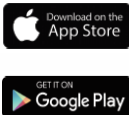


Sign up for National Steps Challenge™ Season 6 Corporate Challenge (Healthy Workplace Ecosystems)

Challenge: 3 Jan - 17 Apr 2022
Registration: 12 Jul - 19 Dec 2021



Step 1

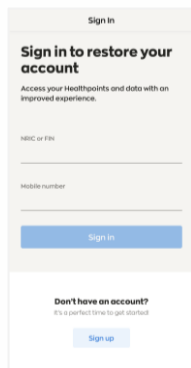
Download or update to the latest version of the Healthy 365 app*.

*The latest version of the Healthy 365 app is compatible to Android 6 and iOS 10.

Step 2

Create or restore your profile

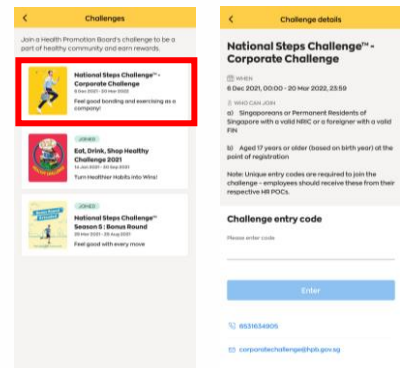
A 4-digit One-Time-Pin (OTP) will be sent via SMS to your registered mobile number.



Step 3

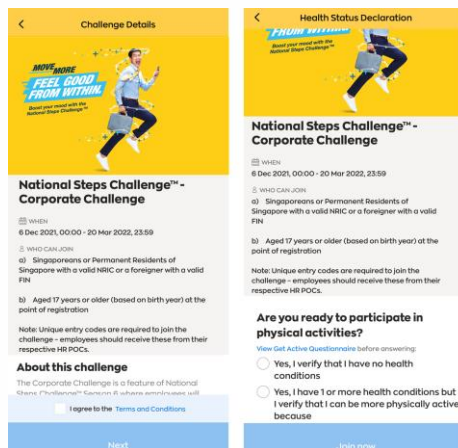
- Click '**Explore**',
- Tap on '**Challenges**' and select '**Corporate Challenge**'.
- Key in the unique 8-digit entry code[^].

[^]Entry codes are case sensitive



Step 4

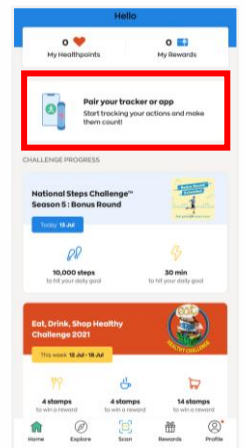
Agree to the Terms & Conditions and complete the Health Declaration



Step 5

There is an option to use other fitness tracking devices or Apps by pairing with Healthy 365 app

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



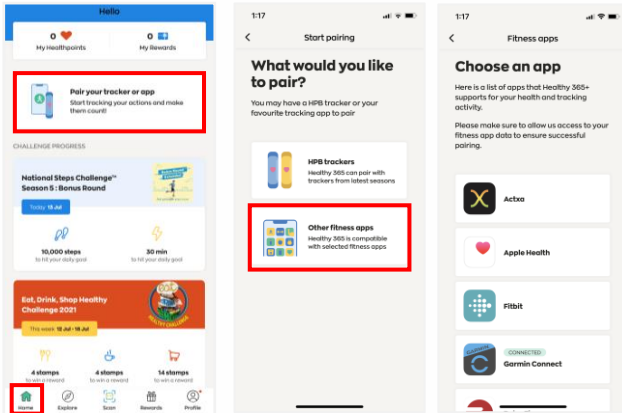
Participants who have signed up for the Challenge and have not collected a HPB Fitness Tracker previously are eligible for a free HPB Fitness Tracker, available while stocks last. Participants must be at least 17 years old at the time of signing up. Other terms and conditions apply.

For participants who are using your preferred tracking fitness trackers, your device needs to be able to track heart-rate data in order to contribute towards the Moderate to Vigorous Physical Activity (MVPA) category. Applicable to selected fitness tracking devices compatible with Actxa®, Apple Health, Fitbit, Garmin Connect™, Polar Flow, or Samsung Health apps.



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

Setting up other steps tracking mode



On the 'Home' tab of Healthy 365, select 'Pair your tracker or app'.

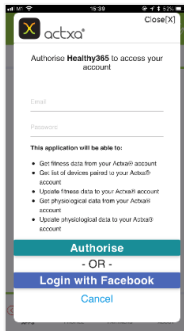
Next, tap on 'Other fitness apps' and choose your preferred fitness tracking mode:

- Actxa® app#
- Apple Health app
- Fitbit app#
- Garmin Connect™ app#
- Polar Flow app#
- Samsung Health app

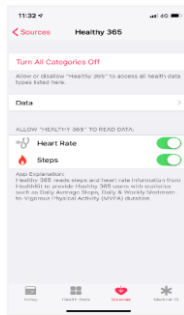
Applicable to selected fitness tracking devices compatible with Actxa®, Fitbit, Garmin Connect™ or Polar Flow apps.

Log in to your fitness tracking account and authorize Healthy 365 to access your account

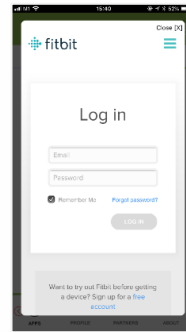
Actxa®



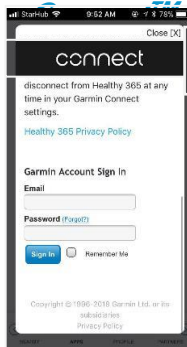
Apple Health



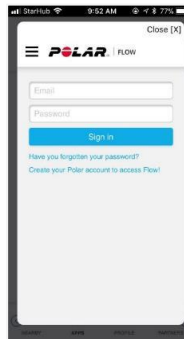
Fitbit



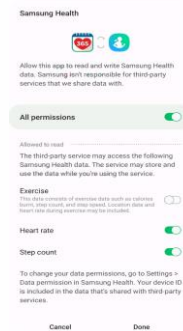
Garmin



Polar Flow



Samsung Health



Make an appointment to collect your free HPB fitness tracker

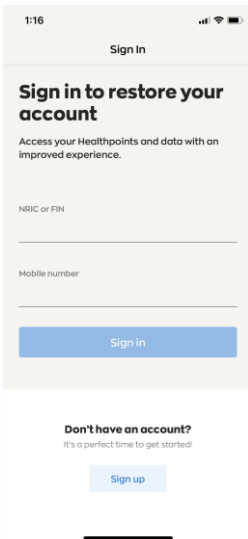
Step 1



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

*The latest version of the Healthy 365 app is compatible to Android 6 or iOS 10.

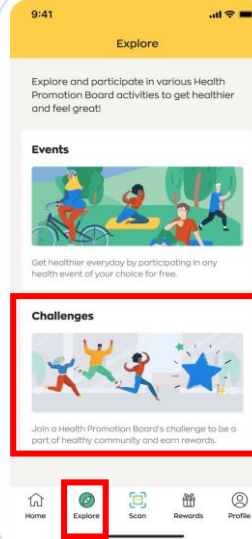
Step 2



Create or restore your profile.

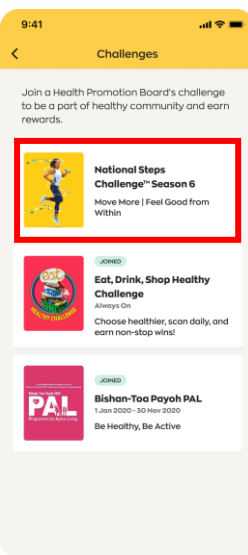
A 4-digit One-Time-Pin (OTP) will be sent via SMS to your registered mobile number.

Step 3



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

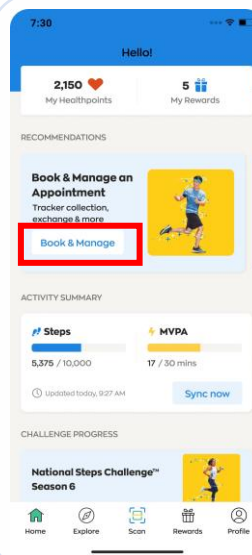
Step 4



Tap on "National Steps Challenge™ Season 6" and agree to the Terms & Conditions

Complete the Health Declaration if you have not done so previously

Step 5



On the Home page, tap on "Book & Manage an appointment"

Make an appointment to collect your free HPB fitness tracker

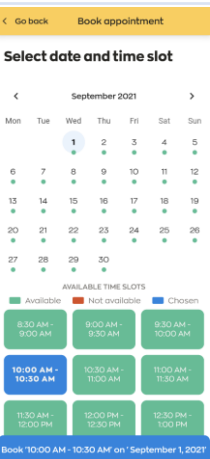
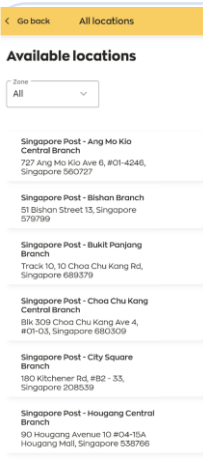
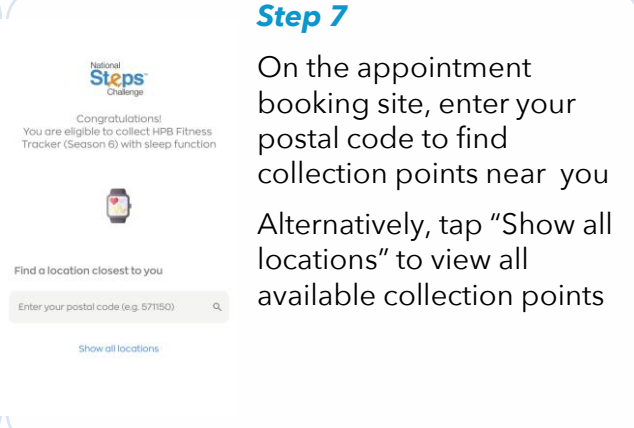
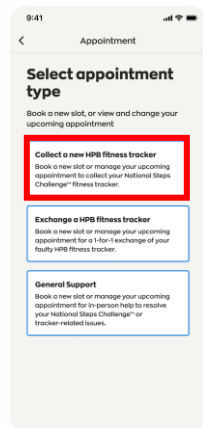
Step 6

Tap "Collect a new HPB fitness tracker". Eligible participants¹ will be redirected to our appointment booking site.

¹ You are eligible if you have a valid NRIC number and (i) did not collect a HPB fitness tracker in Season 5; **and/or** (ii) completed all 6 "Steps Rewards" tiers in previous seasons.

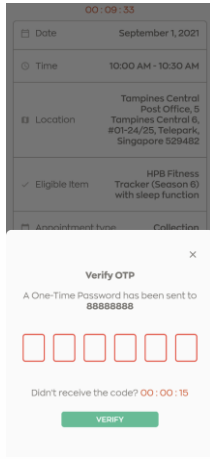
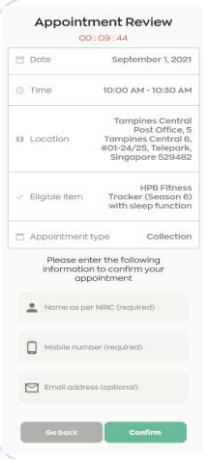
Step 7

On the appointment booking site, enter your postal code to find collection points near you. Alternatively, tap "Show all locations" to view all available collection points.



Step 8

Tap your preferred collection location and select date and time.



Step 9 (i)

Review your appointment details.

Step 9 (ii)

Provide your 'Name' and 'Mobile number' to confirm your appointment and receive updates from HPB.

Note: Provide an email address to receive a confirmation email.

Step 9 (iii)

A one-time password (OTP) will be sent to your mobile number. Enter the 6-digit OTP to verify your mobile number.

Make an appointment to collect your free HPB fitness tracker

Appointment confirmation

If you would like to authorise someone to collect the HPB fitness tracker on your behalf, please tap the email address below to send them a copy of this Appointment Confirmation. They will need to present this Appointment Confirmation and a copy of your photo identity card to HPB during collection.

Name (optional)

Email address (optional)


Send email

Step 10 (Optional)

To authorise someone to collect your fitness tracker on behalf, please enter their 'Name' and 'Email address' and tap "Send Email" for them to receive the confirmation email.

Appointment details

Please present this QR code to collect your HPB fitness tracker




Date Sep 1, 2021

Time 10:00 AM to 10:30 AM

Appointment details

Please present this QR code to collect your HPB fitness tracker



Date Sep 1, 2021

Time 10:00 AM to 10:30 AM

Location Tompines Central Post Office, 5 Tompines Central 6, #01-24/25, Telepark, Singapore 529482

Appointment type Collection

Eligible item HPB Fitness Tracker (Season 6) with sleep function

Booking ID 6CWKRYJ3Y1A

Cancel booking Reschedule

Step 11

Check your confirmed appointment details and take note of the instructions and items to bring during collection.

On the day of your appointment, please present either of the following to the staff at the collection location:


- (i) The QR code on the appointment confirmation page on Healthy 365 app (Repeat Step 5 & 6 to view your appointment details) or
- (ii) Appointment confirmation email.

Please check your junk/spam folder if you did not receive the confirmation email in your inbox.

How to change/cancel an appointment?

Appointment details

Please present this QR code to collect your HPB fitness tracker



Date Sep 1, 2021

Time 10:00 AM to 10:30 AM

Location Tompines Central Post Office, 5 Tompines Central 6, #01-24/25, Telepark, Singapore 529482

Appointment type Collection

Eligible item HPB Fitness Tracker (Season 6) with sleep function

Booking ID 6CWKRYJ3Y1A

Cancel booking Reschedule

Follow Steps 5 & 6 to retrieve your appointment details from Healthy 365 app.

Then tap:

- (i) "Reschedule" to change your appointment, or
- (ii) "Cancel appointment" to cancel your appointment.

A new appointment confirmation and QR code will be generated if a new appointment is made. Please use the latest appointment confirmation details when you are collecting your HPB fitness tracker.