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**NATIONAL STEPS
 CHALLENGE™**



Step-by-Step Guide: How to sign up for National Steps Challenge™ Corporate Challenge

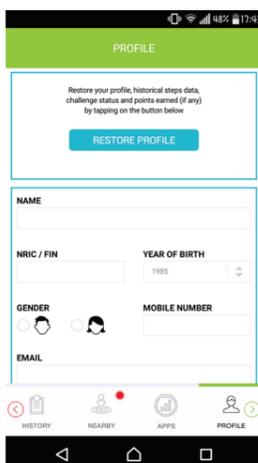
Step 1



Download the Healthy 365 app.

Go through a simple introduction and agree to the PAR-Q and Terms and Conditions of the Healthy 365 app.

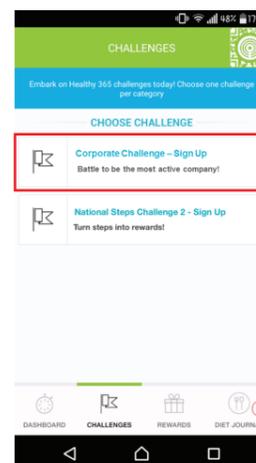
Step 2



Create your profile on the Healthy 365 app (or delete, reinstall the latest version of the app if you have already downloaded it before, then restore your profile).

If you are restoring your profile on the Healthy 365 app, a 4 digit one-time-pin will be sent to you via your registered mobile number. Key in the OTP and your profile will be restored successfully.

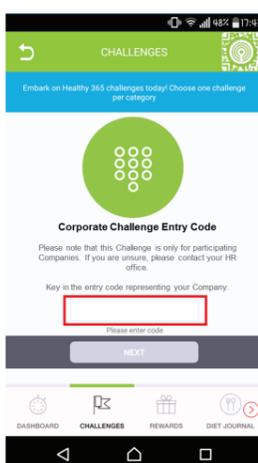
Step 3



Select 'Corporate Challenge - Sign Up' on the Challenges tab on the Healthy 365 app.

Corporate Challenge period:
 14 November 2016 to 28 February 2017.

Step 4

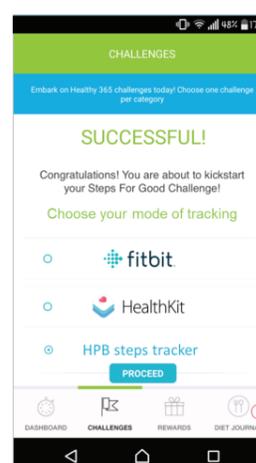


Key in your organisation's unique 6-digit entry code.

Entry codes are case sensitive.

Agree to the Terms and Conditions of the Corporate Challenge.

Step 5



Choose your preferred mode of tracking your steps:

- HPB steps tracker*
- S Health
- HealthKit
- Other compatible trackers (e.g. Fitbit)

Sync your HPB steps tracker, S Health or HealthKit app or other compatible trackers with the Healthy 365 app at least once every 7 days to update your step count and track calories when you take steps every day.

Visit stepschallenge.sg/corporate-challenge for a full list of compatible steps trackers and how to record and sync your steps if you are a non-smartphone user.

*Only new participants of the Corporate Challenge are eligible to receive a free HPB steps tracker, available on a first-come-first-served, while stocks last basis. Participants of the National Steps Challenge™ who have previously collected their HPB steps tracker are no longer eligible for another free steps tracker. The Corporate Challenge period is from 14 November 2016 to 28 February 2017. Participants must be an employee of the organisation and at least 18 years old at the point of signing up. All Corporate Challenge participants will also be automatically signed up for the National Steps Challenge™ Season 2. Other terms and conditions apply. For full terms and conditions, please visit stepschallenge.sg/corporate-challenge.

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Step-by-Step Guide: How to pair your HPB steps tracker*

Step 1



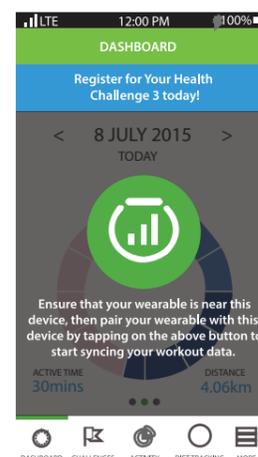
Switch on Bluetooth® on your smartphone.

Step 2



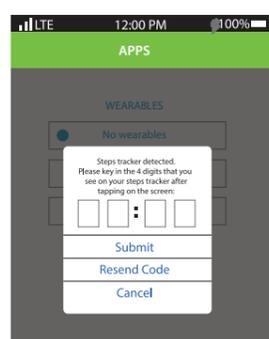
Press and hold the button on the left of the display to switch on the steps tracker*.

Step 3



Tap on the green button on the dashboard of the Healthy 365 app to start pairing your steps tracker.

Step 4



Wait for the 4-digit prompt to appear on the Healthy 365 app.

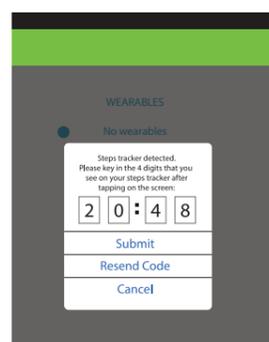
Step 5



Tap on the steps tracker* for the 4-digit PIN.

Please note that the 4-digit PIN is not the time shown on the steps tracker*.

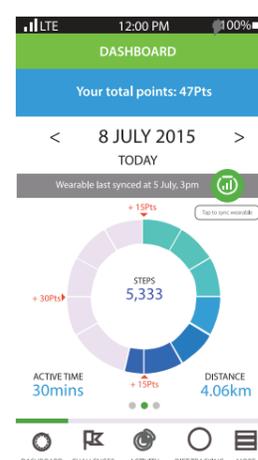
Step 6



Key in the 4-digit pin on your Healthy 365 app and tap 'Submit'.

Please note that the 4-digit PIN is not the time shown on the steps tracker*.

Step 7



Congratulations! You have successfully paired your steps tracker* to the Healthy 365 app.

Remember to sync your steps tracker* to the Healthy 365 app at least once every 7 days to update your step count!

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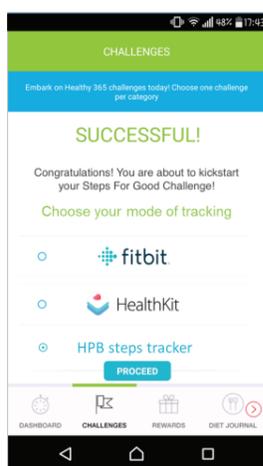


Step-by-Step Guide: How to set up other steps tracking mode

If you are not using the HPB steps tracker*, you may choose any of the following steps tracking modes:

- S Health - only available for Android users (Android 4.4Kit Kat and above, and have the S Health app installed on smartphone)
- HealthKit - only available for iOS users (iPhone 5S and above, with iOS 8 and above)
- Other compatible trackers (E.g. Fitbit)

Visit stepschallenge.sg/corporate-challenge for a full list of compatible steps trackers and how to record and sync your steps if you are a non-smartphone user.

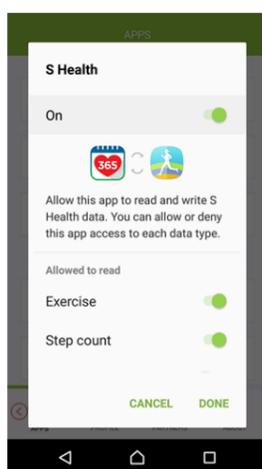


After you have successfully signed up for the Challenge, choose your preferred mode of tracking your steps:

- S Health
- HealthKit
- Other compatible trackers (e.g. Fitbit)

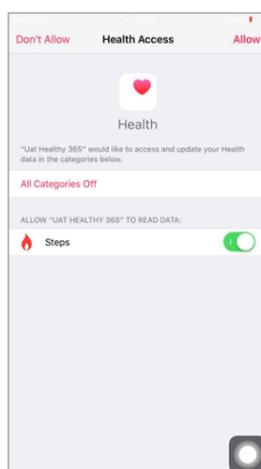
Sync your HPB steps tracker*, S Health or HealthKit app or other compatible trackers with the Healthy 365 app at least once every 7 days to update your step count and track calories when you take steps every day.

S Health



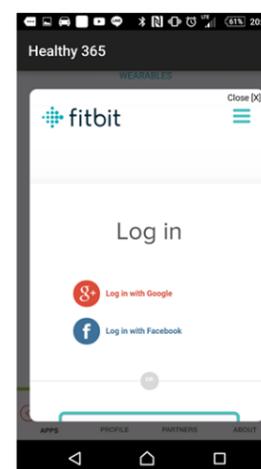
Allow the Healthy 365 app access to the step count data on the S Health app.

HealthKit



Allow the Healthy 365 app access to the step count data on the HealthKit app.

Fitbit



Log in to your Fitbit account.

Select your preferred Fitbit activity tracker to allow the Healthy 365 app access to the step count data.

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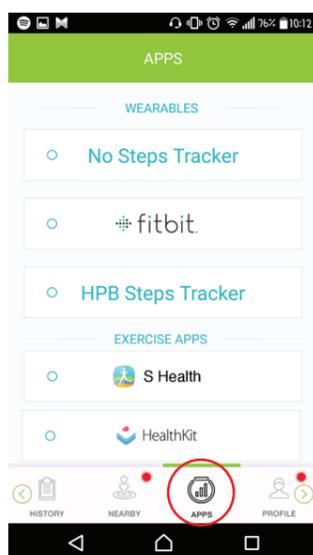
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Step-by-Step Guide: How to switch your steps tracking mode

You may switch to any compatible trackers or apps at any point during the Challenge.



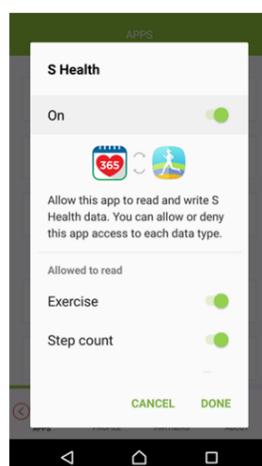
Step 1 Tap on the 'Apps' tab.

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

Step 3 Sync your preferred mode of tracking steps (HPB steps tracker*, S Health or HealthKit app or other compatible trackers or apps) with the Healthy 365 app at least once every 7 days to update your step count and track calories when you take steps every day.

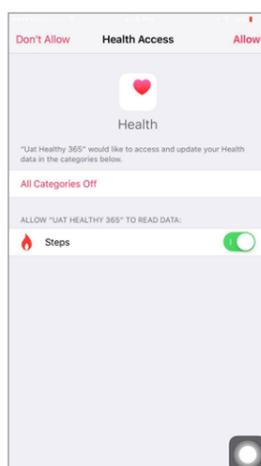
Visit stepschallenge.sg/corporate-challenge for a full list of compatible steps trackers and how to record and sync your steps if you are a non-smartphone user.

S Health



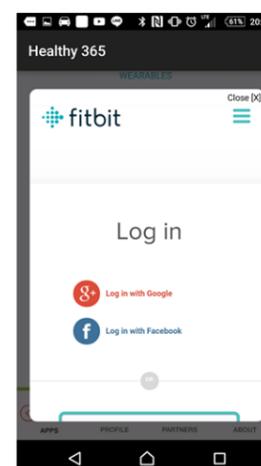
Allow the Healthy 365 app access to the step count data on the S Health app.

HealthKit



Allow the Healthy 365 app access to the step count data on the HealthKit app.

Fitbit



Log in to your Fitbit account.

Select your preferred Fitbit activity tracker to allow the Healthy 365 app access to the step count data.

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FAQs about your HPB steps tracker*

How do I start using my HPB steps tracker*?

Smartphone users will need to pair their HPB steps tracker* to the Healthy 365 app via Bluetooth®. Once you have done that successfully, all you need to do now is start moving to accumulate steps to earn points. Please note that the HPB steps tracker* can only store up to 7 days of data and you will need to sync your HPB steps tracker* with the Healthy 365 app via Bluetooth® at least once every 7 days.

Is the HPB steps tracker* water-resistant?

Yes, as long as the base unit is securely attached to the strap. You can wash your hands while wearing the steps tracker*. However, please note that it is not waterproof and cannot be submerged in water.

Do I need to charge the HPB steps tracker*?

Yes, you will need to charge the steps tracker* regularly using the mini USB cable that came with your HPB steps tracker*. Plug the mini USB cable into the port located at the bottom of the steps tracker* base unit. The whole charging process should take less than 2 hours.

Can I use someone else's steps tracker* if mine is faulty or lost?

No. Each HPB steps tracker*, once paired, will be uniquely identified to a person's profile hence it cannot be shared or passed onto someone else. Alternatively, you may choose other steps tracking mode with other compatible trackers or apps. Visit stepschallenge.sg/corporate-challenge for a full list of compatible trackers and apps.

What do I do if my HPB steps tracker* becomes faulty?

Your HPB steps tracker* has a warranty period of 1 year. If your HPB steps tracker* is found to be faulty due to a manufacturing defect upon assessment by our technician, please bring along the HPB steps tracker* user guide containing the warranty number which will allow you to do a one-for-one exchange. Every HPB steps tracker* comes accompanied with a user guide.

Smartphone users may exchange their HPB steps tracker* at these authorised service providers:

If you are a non-smartphone user, please visit the National Steps Challenge™ Customer Care Centre at Health Promotion Board.

Starhub Telestation - AMK Hub
53 Ang Mo Kio Ave 3, #02-57, S569933
Tel: 6258 3915
Operating Hours: Daily 11am -9pm

Starhub Telestation - City Square Mall
180 Kitchener Road, #01-17, S208539
Tel: 6509 1182
Operating Hours: Daily 11am - 9pm

Starhub Telestation - Northpoint Shopping Centre
930 Yishun Ave 2, #B1-03, S769908
Tel: 6754 2028
Operating Hours: Daily 11am - 9pm

Starhub Telestation - The Clementi Mall
3155 Commonwealth Ave West, #B1-03/04, S129588
Tel: 6659 5536
Operating Hours: Daily 11am - 9pm

Macpherson Office:
8 Burn Road, #17-06 TRIVEX, S369977
Tel: 6288 8663
Operating Hours: Mon - Fri, 9am - 6pm

Note: Please do call the service centre's hotline to check for stock availability before making your way down.

Alternatively, you can visit the National Steps Challenge™ Customer Care Centre located at the Health Promotion Board. Our customer service officers will provide support for one-for-one exchange of faulty HPB steps trackers*.

Venue: Health Promotion Board, 3 Second Hospital Ave, S168937 (within walking distance of Outram Park MRT station)
Level 1 Lobby (next to 7-11 store)

Operating Hours: Mon - Fri, 11am - 8pm
Sat, 9am - 1pm
(closed on Sundays, Public Holidays, including eves of Public Holidays)



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For non-smartphone users

Step-by-step Guide:

How to sign up, set up steps tracking mode and sync your steps for National Steps Challenge™ Corporate Challenge

STEP 1

Sign up at HPB roadshows at your organisation*. Our friendly ambassadors will assist you for your registration and set-up for your HPB steps tracker.

*Only applicable for organisations with workforce size of 200 or more. Check in with your HR for roadshow schedule. For organisations with workforce size of less than 200, you can sign up through your HR.

STEP 2

Start clocking your steps! Compete to be the organisation with the highest average number of steps taken.

STEP 3

Remember to sync your steps at least once every 7 days. Non-smartphone users with HPB steps trackers can sync your steps on Healthy 365 kiosks found at any participating outlet.

For more information on Healthy 365 kiosk locations, please visit stepschallenge.sg



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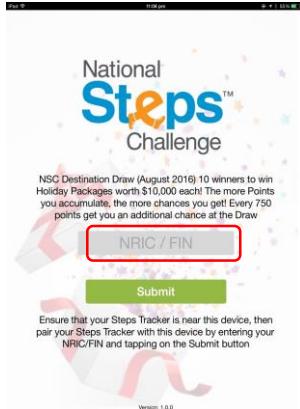
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HOW TO UPDATE YOUR STEP COUNT IN 3 EASY STEPS AT THE HEALTHY 365 KIOSK:

STEP 1:



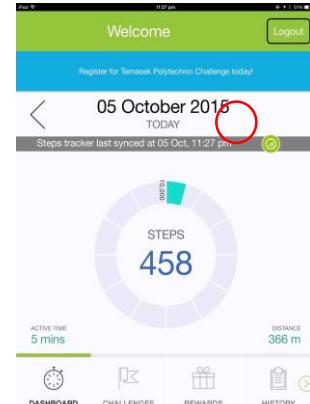
Enter your NRIC and press "Submit".

STEP 2:



Place your steps tracker close to the Kiosk and tap on the green button.

STEP 3:



Tap on the green button to sync and update your step count.

GUARDIAN:

- Blk 210 New Upper Changi Road #01-715 (Bedok Central)
- Blk 190 Toa Payoh Lorong 6 #01-578 (Toa Payoh Central)
- Bukit Panjang Plaza #01-01/02
- Causeway Point #B1-28/29/30
- Century Square #B1-14/15
- Chinatown Point #B1-34
- Clementi Mall #03-56/60/61
- Great World City #B1-18/19
- Heartland Mall – Kovan #01-129
- Holland Shopping Centre # 01-10/11
- IMM #01-57
- ION Orchard #B4-02
- JEM #B1-16/17
- Jurong Point #B1-27/28
- Lot 1 Shopping Mall #B1-26/27
- Novena Square #01-31
- Paragon #B1-20/24
- Parkway Parade #B1-147/149
- Plaza Singapura #B2-14
- Raffles City #B1-01
- Serangoon NEX #B1-62/63
- Suntec City #02-328/329
- Tiong Bahru Plaza #B1-125
- Vivo City #01-23
- Yew Tee MRT #01-02A

SPORTSLINK:

- Blk 712 Ang Mo Kio Avenue 6 #04-4056 (Ang Mo Kio Central)
- Bedok Mall #01-13
- Causeway Point #03-02
- Centrepont #02-15/16
- Choa Chu Kang Sports Hall #02-03
- City Square Mall #B1-11
- Clementi Mall #04-01/02/03/04/05
- Eastpoint Mall #03-25
- Gym Locker @ Kallang Wave Mall #01-64
- Hougang Mall #02-08/09
- Heartland Mall – Kovan #03-15/16
- Jurong Point #03-17
- Jurong West Sports Centre #02-01/04
- Leisure Park Kallang #02-10
- Northpoint #02-40/41
- One KM Mall #B1-03/04
- Intersports @ Queensway Shopping Centre #03-11/29/30
- Sembawang Shopping Centre #B1-15/16
- Serangoon NEX #02-20/21
- Solecase @ Tampines Mall #02-17B
- Shaw Plaza #01-04A/05
- Tampines 1 #03-12/13
- West Mall #02-13/14/15
- Whitesands Mall #03-18/19
- Waterway Point #B1-06/07



Healthy 365 Kiosk locations are accurate at time of print. For full list of kiosk locations, please visit stepschallenge.sg



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