





How to sign up for National Steps Challenge[™]



Step 1

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

*The latest version of the Healthy 365 app requires your device to be running on at least Android 6 or iOS 10.



Step 2

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

Note: All Healthy 365 profiles must be verified using Singpass. Click <u>here</u> for a step-by-step guide on the Singpass verification process.



Step 3

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



Step 4

Tap on "Explore" under Menu and then tap "Challenges".



Step 5

Tap on "National Steps Challenge™".



Step 6

Agree to the Terms & Conditions, complete your Health Declaration and tap "Join Now".

Congratulations, you have successfully joined the challenge!



Get moving. Get more from life. | Championing: Let's Beat Diabetes stepschallenge.gov.sg | #moveit150 | #HealthierSG