





Step-by-Step Guide: How to set up/restore your account for National Steps Challenge[™]



Google Play

Step 1

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

*The latest version of the Healthy 365 mobile app requires a minimum of Android 6 and iOS 10.

105 at	• =
Sign In	
Sign in to restore you account	ır
Access your Healthpoints and data with a improved experience.	an
NRC or FIN	
Noblersarber	
Sign in	
Den't have an account?	
Sign up	

Step 2

Create your profile, or restore your profile if you already have one.

If you are restoring your profile, a 4digit One-Time-Pin (OTP) will be sent via SMS to your registered mobile number.



Step 3

Choose your preferred fitness tracking device. Use the FREE HPB fitness tracker or one of the compatible¹ mobile apps or fitness trackers:

Preferred mobile apps and trackers:

- Actxa®mobile app
- Apple Health mobile app
- Fitbit mobile app with any Fitbit tracker
- Garmin Connect[™]mobile app
- Polar Flow mobile app
- Samsung Health mobile app

¹ For participants who are using one of the compatible mobile apps and fitness trackers, your device needs to be able to track heart rate data in order to contribute towards the MVPA category. Applicable to selected fitness tracking devices compatible with Actxa[®], Apple Health, Fitbit, Garmin Connect[™] or Polar Flow mobile apps.

A new way to sync for family/friends

NoSM ♥ 6:07 PM Profil	e 🗘	No 58M Φ <	6:10 PM Settings		
Hello Eli/dd2), 2-d'	Support			
0 Norman'		Data Pri	vacy and Protection		
60 unread i	messages	View Privo	View Privacy Statement		
Primary Informat	ion	Report vu	Report vulnerability		
····1234		About	About		
Secondary Inform	nation	About He	About Healthy 365		
Postal Code 370093			Log out		
Hame Explore Scon	Henry Profile				

- Log out of your account by going to the 'Profile' tab and tap on the 'Settings' icon on the top right corner
- Scroll down to the bottom of the page and tap on 'Log-out'.
- Next, restore your family/friend's profile.
- Do note that a 4-digit One-Time-Pin (OTP) will be sent via SMS to the mobile number indicated in the user's account with every new log in.



Alm for Fr 0,000 --- St teps per day C

For enquiries, please call 1800 567 2020 or email us at stepschallenge@hpb.gov.sg stepschallenge.sg | #moveit150 | #my10ktoday Championing: Let's Beat Diabetes