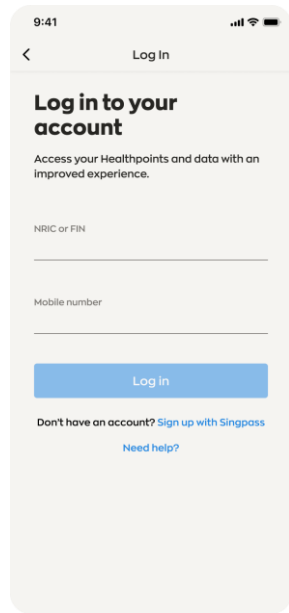


GETTING STARTED

Log In or Sign Up

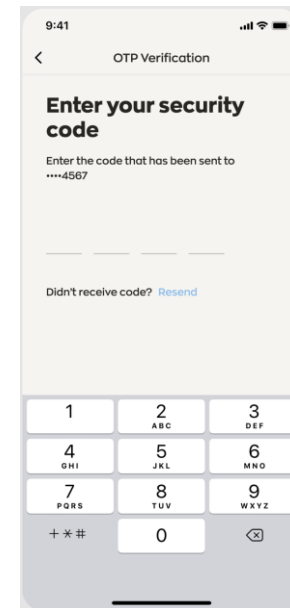


If you are an existing user, log in here.

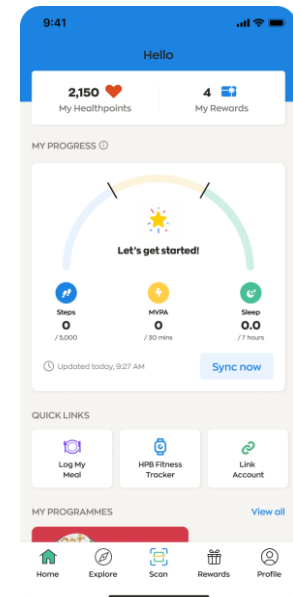
If you are new to Healthy 365, sign up here.

Download (or update your Healthy 365 app to) the latest version.

**Minimum OS requirement: Android 6 and iOS 10.*

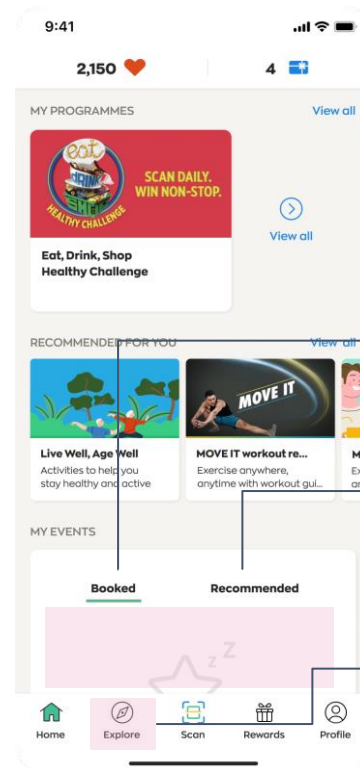


Enter the 4 digit OTP that will be sent via SMS to the mobile phone number indicated in the user's account.



GETTING STARTED

Your Dashboard



Upcoming Event

Shows up to 2 of your upcoming booked events.

Recommended Event

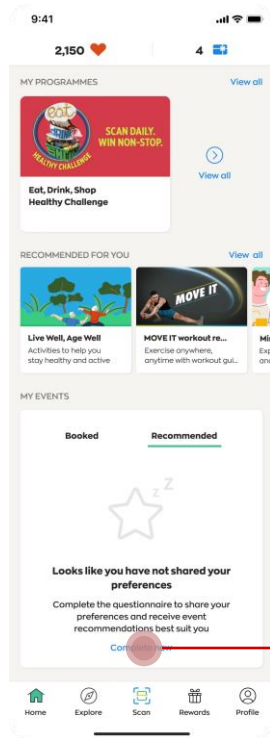
Receive recommendations based on your preferences.

Explore Events

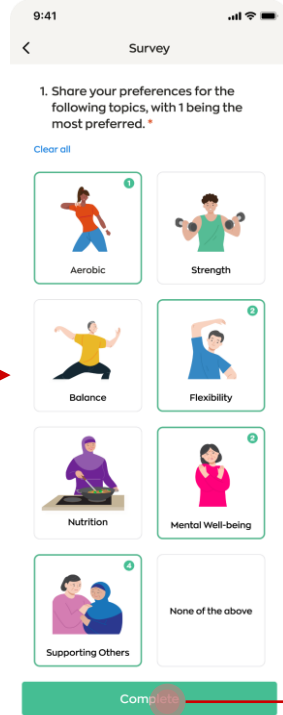
Search for and book your favourite events here.

EXPLORING EVENTS

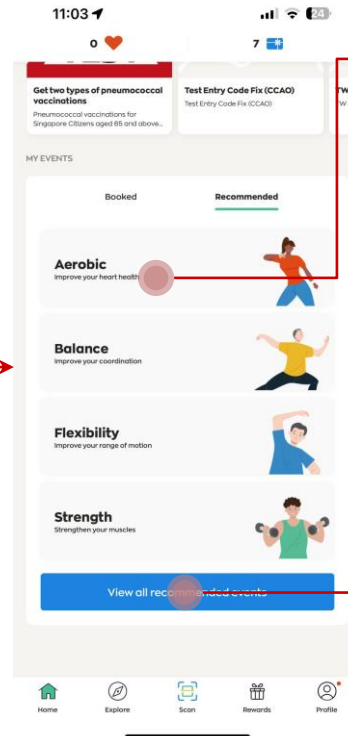
Recommended Event



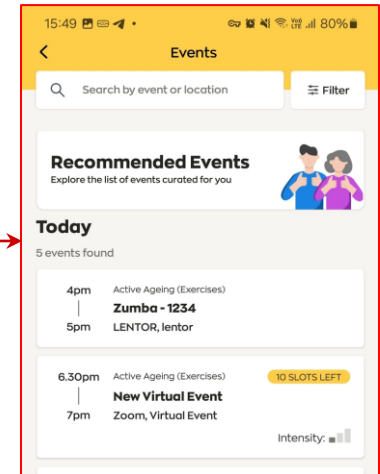
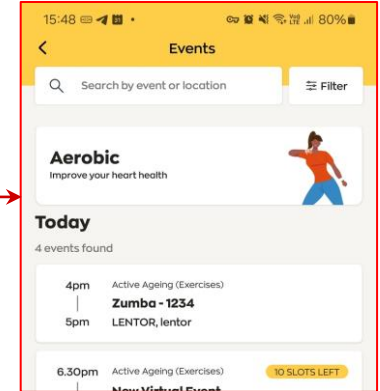
Tap on "Recommended" then "Complete now".



Select your preferences and tap on "Complete".

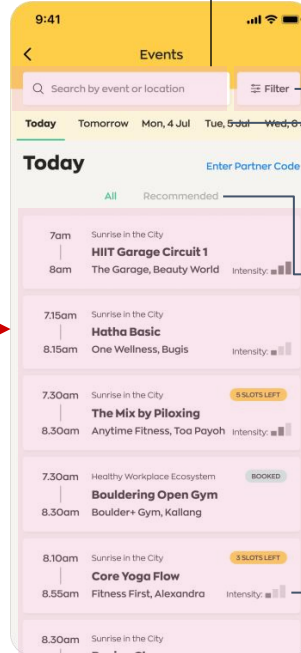
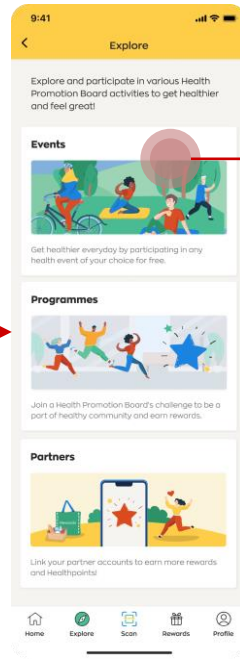
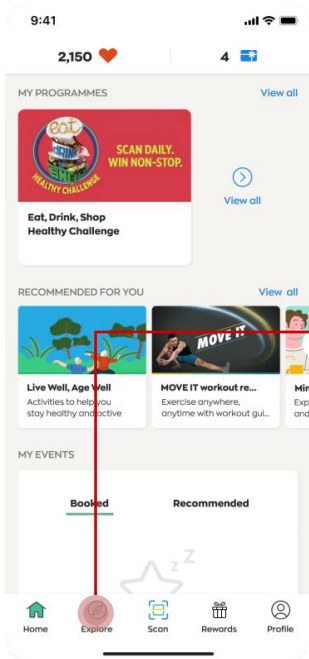


You can now view your recommended events. Tap on the specific event type or "View all recommended events" to view the listings.



EXPLORING EVENTS

Events Listing



Search Bar

Search for an activity, location, or programme here.

Filter

Enhance your search and filter by location, event date and time, event mode and suitability of events.

Dates

Scroll and tap on a date to view available events.

Type of Events

View All Events or Recommended Events based on your preference.

Events

List of events that falls on the selected date with indication of event status.

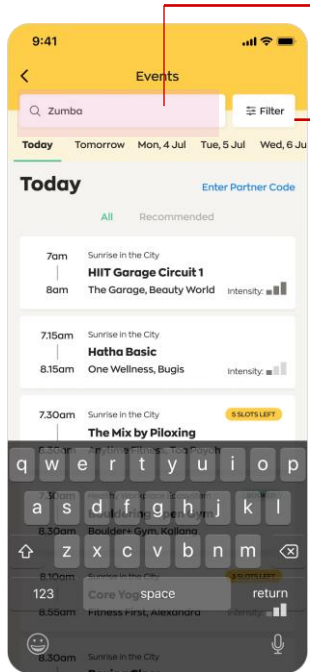
Intensity

An indication of the expected aerobic intensity level for physical activity events.

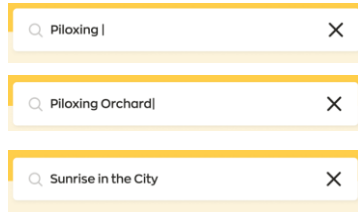
Low intensity	Intensity: ■■■
Moderate intensity	Intensity: ■■■■
Vigorous intensity	Intensity: ■■■■■

EXPLORING EVENTS

Searching for events

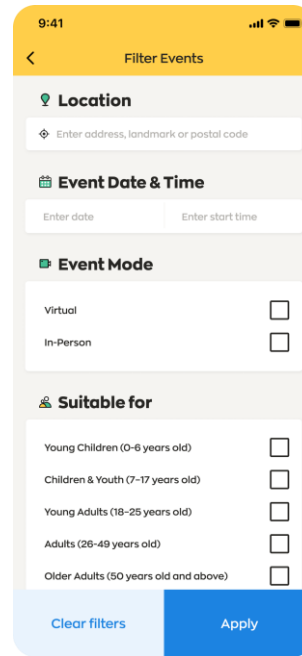


Tap on the search bar and type out your search term



You may search for an activity, location, programme, or a combination of these.

You may search using the search bar or the filter feature.



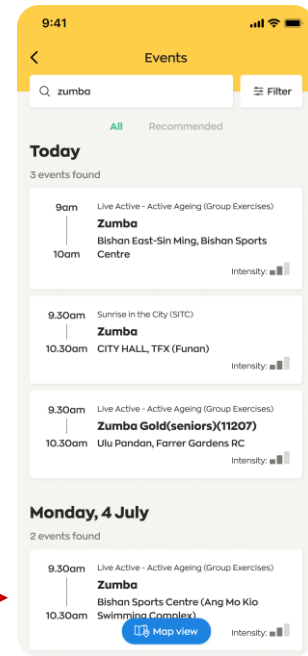
Search by address, landmark or postal code.

Search by selected date range and/or event start time.

Search for virtual or in-person events.

Search for events based on age groups suitability.

Tap on the filter feature and you can filter based on location, event date & time, event mode and suitability.

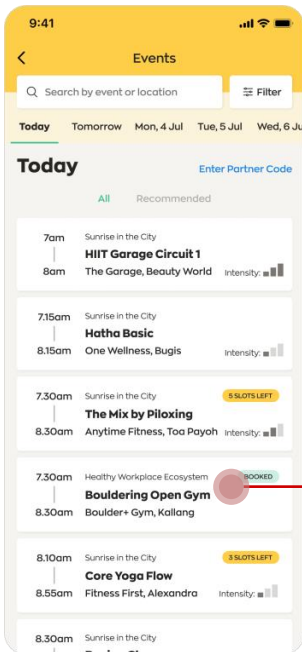


Relevant results will be displayed once search and/or filter have been applied.

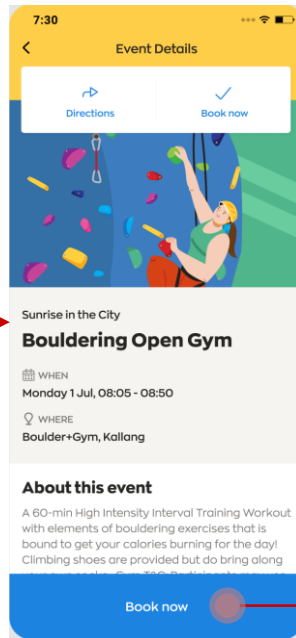
EVENTS BOOKING

How to book an event

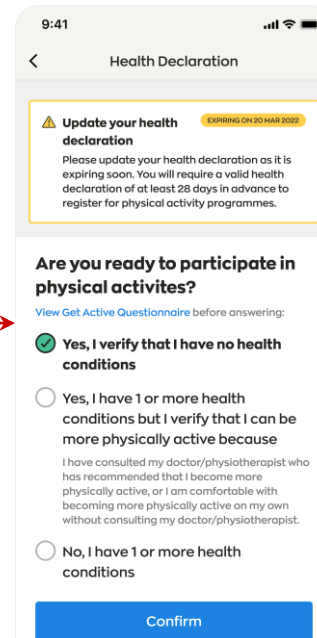
1/3



Tap on an event.



Tap on "Book now".



Note: You will be prompted to declare your health status if:

- 1) It is not declared **OR**
- 2) Is expiring in 28 days **OR**
- 3) It has expired

before you can proceed with the physical activity event(s) booking.

EVENTS BOOKING

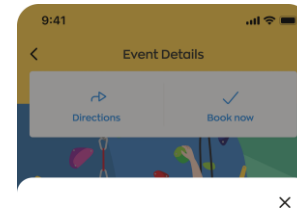
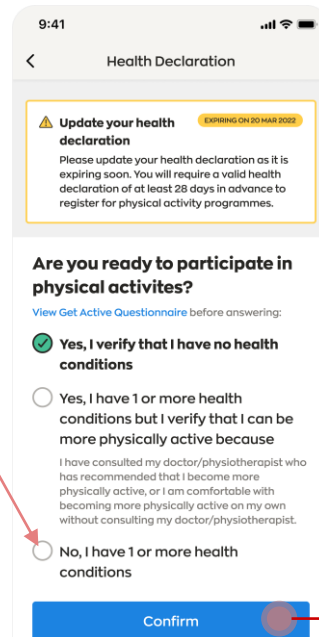
How to book an event

2/3

Please select the appropriate option and tap “**Confirm**”.

For your safety, if you have selected the ‘**No, I have 1 or more health conditions**’ option, you will not be able to participate in physical activity events.

Note: If you are a National Steps Challenge™ participant, you will also not be able to earn Healthpoints for the Moderate to Vigorous Physical Activity (MVPA) category.



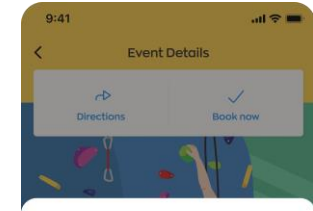
Add your emergency contact

By adding this information, you allow us to reach out to your emergency contact if there would be an incident during your participation.

[Do not ask me again](#)

Update now

You may be prompted to update your **Emergency Contact** (optional) before you can proceed.



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.

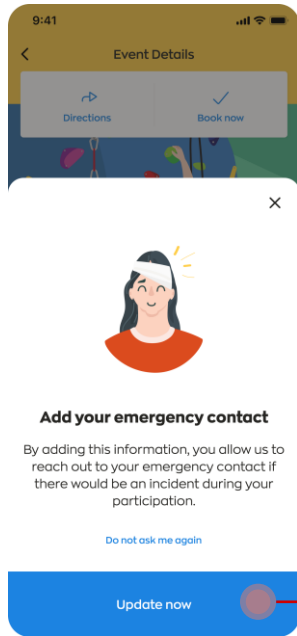
Update now

Emergency Contact is compulsory only for virtual physical activity events.

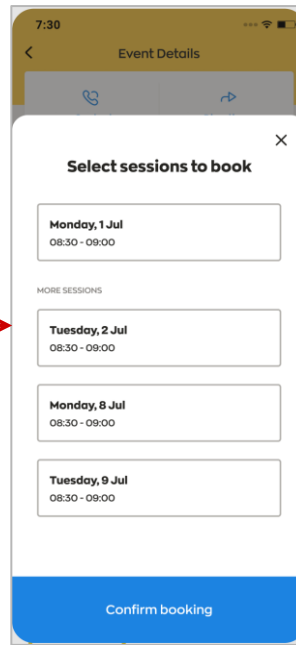
EVENTS BOOKING

How to book an event

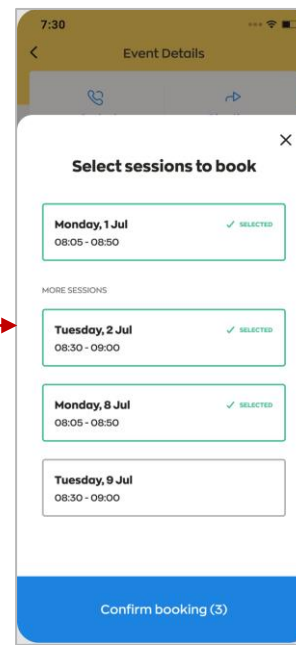
3/3



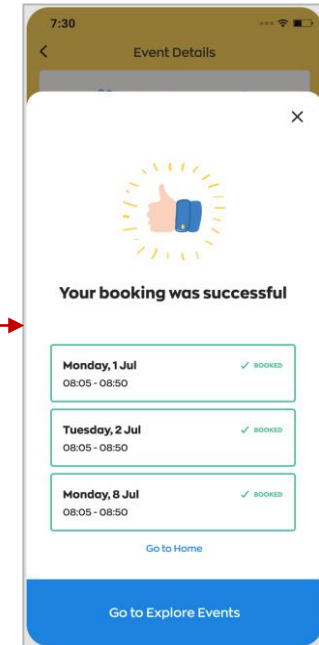
After updating your **Emergency Contact**, you may proceed to confirm your session booking.



Select your preferred session(s).



Tap on **“Confirm Booking”**.



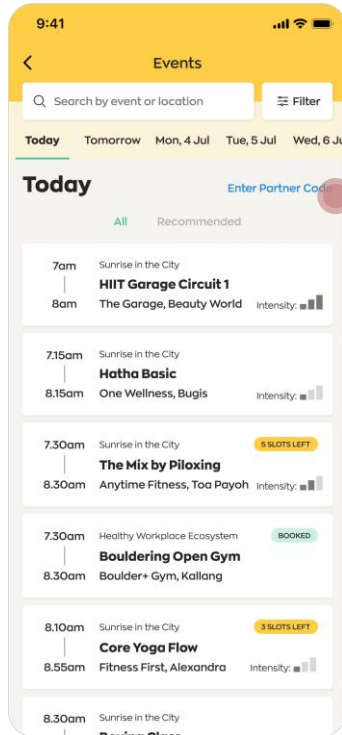
You have successfully booked the event(s).

Participants will be able to view sessions up to 28 days in advance, and make 8 advance bookings in total.

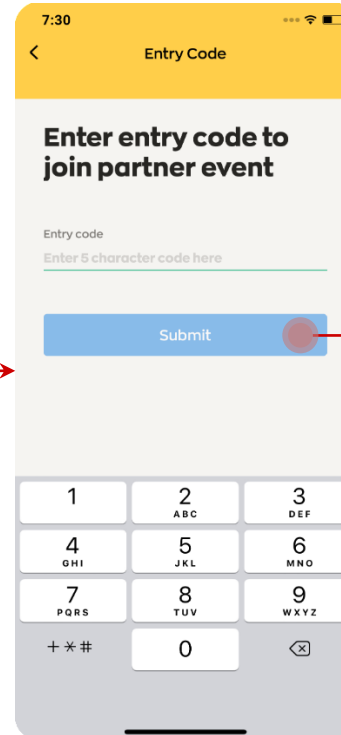
EVENTS BOOKING

How to book a private event (upon invitation only)

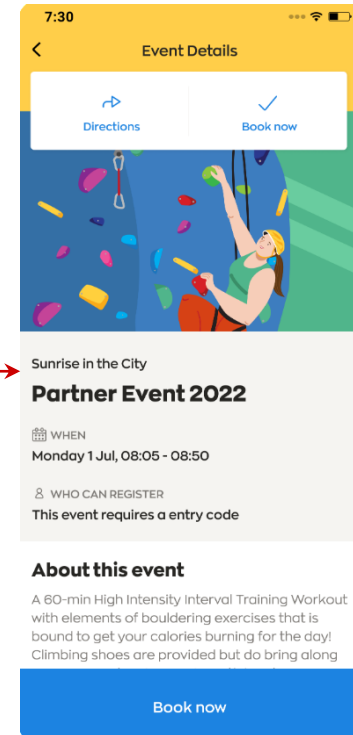
Note:
Private events are only available for registration upon invitation.



Tap on **“Enter Partner Code”**.



Enter the 5 digit code provided by the organiser to view the private event details.



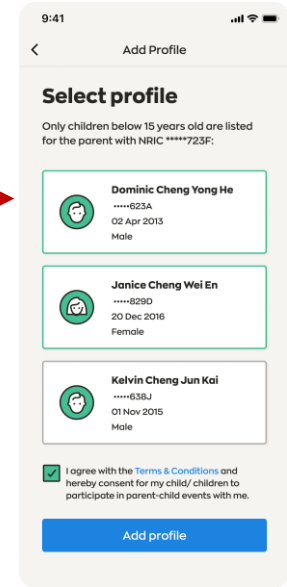
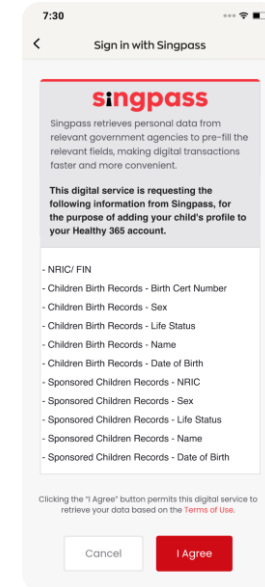
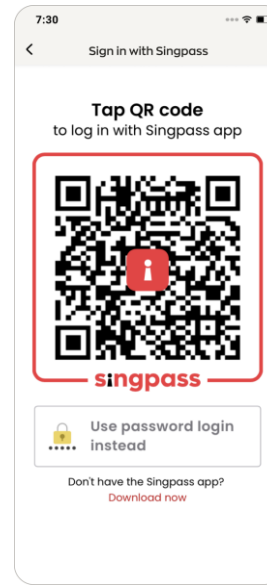
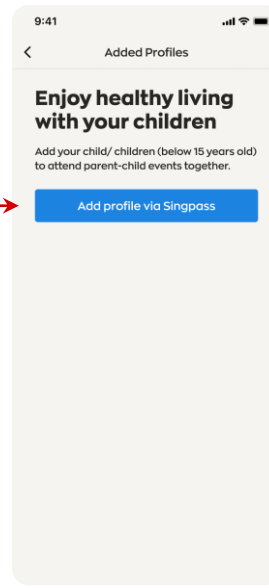
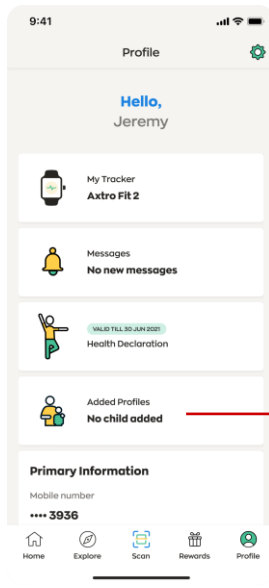
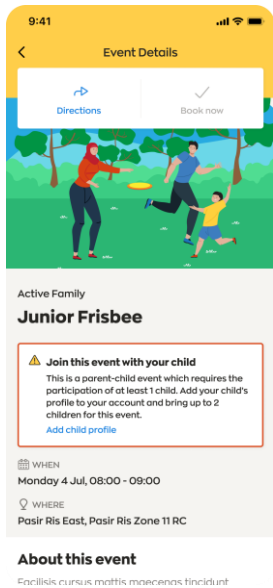
Tap on **“Book Now”** to join the private event.

EVENTS BOOKING

How to book a parent-child event?

1/2

Adding Child to Parent's Profile



You can add your child to your profile either through the “Event Details” or “Profile” page.

You will be prompted to perform a one-time SingPass verification to retrieve the relevant information.

Upon clicking “Agree”, only child(ren) below 15 years old will appear on this list for selection.

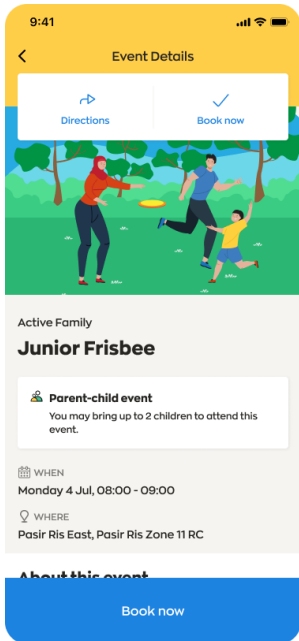
Select the child(ren) to be added to your profile. Agree to the T&Cs before you tap on “Add profile”.

EVENTS BOOKING

How to book a parent-child event?

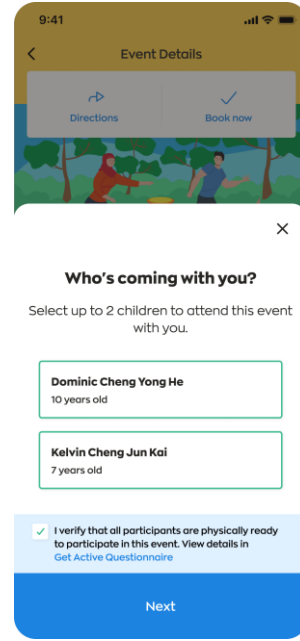
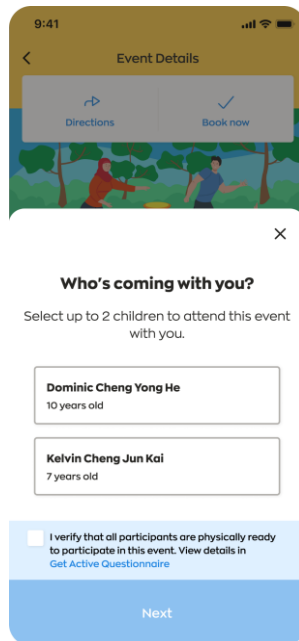
2/2

Booking for Parent-Child Events

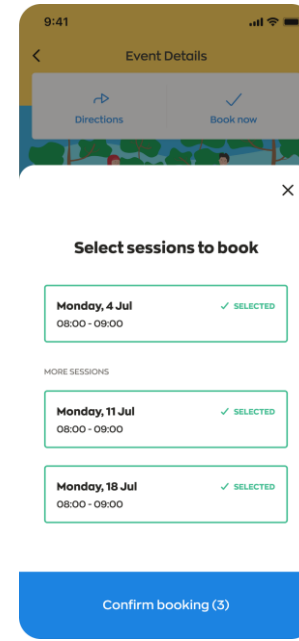


Select the child(ren) whom you are booking the session for and agree to the T&Cs.

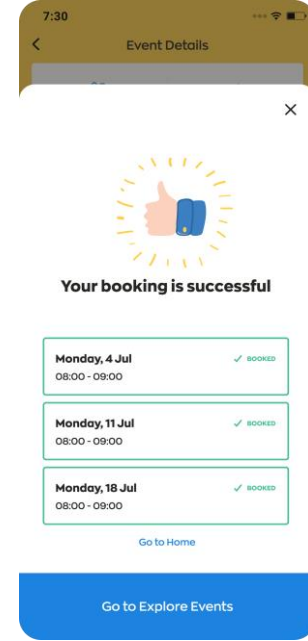
Only children added to your profile will appear on this page. One parent can bring up to 2 children per session.



Tap on "Next".



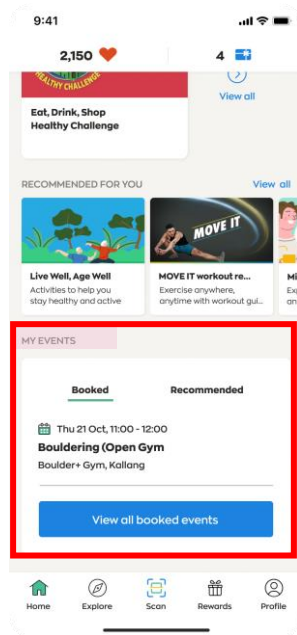
Select your preferred session(s) and tap on "Confirm booking."



You have successfully booked the event(s).

EVENTS BOOKING

Booking confirmation



Your booked event(s) will be reflected under "My Events" section on Home page.

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



Healthy365
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

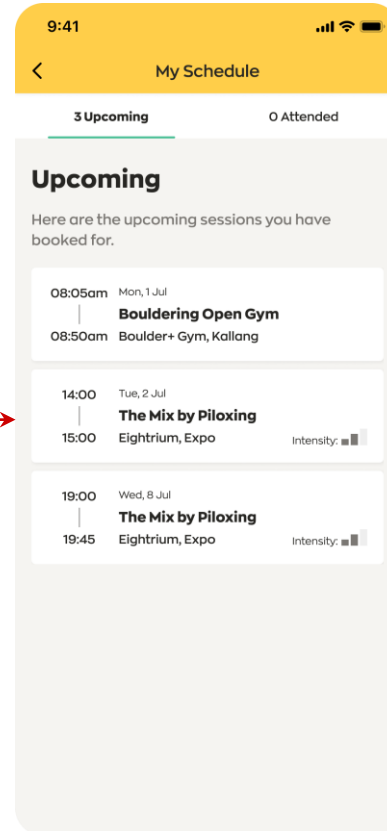
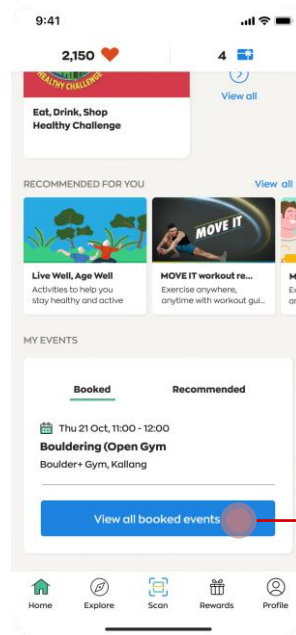
As these slots are reserved for you, we look forward to your participation. Please note that there may be specific instructions which can be found under "About this event" in the Healthy 365 App. Participants who do not meet the eligibility criteria (if any) will not be allowed to take part in the session(s).

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.

A confirmation email will be sent to you.

BOOKING SESSIONS

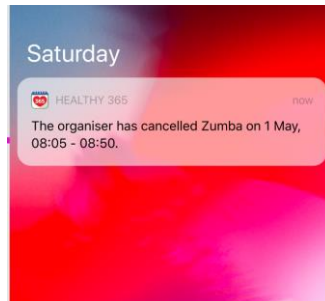
View your booked events



Tap on **“View all booked events”** to check your list of booked events, including upcoming and past events.

BOOKING SESSIONS

Update on event changes



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



Healthy365
to you

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

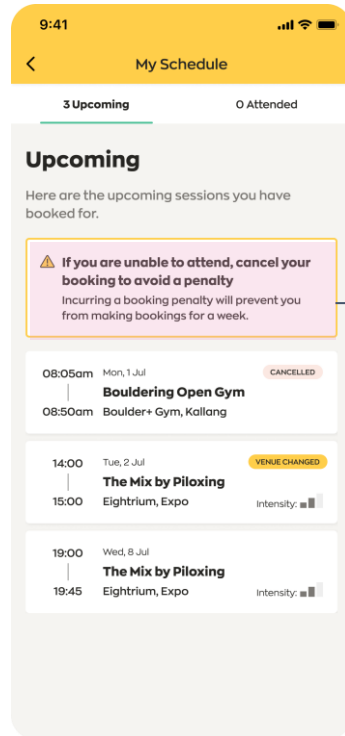
Sunrise in the City (Zumba)
1 May 2020, 08:05 - 08:50
Fitness First, Raffles Place

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.

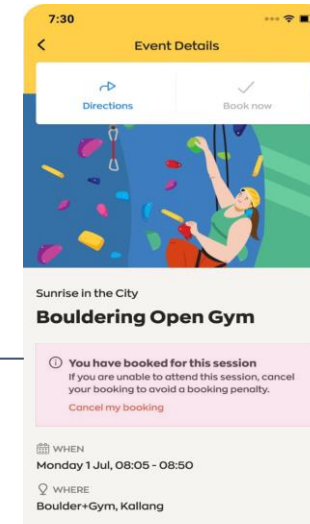
If your booked event is cancelled or has a change in location, you will receive a push notification and email in advance.

BOOKING SESSIONS

Penalty system for no-show



Warning card indicating penalty system for no-show
If you are unable to attend a session you booked for, cancel your booking to avoid incurring a 7-day booking penalty. This penalty starts from the time of the last missed session.

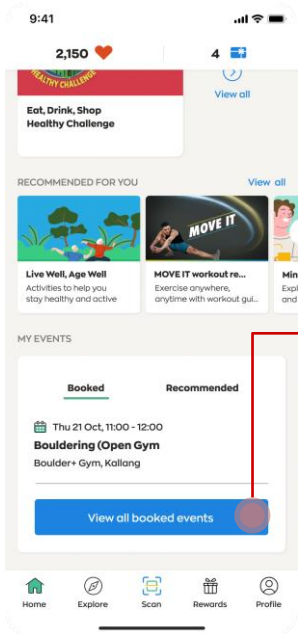


About this event
A 60-min High Intensity Interval Training Workout with elements of bouldering exercises that is bound to get your calories burning for the day! Climbing shoes are provided but do bring along your own socks. Gym T&C: Participants may use the gym; shower and cubby hole facilities 60 min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

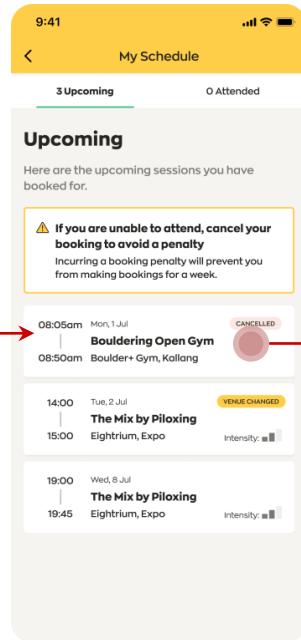
How to get there

EVENT MANAGEMENT

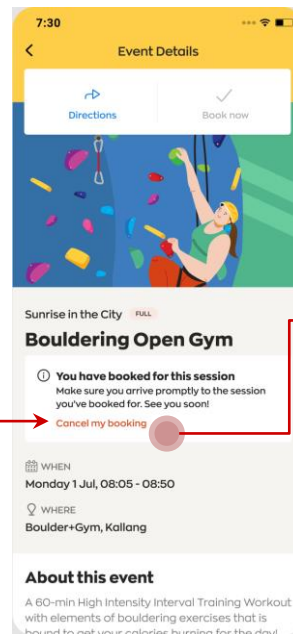
How to cancel your booked events



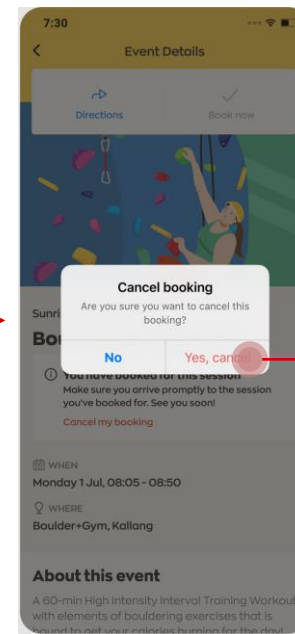
Tap on **“View all booked events”** on Home page to view full list of booked events“.



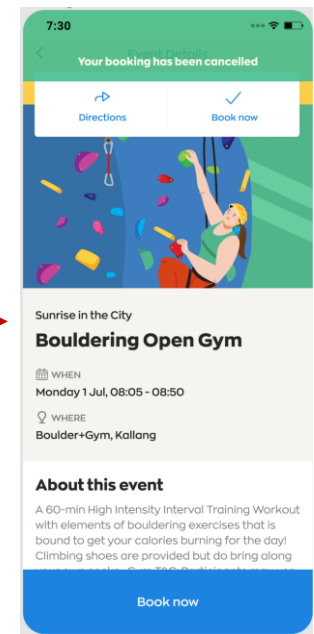
Select the event to cancel.



Tap on **“Cancel my booking”**.



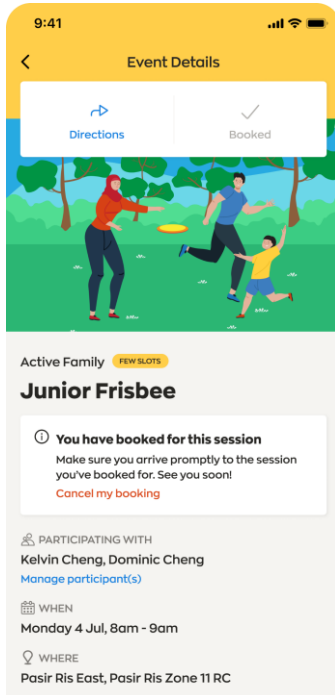
Tap on **“Yes, cancel”**.



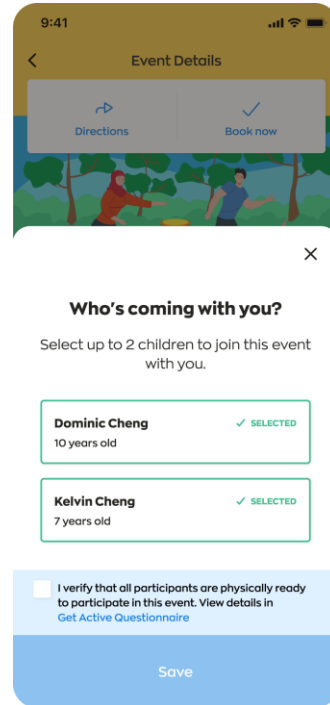
You have successfully cancelled your selected event.

EVENT MANAGEMENT

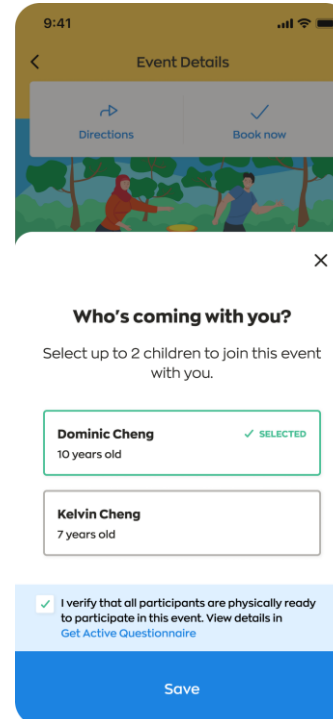
How to manage bookings for parent-child events?



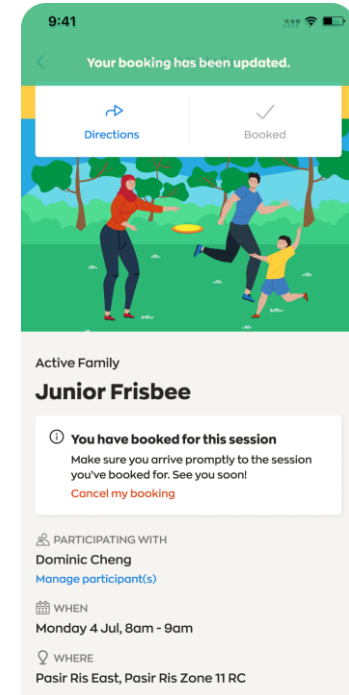
About this event
Tap on **“Manage participants”** on the event details page.



You may unselect child, replace child or add child (subject to session's capacity and/or child's availability).



Tap on **“Save”** after the changes have been applied.



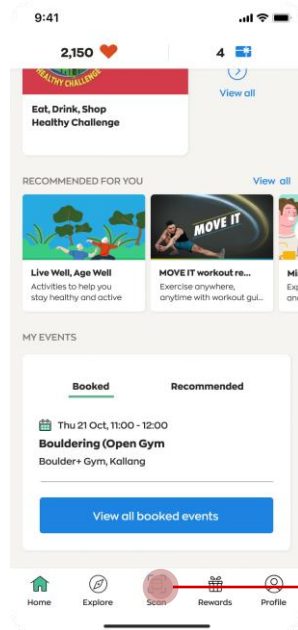
About this event
Your booking is updated.

ONSITE ATTENDANCE REGISTRATION

How to register your attendance onsite

For individual events

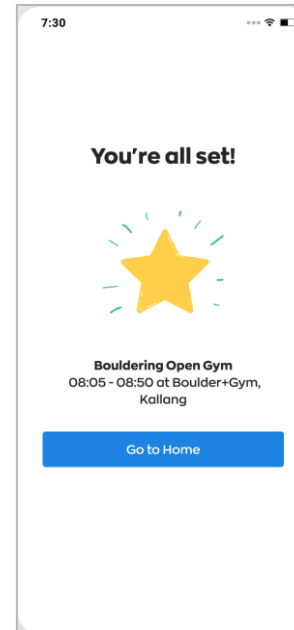
1/2



Tap on "Scan" on Home page when you arrive at event location.



Scan the QR code from the facilitator.



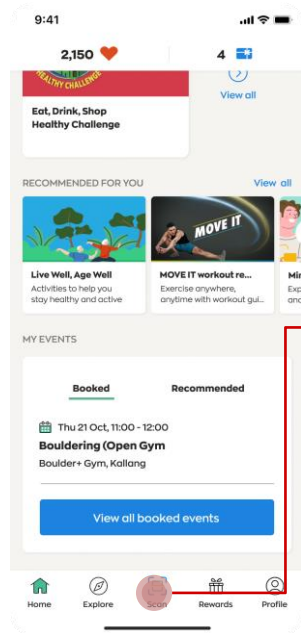
You have successfully registered your attendance.

ONSITE ATTENDANCE REGISTRATION

How to register your attendance onsite

For parent-child events

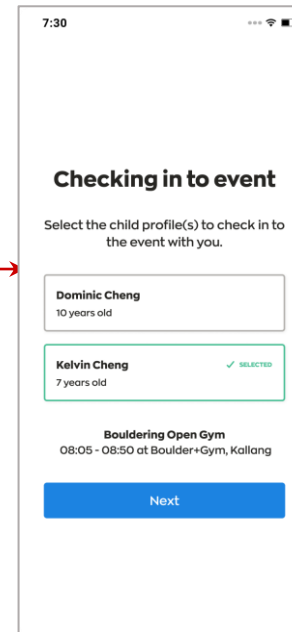
2/2



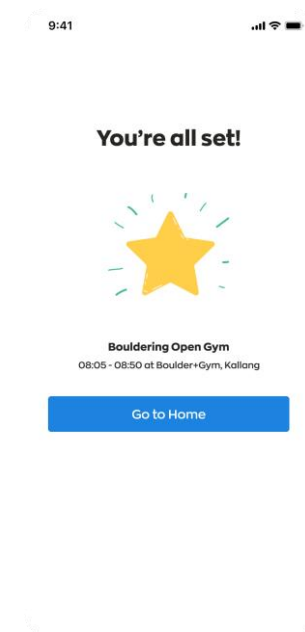
Tap on "Scan" on Home page when you arrive at event location.



Scan the QR code from the facilitator.



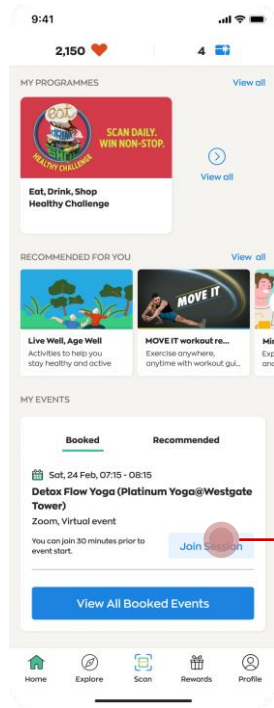
Select the child(ren) present at the session.



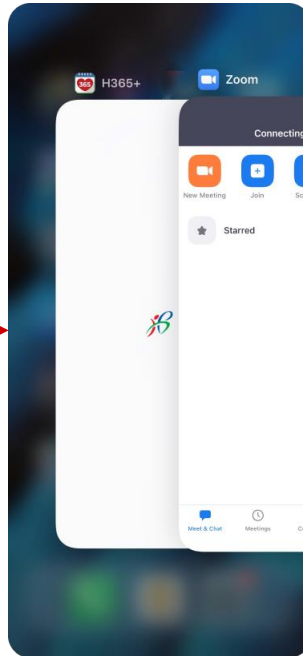
You have successfully registered your attendance.

JOINING VIRTUAL EVENTS

How to join virtual events



Tap on "Join Session" on the dashboard 30 minutes before the event start time.



Virtual event platform will be launched for you to join and participate in the session.

OR

Sunrise in the City (Zumba): Booking Confirmation

 Healthy365
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.

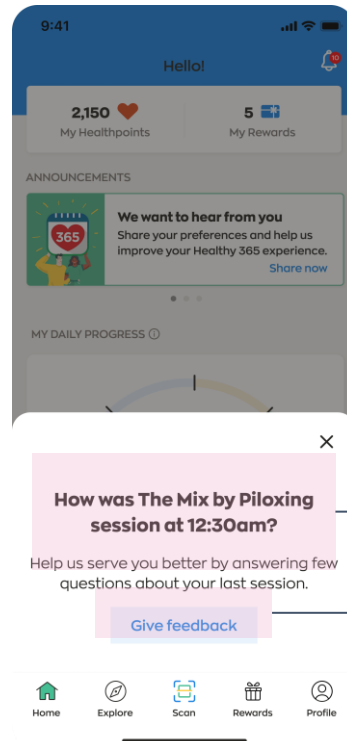
This is an auto-generated email. Please do not reply to this email.

Click on "Join Session" in the email 30 minutes before the event start time to attend the session from any device.

An email notification with the access link will be sent out one day before the event. If the booking is made less than one day before the event, you will receive an email notification immediately.

POST-EVENT FEEDBACK

Complete the survey form



Survey Alert

At the end of the event, you may be prompted to complete a simple survey to help improve our programmes.

Start Survey

Tap here to share your feedback.