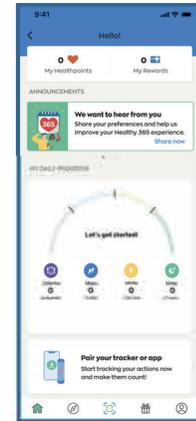
Step 1

Download or update to the latest version of the Healthy 365 app.



Step 2

Create or restore your profile by following the on-screen instructions.



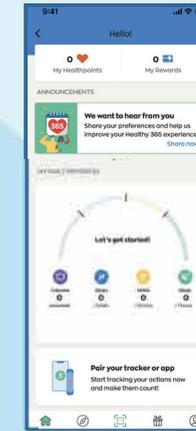
Step 3

Pair your preferred fitness tracking mode with the Healthy 365 app, if you have not yet done so.

Note: All Healthy 365 profiles must be verified using Singpass. Refer to <https://go.gov.sg/healthy365-login-restore> for a step-by-step guide on the Singpass verification process.

GETTING STARTED WITH YOUR HPB FITNESS TRACKER

NEW PARTICIPANTS:



Step 1

Turn on your new HPB fitness tracker and launch the latest version of the Healthy 365 app. Ensure your HPB fitness tracker and your mobile phone are in close proximity.



Step 2

Tap "Pair your fitness tracker now" when you are prompted.

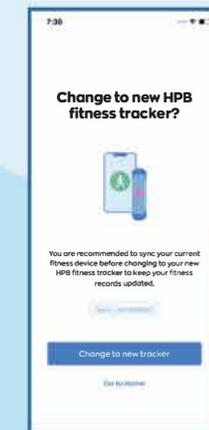
RETURNING PARTICIPANTS:



Step 1

Turn on your new HPB fitness tracker and launch the latest version of the Healthy 365 app. Ensure your HPB fitness tracker and your mobile phone are in close proximity.

An auto pop-up message will prompt you about the change. Tap "Sync current fitness device" to keep your existing fitness records.



Step 2

Tap "Change to new tracker" to confirm the pairing of your new HPB fitness tracker.

Please note: If your syncing attempts are unsuccessful after 3 tries, tap "Get Support" on the Healthy 365 app and try the troubleshooting steps under "Guidelines".

ELIGIBLE TO COLLECT A HPB FITNESS TRACKER?

Find out if you are eligible for a HPB fitness tracker by checking if you can book an appointment on the Healthy 365 app. For more information on tracker eligibility visit <https://go.gov.sg/nsc-tracker-eligibility>

Make an appointment on your Healthy 365 app to collect your free HPB fitness tracker from any of our collection points islandwide.

Visit stepschallenge.gov.sg for the full list of locations, or scan the QR code for a guide to making a HPB fitness tracker collection appointment.

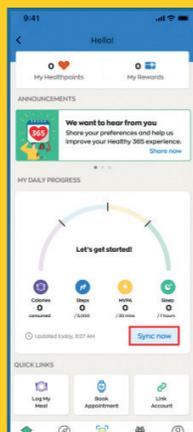


MOVE, SYNC, AND EARN HEALTHPOINTS



Sync At Least Once Every 7 Days

Sync your HPB fitness tracker with the Healthy 365 app at least once every 7 days to avoid losing your fitness activity records.



Sync Your Fitness Records

Your fitness activity records will be automatically updated when you launch the Healthy 365 app.

Alternatively, the "Sync" function is available at the "Activity Summary" on the dashboard.



Sync for Family and Friends

To help your family or friends sync their fitness data, log out of your account. Go to the "Profile" tab and tap on "Settings" followed by "Log-out". Then log in to your family/friend's profile to sync their fitness data.

REWARDS

Intensify your moves and be rewarded daily! Hit your daily MVPA and steps goals to earn Healthpoints.

Moderate To Vigorous Physical Activity (MVPA) Category

Here's how you can earn Healthpoints with MVPA:

DAILY REWARD MILESTONES FOR MVPA	TOTAL DAILY HEALTHPOINTS ¹
10 - 19 mins	10
20 - 29 mins	15
30 mins and more	20 (max)

Total daily Healthpoints indicated for each MVPA milestone include Healthpoints awarded for the previous milestone, e.g. the 15 Healthpoints awarded for the second milestone (20-29 mins) are inclusive of the 10 Healthpoints awarded for the first milestone (10-19mins). You can earn up to 20 Healthpoints per day for clocking MVPA.

You must perform Moderate to Vigorous Physical Activity (MVPA) for at least 10 continuous minutes per session in order for MVPA duration to be clocked. MVPA refers to any activity that brings your heartrate to above 64% of your maximum heartrate. Your maximum heartrate can be calculated using this formula: $220 - (\text{your age})$.

Steps Category

Here's how you can earn Healthpoints with Steps:

DAILY REWARD MILESTONES FOR STEPS	TOTAL DAILY HEALTHPOINTS ¹
5,000 and more	10 (max)

The maximum amount of Healthpoints that can be earned per day in the Challenge is 30 Healthpoints.

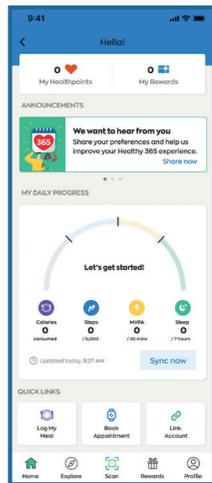
BONUS HEALTHPOINTS!

Earn 80 bonus Healthpoints upon clocking at least 1,000 steps within a day for the first time!

¹ Healthpoints earned from clocking reward milestones for steps and MVPA will be directly credited to participant's e-wallet upon successful sync. Please note that earned Healthpoints have an expiry date - check the Healthpoints Summary section on your Healthy 365 app for more details.

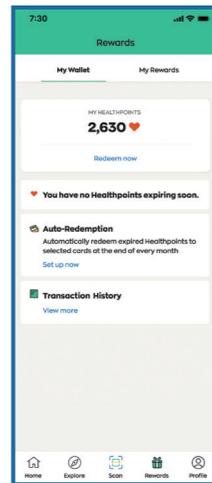
REDEEM YOUR HEALTHPOINTS FOR REWARDS

Follow these steps to turn your Healthpoints into eVouchers!



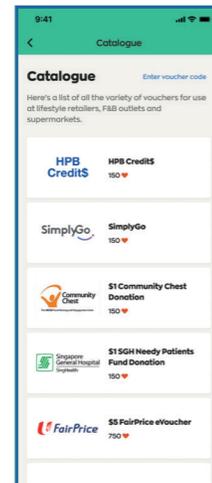
Step 1

Tap "My Healthpoints" on homepage



Step 2

Tap "Redeem now"



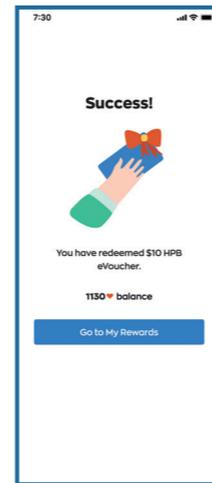
Step 3

Select your preferred eVoucher to redeem



Step 4

Tap "Redeem" to confirm.
A message will appear to confirm your successful redemption



SUPPORT

Scan the QR code below for more National Steps Challenge™ related troubleshooting guides.



Scan to visit
National Steps Challenge™ website.



Scan to download the Healthy 365 app and
participate in the National Steps Challenge™ now!



Health Advisory

You are strongly encouraged to exercise discretion when embarking on higher intensity physical activities. Please complete the health declaration on the Healthy 365 app and ensure you are in good fitness condition before attempting MVPA. If you have an existing heart condition or any other illness and/or injury, please consult a doctor prior to your participation. Please go through the Get Active Questionnaire (GAQ) on the National Steps Challenge™ website before embarking on the Challenge.