





How to change your Health Declaration status on the Healthy 365 app

What is the Health Declaration?

The Health Declaration determines an individual's health status and is based on the Get Active Questionnaire in the Healthy 365 app.

What is the Get Active Questionnaire (GAQ)?

The Get Active Questionnaire (GAQ) is a <u>self-declared questionnaire</u> intended for all ages, to help you assess your readiness to participate in physical activity. For individuals with health concerns/conditions, advice from a Qualified Exercise Professional or healthcare provider is encouraged before embarking on physical activity.

Do note that your declaration will affect your participation in the MVPA category. For your safety, if you declare that you have 1 or more health conditions, you will not be able to participate and earn Healthpoints in the MVPA category. Your declaration has a validity of 12 months and can be updated through the Healthy 365 app.

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	Profile	Ø			<	Health Declaration		
	Hello, Jeremy				(i) Keep updat For yo health your st	your health status VALID TILL ted ur safety, we advise you to upda istatus every 9 months. You can tatus once every day.	te your update	
	Messages No new messages	Amessages No new messages			Are you ready to participate in physical activities?			
	VALID TILL 14 JUN 2022 Health Declaration				View Get Act	View Get Active Questionnaire before answering: Yes, I verify that I have no health conditions		
	Primary Information				Yes, I have but I verify active be	have 1 or more health co verify that I can be more ve because	e health conditions In be more physically	
	Mobile Number ****8585 View more				I have recom or I am active physio	consulted my doctor/physiother mended that I become more phy a comfortable with becoming mo on my own without consulting m therapist.	rapist who has ysically active, ore physically ny doctor/	
	Secondary Information				○ No, II	have 1 or more health co	onditions	
	Postal Code 168937					Confirm		
	View more							
	Home Explore Scan Rewa	Profile						
Step 1			Step 2					
To change your health declaration status, click on the 'Profile' tab. Then, select the 'Health Declaration' card.			Select the description that best fits your current health status and click 'confirm' to update your health declaration status. Do note that you <u>cannot</u> change your health declaration status more than <u>once a day.</u>					
Your health declaration status will be valid for 12 months upon declaration.								

