

— GET ACTIVE —
REP WITH STEPS
CHALLENGE
SEASON 2

HealthPromotionBoard



Step-by-Step User Guide

**Get active.
Get more from life.**



— GET ACTIVE —
REP WITH STEPS
CHALLENGE
SEASON 2

HealthPromotionBoard

How to Join

1. **Download** the Healthy 365 mobile app and create your profile.
2. **Sign up** for the Rep with Steps Challenge, by keying in your school's entry code.
3. **Set up** your preferred mode of tracking your steps.
Refer to the next page to find out if you are eligible for a free HPB steps tracker.
4. **Clock as many steps as possible** to emerge as the top steppers and win attractive prizes!
5. **Sync your steps** to the App regularly. Aim to clock 12,000 steps daily!



The more steps you take, the higher your chances of winning!

**Get active.
Get more from life.**



— GET ACTIVE —
REP WITH STEPS
CHALLENGE
SEASON 2

HealthPromotionBoard

How do I know if I am eligible for a free HPB steps tracker?

- All students currently enrolled in the participating schools at the point of registration are eligible.
- Free steps trackers will be provided to students of participating schools on a first-come-first-served, while stocks last basis.
- Eligible students are to collect the HPB steps tracker* from the Rep with Steps roadshows at your schools.

*Only for those who have not collected a free HPB steps tracker before.

**Get active.
Get more from life.**



— GET ACTIVE —
REP WITH STEPS
CHALLENGE
SEASON 2

HealthPromotionBoard

**Before you sign up,
please check your phones!**

1. Incompatible Smartphone Models

Mercury A3S

LG G Pro Lite

LG G2

ASUS (All models)

Samsung S3 & below

Umi Hammer

Acer Liquid X1

iPhone 4 & below

Note: Sony Xperia Z3/ Z3 Compact / Z4 and
OPPO phones may encounter difficulties

2. Smartphone OS versions

The Healthy 365 app requires at least
Android 4.4 and iOS 8.0 to operate.

*If you do not have a smartphone, or if your
smartphone is not compatible,*

**Please register at the Rep with Steps
roadshows* at your school.**

Note: Students without a smartphone can
only participate using HPB steps tracker*.

**Only for eligible students, on a first-come-first-
served, while stocks last basis.*

**Get active.
Get more from life.**



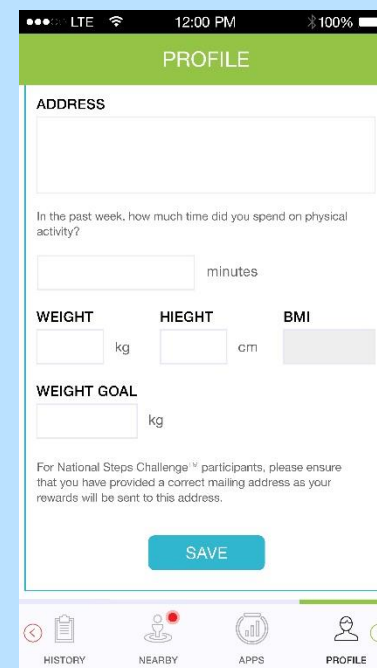
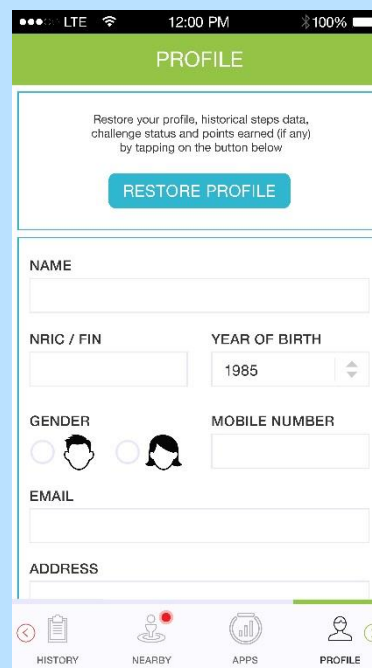
— GET ACTIVE —
REP WITH STEPS
CHALLENGE
SEASON 2

How do I sign up on my smartphone?

Step 1:

Download the Healthy 365 mobile app and create your profile

(or delete, reinstall the latest version of the app if you have downloaded it before, then restore your profile).



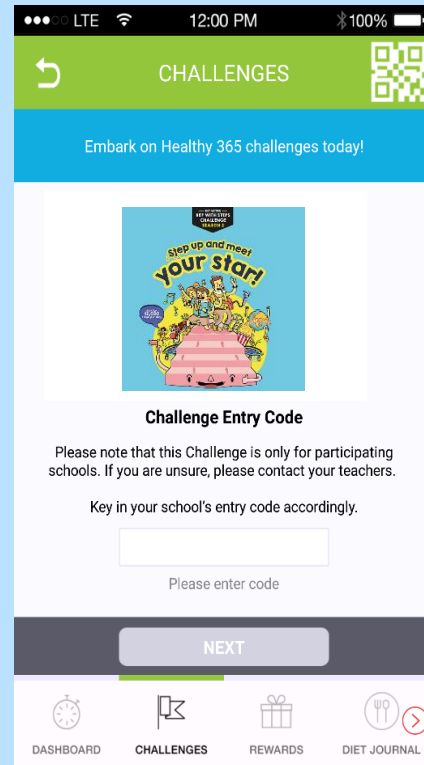
— GET ACTIVE —
REP WITH STEPS
CHALLENGE
SEASON 2

How do I sign up on my smartphone?

Step 2:

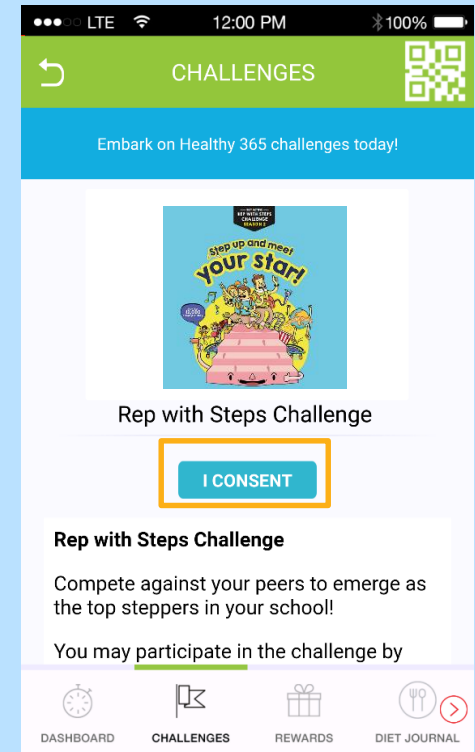
Sign up for Rep with Steps Challenge on the Challenge tab. Key in your school's entry code*.

*Participating schools will receive an email with the corresponding entry codes. Please check in with your teachers in charge of the challenge for more details.



Step 3:

Consent to the Terms and Conditions to start Challenge.



— GET ACTIVE —
REP WITH STEPS
CHALLENGE
SEASON 2

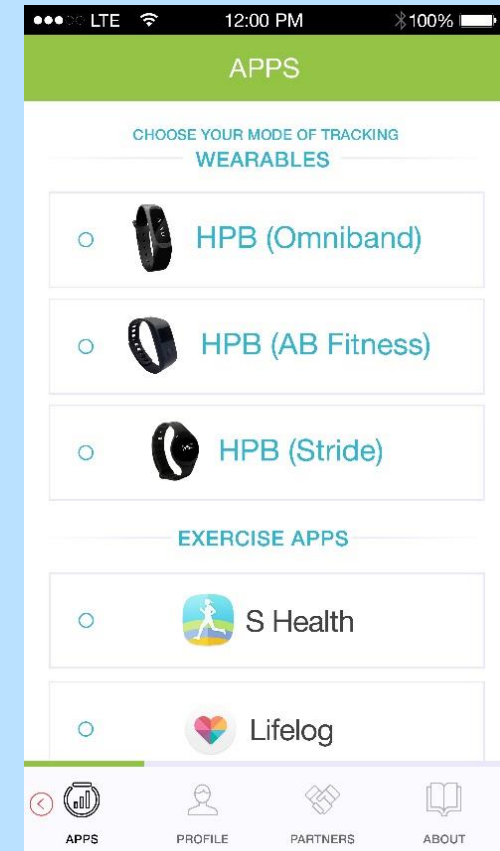
How do I sign up on my smartphone?

Step 4:

Complete your sign up and choose your preferred mode of tracking your steps:

- a. FREE HPB steps tracker
- b. Preferred mobile apps & trackers
 - S Health mobile app with Samsung Gear Fit2[^]
 - Lifelog mobile app with Sony SmartWatch 3[^]
 - Actxa[®] mobile app with Actxa[®] Swift
- c. Other mobile apps & trackers
 - HealthKit mobile app with Apple Watch
 - Any Fitbit tracker

[^]Also applicable to selected steps tracking devices compatible with the S Health and Sony Lifelog mobile apps.



— GET ACTIVE —
REP WITH STEPS
CHALLENGE
SEASON 2

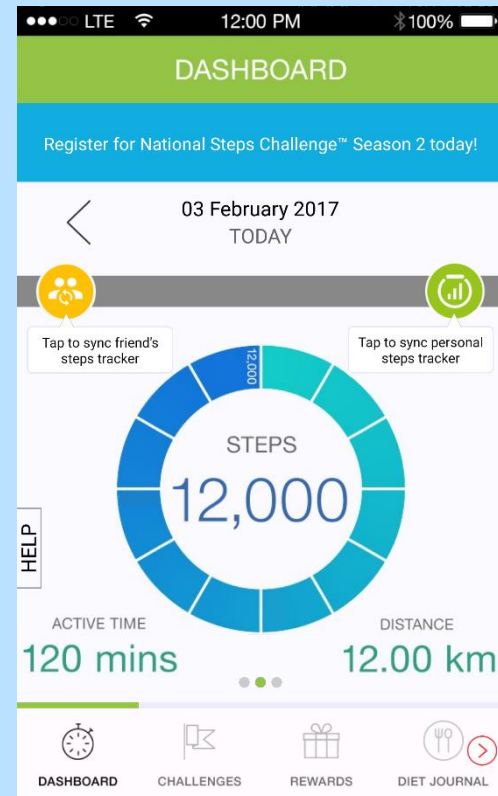
HealthPromotionBoard

How do I sign up on my smartphone?

Step 5:

Complete your set up and start clocking your steps. Aim for 12,000 steps every day and walk your way to amazing prizes!

Note: Remember to sync your steps at least once every 7 days to avoid losing your steps data.



Your sign up is complete!

**Get active.
Get more from life.**



— GET ACTIVE —
REP WITH STEPS
CHALLENGE
SEASON 2

HealthPromotionBoard

What comes with my steps tracker?

Once you have collected your steps tracker,
Open the box and check that there are 3
items included:

1. Steps tracker*
2. Charger
3. User manual^

Your steps tracker should be charged,
so you can start using it straight away!

^Please keep this user manual for 12 months warranty



**Only for eligible students, on a first-come-first-served, while stocks last basis.*

**Get active.
Get more from life.**



— GET ACTIVE —
REP WITH STEPS
CHALLENGE
SEASON 2

How do I pair my HPB steps tracker?

To begin, enable Bluetooth on your smartphone.

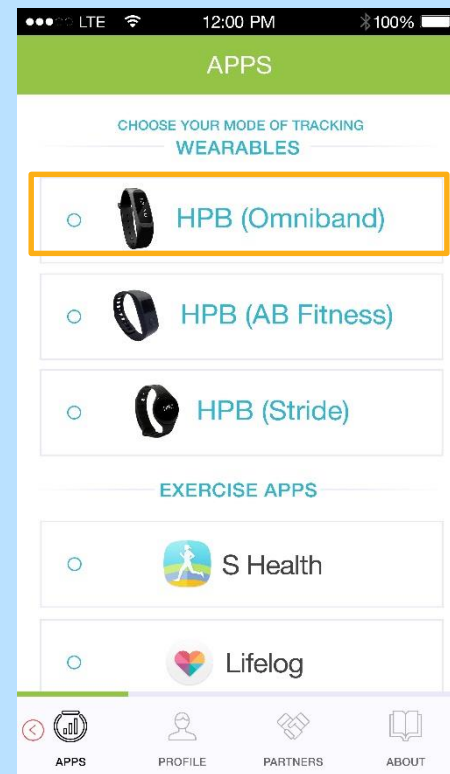
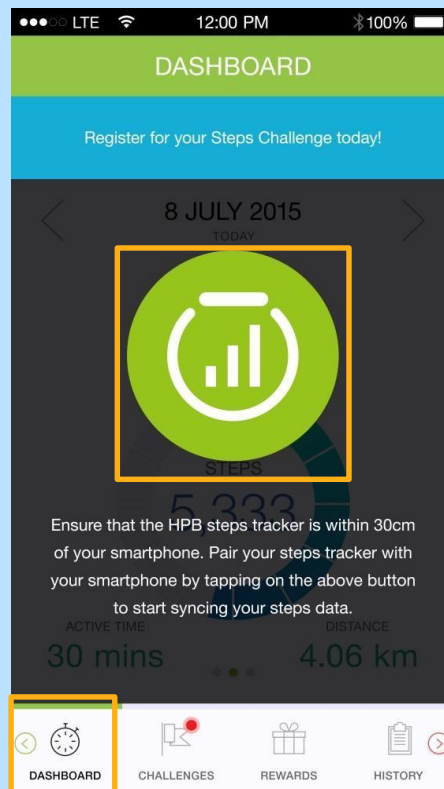


Step 1:

Tap on the “Dashboard” tab.
Next, swipe to the left for the step count Dashboard. Place your steps tracker beside your phone.
Tap on the green sync button.

Step 2:

Select “HPB (Omniband)”.



— GET ACTIVE —
REP WITH STEPS
CHALLENGE
SEASON 2

HealthPromotionBoard

How do I pair my HPB steps tracker?

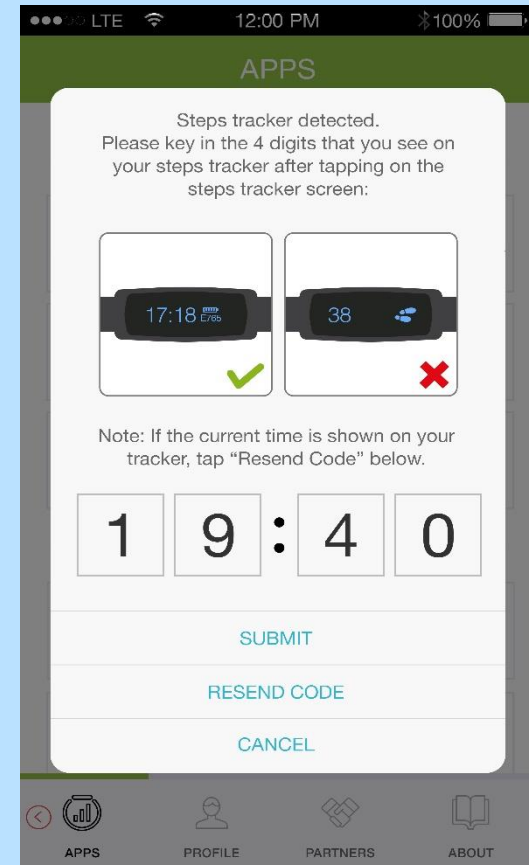
Step 3:

The app will ask you to enter a **4-digit code**.

Step 4:

Tap on your steps tracker. Enter the 4-digit code shown on your steps tracker and tap “Submit”.

If you still only see the actual time being reflected on your steps tracker, tap “Resend Code” to try again.



**Get active.
Get more from life.**



— GET ACTIVE —
REP WITH STEPS
CHALLENGE
SEASON 2

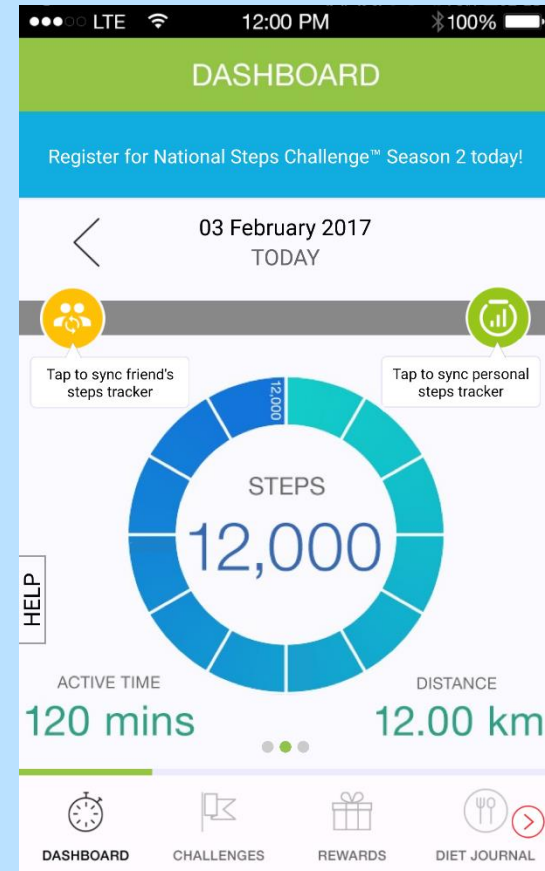
HealthPromotionBoard

How do I pair my HPB steps tracker?

Pairing complete!

You will be brought to the “Dashboard” page.

Steps from the steps tracker will be displayed.



**Get active.
Get more from life.**



— GET ACTIVE —
REP WITH STEPS
CHALLENGE
SEASON 2

What's next?

- Wear your steps tracker daily during the challenge period (**except in the shower**)
- Make sure you **charge your steps tracker regularly*** for not more than 1 hour
*refer to user manual
- **Clock as many steps as possible!** Aim for 12,000 steps!
- Remember to sync your steps tracker to the Healthy 365 app or kiosk **at least once every 7 days** to avoid losing your step count data.



— GET ACTIVE —
REP WITH STEPS
CHALLENGE
SEASON 2

How do I set up app-based tracking?

Preferred mobile apps & trackers:

S Health and Lifelog mobile apps are only available for Android users (Android 4.4 and above).

Actxa mobile app is available for both Android and iOS users (Android 4.4 and above and iPhone 5S and above, with iOS8).

Step 1:

Ensure that you have installed the S Health, Lifelog or Actxa mobile app on your smartphone. You will also need to create an account to use these mobile apps and update your step count on these mobile apps first.

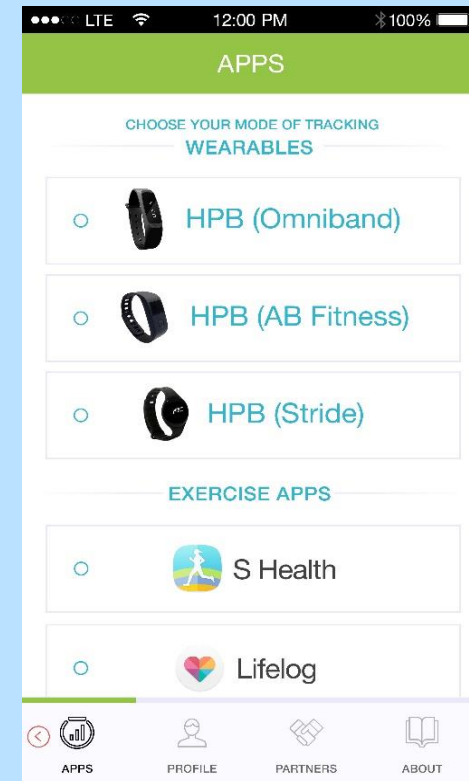
— GET ACTIVE —
REP WITH STEPS
CHALLENGE
SEASON 2

How do I set up app-based tracking?

Preferred mobile apps & trackers:

Step 2:

Launch the Healthy 365 mobile app, tap on the Apps tab and choose your preferred mode of tracking steps.



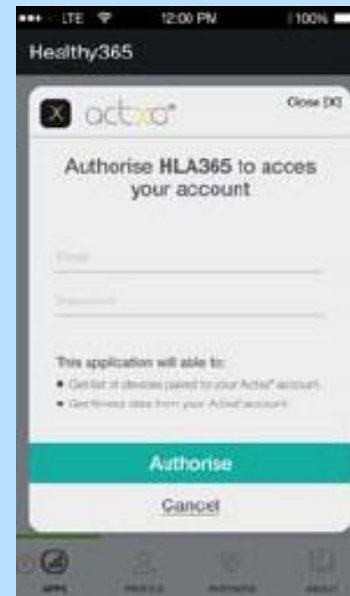
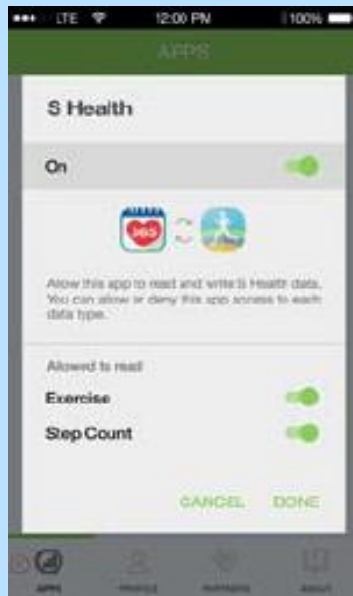
— GET ACTIVE —
REP WITH STEPS
CHALLENGE
SEASON 2

How do I set up app-based tracking?

Preferred mobile apps & trackers:

Step 3:

Allow access for the Healthy 365 mobile app to retrieve your step count data from your preferred mode of tracking steps.



**Your set up
is complete!**

— GET ACTIVE —
REP WITH STEPS
CHALLENGE
SEASON 2

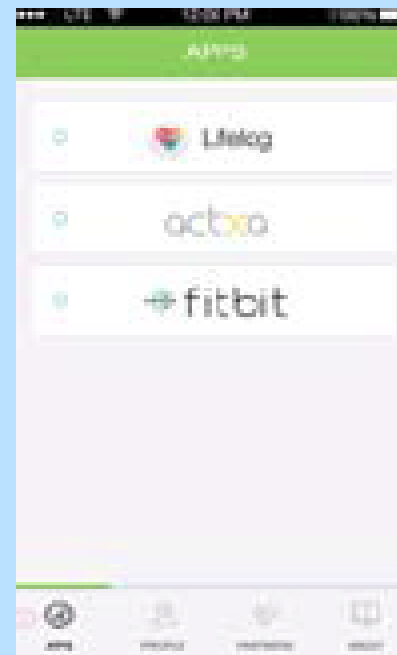
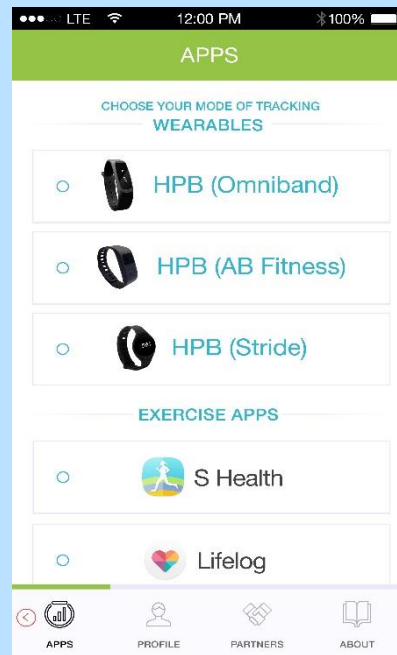
HealthPromotionBoard

How do I set up app-based tracking?

Other mobile apps & trackers:

Step 1:

Tap on the Apps tab and choose your preferred mode of tracking steps.



**Get active.
Get more from life.**



— GET ACTIVE —
REP WITH STEPS
CHALLENGE
SEASON 2

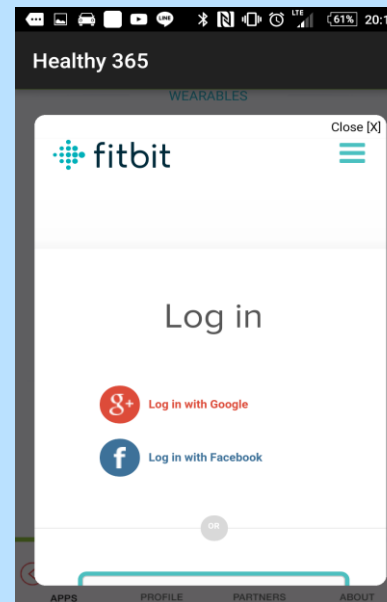
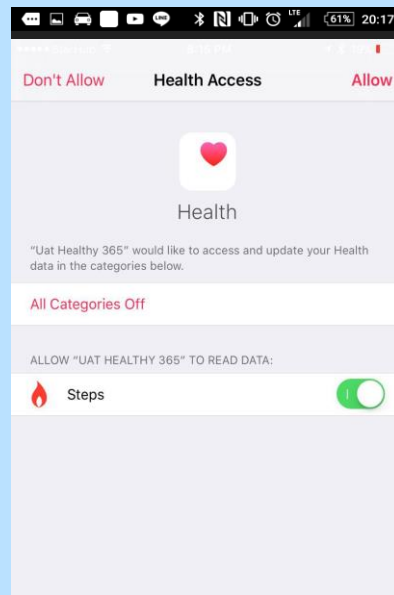
HealthPromotionBoard

How do I set up app-based tracking?

Other mobile apps & trackers:

Step 2:

Allow access for the Healthy 365 mobile app to retrieve your step count data from your preferred mode of tracking steps.



**Your set up
is complete!**

**Get active.
Get more from life.**



— GET ACTIVE —
REP WITH STEPS
CHALLENGE
SEASON 2

HealthPromotionBoard

How to sync my steps on my smartphone when using a HPB steps tracker?

To begin, enable Bluetooth on your smartphone.

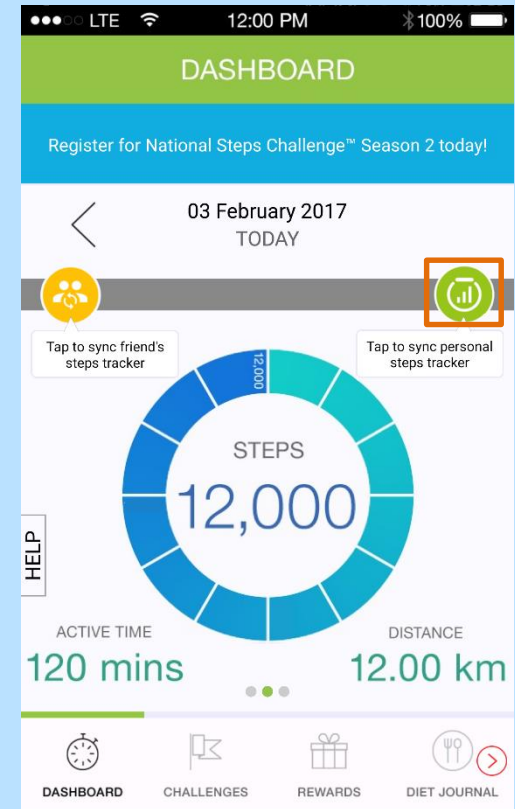


Step 1:

Launch the Healthy 365 mobile app and tap on the Dashboard tap. Next, swipe to the left for the step count Dashboard. Place your steps tracker beside your phone.

Step 2:

Steps will be automatically synced when Bluetooth is available. If not, tap on the **green button** on the “Dashboard” page.



**Get active.
Get more from life.**



— GET ACTIVE —
REP WITH STEPS
CHALLENGE
SEASON 2

How to sync my steps if I am a non-smartphone user?

Step 1:

Visit the Healthy 365 kiosk placed in your school.

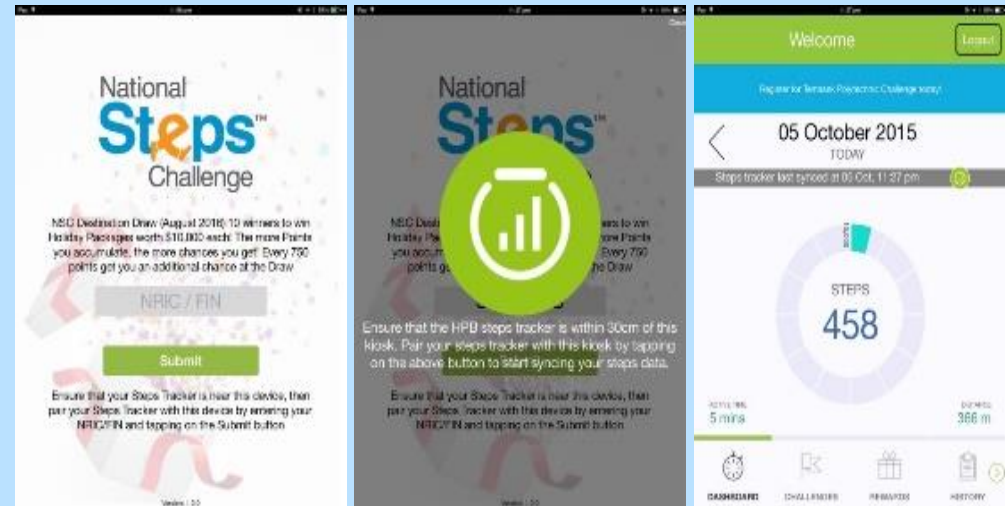


Step 2:

Sync your HPB steps tracker with the kiosk **at least once every 7 days** with these steps:

- Place your steps tracker next to the kiosk.
- Enter your NRIC and tap “Submit”.
- Tap on the green button.

You should be able to access your profile, and the steps count from your steps tracker should be synced across to the kiosk.



— GET ACTIVE —
REP WITH STEPS
CHALLENGE
SEASON 2

HealthPromotionBoard
How to use
Sync for Friends?

Note: Sync for Friends is only applicable for HPB steps trackers.

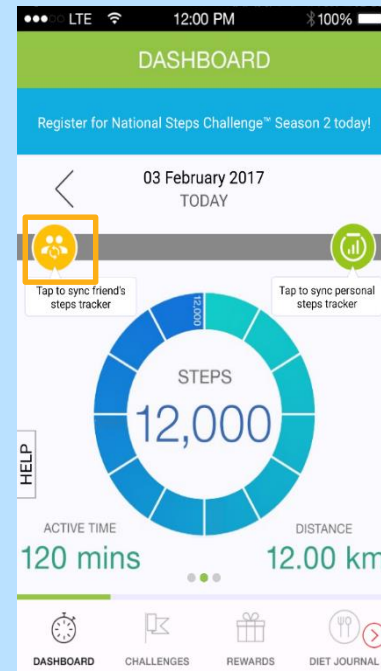
To begin, ensure Bluetooth is enabled on your friend's smartphone and that it is connected to the internet.



Step 1:

Launch the Healthy 365 mobile app and tap on the Dashboard tap. Next, swipe to the left for the step count Dashboard and tap on the Sync for Friends button.

Place your HPB steps tracker next to your friend's smartphone.



— GET ACTIVE —
REP WITH STEPS
CHALLENGE
SEASON 2

HealthPromotionBoard How to use Sync for Friends?

Note: Sync for Friends is only applicable for HPB steps trackers.

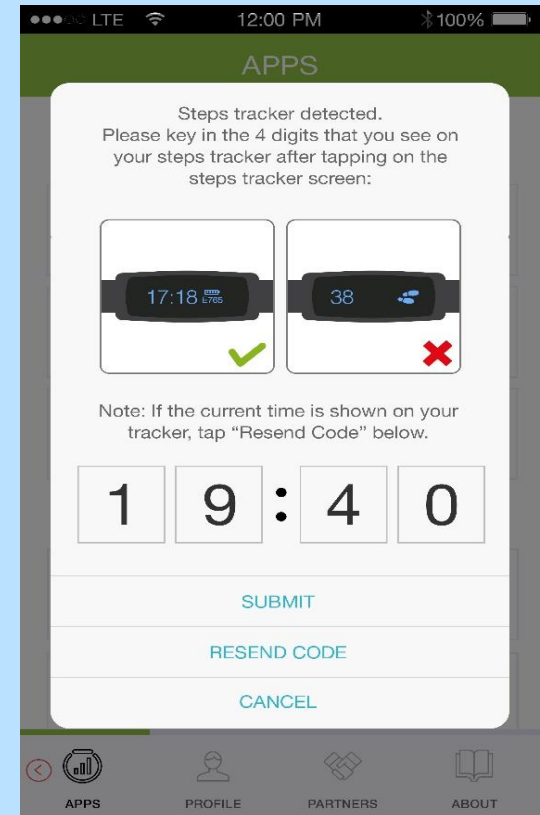
Step 2:

The app will ask you to enter a **4-digit code**.

Step 3:

Tap on your steps tracker. Enter the 4-digit code shown on your steps tracker and tap “Submit”.

If you still only see the actual time being reflected on your steps tracker, tap “Resend Code” to try again.



**Get active.
Get more from life.**



— GET ACTIVE —
REP WITH STEPS
CHALLENGE
SEASON 2

HealthPromotionBoard How to use Sync for Friends?

Note: Sync for Friends is only applicable for HPB steps trackers.

Sync complete!

You will be shown the summary page.

Steps from your steps tracker (up to 7 days)
will be displayed.



**Get active.
Get more from life.**



— GET ACTIVE —
REP WITH STEPS
CHALLENGE
SEASON 2

HealthPromotionBoard

Enquiries hotline & E-mail

Refer to the user manual if you need any help with the steps tracker.

Hotline: 1800 567 2020

Email: repwithsteps@hpb.gov.sg

Find out more at repwithsteps.sg

**Get active.
Get more from life.**



— GET ACTIVE —
REP WITH STEPS
CHALLENGE
SEASON 2

HealthPromotionBoard



**Aim for 12,000 steps
every day!**



**Get active.
Get more from life.**

