

Attention: These terms and conditions consist of two sets of Terms and Conditions depending on whether you are participating as an individual (18 years and above) or family (a child below 18 years and his/her parent/grandparent). Please refer to the set applicable to you and read the terms and conditions contained therein closely before proceeding to give your consent.

Lose to Win® (Individual) Terms and Conditions

These terms and conditions (the “**Terms and Conditions**”) apply if you join Lose to Win® (Individual) as an individual adult participant (18 years and above) (“**Participant**”) and not Lose to Win® (Family) as family participants.

Warranty

All Participants below 21 years of age have obtained valid consents from their parents by the day of Registration, for the Participants’ participation in Lose to Win® (Individual) and acceptance of the Terms and Conditions contained herein.

Eligibility Conditions

All Participants must be Singapore Citizens or Permanent Residents of Singapore with valid NRIC and 18 years of age or older at registration.

All Participants must be participants of the National Steps Challenge™ Season 2, concurrently throughout their participation in Lose to Win® (Individual).

All Participants must weigh-in (measurement of height and weight (the “**Initial Measurements**”)) before registration at the Lose to Win® roadshows or at the Health Promotion Board (“**HPB**”), according to the directions and guidelines as prescribed and/or administered by HPB. Participants must have a Body Mass Index (mass in kg/height squared in m²) (“**BMI**”), as calculated based on the Initial Measurements, within the range of 25 kg/m² to 37.4 kg/m² (inclusive) to be eligible.

All Participants can only participate once every 12 months.

All Participants must be able to perform moderate-intensity physical activity as defined by HPB. All Participants must be free from prior and/or current heart related disease whether known at the time of registration or otherwise and/or any other medical conditions that might worsen after engaging in physical activities. Pregnant women are not eligible to join.

Collection of Trackers

No trackers will be issued to Lose to Win® (Individual) Participants.

Rewards Scheme

The programme will run for 12 consecutive weeks from the day of Participant’s registration. Rewards will be based on the FAQs uploaded to <http://www.hpb.gov.sg/losetowin/>, which may be subject to

changes at any time at HPB's sole discretion. A "Week" refers to 7 consecutive days inclusive of weekends and public holidays (e.g. Week 1 is the first 7 days from registration, inclusive of the registration day).

All rewards (if any) shall be given at HPB's sole discretion on the basis of Participants' performance and as per following rules and requirements:-

1. "**Average Daily Step Count**" refers to the total number of steps synchronised to the mobile application "**Healthy 365 App**" in the 12 consecutive weeks from the day of Participant's registration, divided by 84 days. Rewards may be awarded based on Participants achieving either 7500 or 10000 Average Daily Step Count;
2. Attendance must be taken using Lose to Win® HPB Quick Response ("**QR**") codes. Taking multiple attendances within a Week will only count as meeting one Week's requirement. Participants will need take attendance at a Physical Activity session (specified in <http://www.hpb.gov.sg/losetowin/>) at least once a Week for any 6 different Weeks or any 10 different Weeks in the 12 week programme as well as attend a Physical Activity or Nutrition workshop held at HPB in the 12 week programme to meet the reward requirements;
3. All Participants must a) measure and log their weight on their Profile Page of the Healthy 365 App in Weeks 1, 6, and 12 and b) update all of their meals of the day ("**Diet Journal**") on a daily basis to the Healthy 365 App for a minimum of any 7 days in the 12 week programme in order to meet the requirements for the reward section of weight log and food log (Diet Journal) in the Reward Scheme. For the Diet Journal, all of the meals of the day must be uploaded on a daily basis in order to count the day as part of the minimum 7 day requirement. HPB reserves the right to reject any days which may be deemed incomplete at its sole discretion;
4. All Participants must weigh-out (measurement of height and weight (the "**Final Measurements**")) at HPB, according to the directions and guidelines as prescribed and/or administered by HPB within 1 month after the completion of their 12 week participation in Lose to Win® (Individual);
5. The minimum 1 kg weight loss must be verified by HPB as the difference between the Initial Measurements and the Final Measurements; and
6. Any reward must be collected at HPB in person upon weigh-out, with valid NRIC, within 1 month after the completion of their 12 week participation in Lose to Win® (Individual);

Other Conditions

Non-smartphone/non-compatible smartphone users can only participate as kiosk participants ("**Kiosk Participants**"). Kiosk Participants must use the HPB step tracker and synchronize their step count at the HPB kiosks. Kiosk Participants' attendance for physical activity sessions will only be taken at selected sites and dates at HPB's sole discretion. Kiosk Participants must update their

weight log at the HPB Kiosks via the Profile page. Food log must be sent via email to HPB_LOSETOWIN@hpb.gov.sg at the relevant time as prescribed by HPB under the Rewards Scheme. No backdating will be allowed. All other Terms and Conditions shall apply to Kiosk Participants. If there is any conflict between this paragraph and other terms and/or conditions, this paragraph shall prevail.

HPB reserves the right to disqualify and withdraw rewards from any person found to be ineligible, at any time at HPB's sole discretion.

HPB reserves the right to modify and/or terminate the Rewards Scheme at any time at its sole discretion without any further notice to Participants.

HPB may vary the Terms and Conditions without notice, or discontinue or withdraw Lose to Win® (Individual) at any time without any notice or liability to any party.

All Participants agree and consent to being contacted by HPB for issues in relation to, arising out of and/or in connection to their use of the Healthy 365 App, and/or healthy lifestyle and/or health-related activities/programmes. HPB's "**Lose To Win® Motivators**" (past graduates of Lose to Win® (Individual) and/or Lose to Win® (Family) and certified Health Ambassadors) may also contact any Participant to provide encouragement and support.

HPB's decision on all matters relating to Lose to Win® (Individual) is final and binding on all Participants. HPB will not entertain any queries with regard to any Lose to Win® (Individual) results, and will not be obliged to provide the reason(s) for its awarding decision to a Participant.

All Participants' participation in Lose to Win® (Individual) is entirely voluntary and any activities Participants take part in as part of Lose to Win® (Individual) will therefore be entirely at their own risks. These fully voluntary activities may include (but are not limited to): all physical activity sessions/programmes/exercises that Participants participate with their attendance taken using Lose to Win® HPB QR codes as part of the Rewards Scheme.

HPB shall not be liable for any injuries sustained/casualty that arise directly and/or indirectly from the participation of Lose to Win® (Individual). Participants shall indemnify HPB against any action, claim, damages, charges and costs arising from or incurred by reason of any safety issues and/or injuries sustained by Participants as a result of, in connection with and/or related to their participation in Lose to Win® (Individual).

HPB shall not be liable for or in respect of any expenses, losses, costs damages, liabilities or other consequences of whatsoever nature (collectively "**Losses**") suffered or incurred directly or indirectly by Participants of Lose to Win® (Individual) howsoever caused or arising and without limiting the generality of the foregoing, whether by reason of or on account of any act or omission whether negligent or otherwise on the part of HPB or its servants or agents, even if HPB or its agents or employees are advised of the possibility of such Losses.

All Participants agree and consent to the collection, use and disclosure of their personal data and/or information relating to their attendance, performance, results and/or rewards (if any) pertaining to

and/or arising out of their participation in Lose to Win® (Individual) with any other parties who have referred them to Lose to Win® (Individual) and/or third party agencies and/or HPB's employees and individuals as authorized by HPB for the purposes of marketing, promoting and administering Lose to Win® programmes. Such parties may include (but are not limited to): hospitals that have screened Participants and referred them to HPB for the Lose to Win® programmes and HPB's employees and/or staff.

All Participants, including the Kiosk Participants, agree to abide by all terms and conditions governing the use of the Healthy 365 App, whether or not the Healthy 365 App is in fact used, which are expressly incorporated herein and can be found at www.stepschallenge.sg/.

All Participants agree and consent to HPB's featuring them in video footage and still photographs taken during programmes, roadshows, campaigns and/or challenges related to and/or in connection to Lose to Win® programmes. All Participants understand and agree that any intellectual property subsisting therein and/or derived out of including but not limited to copyright and other related rights shall vest in HPB, exclusively and irrevocably. Accordingly, all Participants agree and consent to HPB's use, reproduction and/or distribution of such video footage and still photographs as it sees fit for the purposes of education and health promotion. HPB will not provide any claims (monetary or otherwise) for the usage, reproduction and/or distribution of such video footage and still photographs. All Participants hereby agree to release and discharge HPB from any and all liability resulting from or arising out of any act done or omission by HPB and/or any other party as authorised by HPB, whether in relation to distortion and/or alteration of such video footage and still photographs, whether the same is intentional or otherwise.

Lose To Win® (Family) Terms and Conditions

These terms and conditions (the “**Terms and Conditions**”) apply if you join Lose To Win® (Family) as a team of 1 parent/grandparent and 1 child participants (“**Participant**”). By accepting these Terms and Conditions, parents/grandparents (“**You**”) registering with a child hereby give consent to the child’s participation in this programme and to the acceptance of all terms and conditions included herein.

Warranty

You agree to grant permission for Your child/grandchild to participate in Lose to Win® (Family) and understand and consent to all terms and conditions contained herein on Your and Your child’s/grandchild’s behalf.

Eligibility Conditions

Participants must register in pairs of 1 parent/grandparent and 1 child. All Participants must be Singapore Citizens or Permanent Residents of Singapore with valid NRIC for parent/grandparent Participants and valid Birth Certificates for child Participants.

- You must be at least 18 years of age or older at registration and a participant of the National Steps Challenge™ Season 2, concurrently throughout Your child/grandchild’s participation in Lose to Win® (Family).
- All child Participants must be between 6 to 18 (not inclusive of 18) years of age at the point of registration.

All child Participants must weigh-in (measurement of height and weight (the “**Initial Measurements**”)) before registration at the Lose to Win® roadshows or at Health Promotion Board (“**HPB**”), according to the directions and guidelines as prescribed and/or administered by HPB. All child Participants must have a Body Mass Index (mass in kg/height squared in m²) (“**BMI**”), as calculated based on the Initial Measurements, in the 90th percentile or above of respective BMI-for-age (according to BMI-for-Age charts as determined and defined by HPB).

All Participants can only participate once every 12 months.

All child Participants must be able to perform moderate-intensity physical activity as defined by HPB. All child Participants must be free from prior and/or current heart related disease whether known at the time of registration or otherwise and/or any other medical conditions that might worsen after engaging in physical activities.

Collection of Trackers

Trackers may only be issued to child Participants who have previously not collected a tracker from any HPB programmes/campaigns/roadshows.

Parent/grandparent Participants will not be issued with any tracker from Lose To Win® (Family).

Rewards Scheme

The programme will run for 12 consecutive weeks from the day of Participant's registration. Rewards will be based on the FAQs uploaded to www.losetowin.sg, which may be subject to changes at any time at HPB's sole discretion. A "Week" refers to 7 consecutive days inclusive of weekends and public holidays (e.g. Week 1 is the first 7 days from registration, inclusive of the registration day).

All rewards (if any) shall be given at HPB's sole discretion on the basis of child Participants' performance only and as per following rules and requirements:-

1. "Average Daily Step Count" refers to the total number of steps synchronised to the mobile application "**Healthy 365 App**" in the 12 consecutive weeks from the day of child Participant's registration, divided by 84 days. Rewards may be awarded based on child Participants achieving either 10000 or 12000 Average Daily Step Count;
2. Attendance must be taken using Lose to Win® HPB Quick Response ("QR") codes. Taking multiple attendances within a week will only count as meeting one week's requirement. Child Participants will need take attendance at a Physical Activity session (specified in <http://www.hpb.gov.sg/losetowin/>) at least once a Week for any 6 different Weeks in the 12 week programme as well as attend a Nutrition workshop held at HPB in the 12 week programme to meet the reward requirements;
3. All child Participants must measure and log their weight on the Profile Page of the Healthy 365 App in Weeks 1, 6, and 12 to meet the requirements for the reward section of weight log in the Reward Scheme;
4. All child Participants must weigh-out (measurement of height and weight (the "**Final Measurements**")) at HPB, according to the directions and guidelines as prescribed and/or administered by HPB within 1 month after the completion of their 12 week participation in Lose to Win® (Family); and
5. Any reward must be collected at HPB upon the child Participant's weigh-out (both child Participant and parent/grandparent Participant must be present), with valid NRIC and/or Birth Certificate for all Participants within 1 month after the completion of their 12 week participation in Lose to Win® (Family).

Other Conditions

Non-smartphone/non-compatible smartphone users can only participate as kiosk participants ("**Kiosk Participants**"). Kiosk Participants must use the HPB step tracker and synchronize their step count at the HPB kiosks. Kiosk Participants' attendance for physical activity sessions will only be taken at selected sites and dates at HPB's sole discretion. Kiosk Participants must update their weight log at the HPB Kiosks via the Profile page. All other Terms and Conditions shall apply to Kiosk

Participants. If there is any conflict between this paragraph and other terms and conditions, this paragraph shall prevail.

HPB reserves the right to disqualify and withdraw rewards from any person found to be ineligible, at any time at HPB's sole discretion.

HPB reserves the right to modify and/or terminate the Reward Scheme at any time at its sole discretion without any further notice to Participants.

HPB may vary the Terms and Conditions without notice, or discontinue or withdraw Lose To Win® (Family) at any time without any notice or liability to any party.

All Participants agree and consent to being contacted by HPB for issues in relation to, arising out of and/or in connection to their use of the Healthy 365 App, and/or healthy lifestyle and/or health-related activities/programmes. All Participants also agree and consent to being contacted by HPB's "Lose To Win® Motivators" (past graduates of Lose to Win® (Individual) and/or Lose to Win® (Family) and certified Health Ambassadors) to provide encouragement and support.

HPB's decision on all matters relating to Lose To Win® (Family) is final and binding on all Participants. HPB will not entertain any queries with regard to any Lose To Win® (Family) results, and will not be obliged to provide the reason(s) for its awarding decision to a Participant.

All Participants' participation in Lose To Win® (Family) is entirely voluntary and any activities Participants take part in as part of Lose To Win® (Family) will therefore be entirely at their own risks. These fully voluntary activities may include (but are not limited to): all physical activity sessions/programmes/exercises that Participants participate with their attendance taken using Lose To Win® HPB QR codes as part of the Reward Scheme.

HPB shall not be liable for any injuries sustained/casualty that arise directly and/or indirectly from the participation of Lose to Win® (Family). Participants shall indemnify HPB against any action, claim, damages, charges and costs arising from or incurred by reason of any safety issues and/or injuries sustained by Participants as a result of, in connection with and/or related to their participation in Lose to Win® (Family).

HPB shall not be liable for or in respect of any expenses, losses, costs damages, liabilities or other consequences of whatsoever nature (collectively "Losses") suffered or incurred directly or indirectly by Participants of Lose to Win® (Family) howsoever caused or arising and without limiting the generality of the foregoing, whether by reason of or on account of any act or omission whether negligent or otherwise on the part of HPB or its servants or agents, even if HPB or its agents or employees are advised of the possibility of such Losses.

All Participants agree and consent to the collection, use and disclosure of their personal data and/or information relating to their attendance, performance, results and/or rewards (if any) pertaining to and/or arising out of their participation in Lose to Win® (Individual) with any other parties who have referred them to Lose to Win® (Individual) and/or third party agencies and/or HPB's employees and individuals as authorized by HPB for the purposes of marketing, promoting and administering Lose to



Win[®] programmes. Such parties may include (but are not limited to): hospitals that have screened Participants and referred them to HPB for the Lose to Win[®] programmes and HPB's employees and/or staff.

All Participants, including the Kiosk Participants, agree to abide by all terms and conditions governing the use of the Healthy 365 App, whether or not the Healthy 365 App is in fact used, which are expressly incorporated herein and can be found at www.stepschallenge.sg/.

All Participants agree and consent to HPB's featuring them in video footage and still photographs taken during programmes, roadshows, campaigns and/or challenges related to and/or in connection to Lose to Win[®] (Family). All Participants understand and agree that any intellectual property subsisting therein and/or derived out of including but not limited to copyright and other related rights shall vest in HPB, exclusively and irrevocably. Accordingly, all Participants agree and consent to HPB's use, reproduction and/or distribution of such video footage and still photographs as it sees fit for the purposes of education and health promotion. HPB will not provide any claims (monetary or otherwise) for the usage, reproduction and/or distribution of such video footage and still photographs. All Participants hereby agree to release and discharge HPB from any and all liability resulting from or arising out of any act done or omission by HPB and/or any other party as authorised by HPB, whether in relation to distortion and/or alteration of such video footage and still photographs, whether the same is intentional or otherwise.