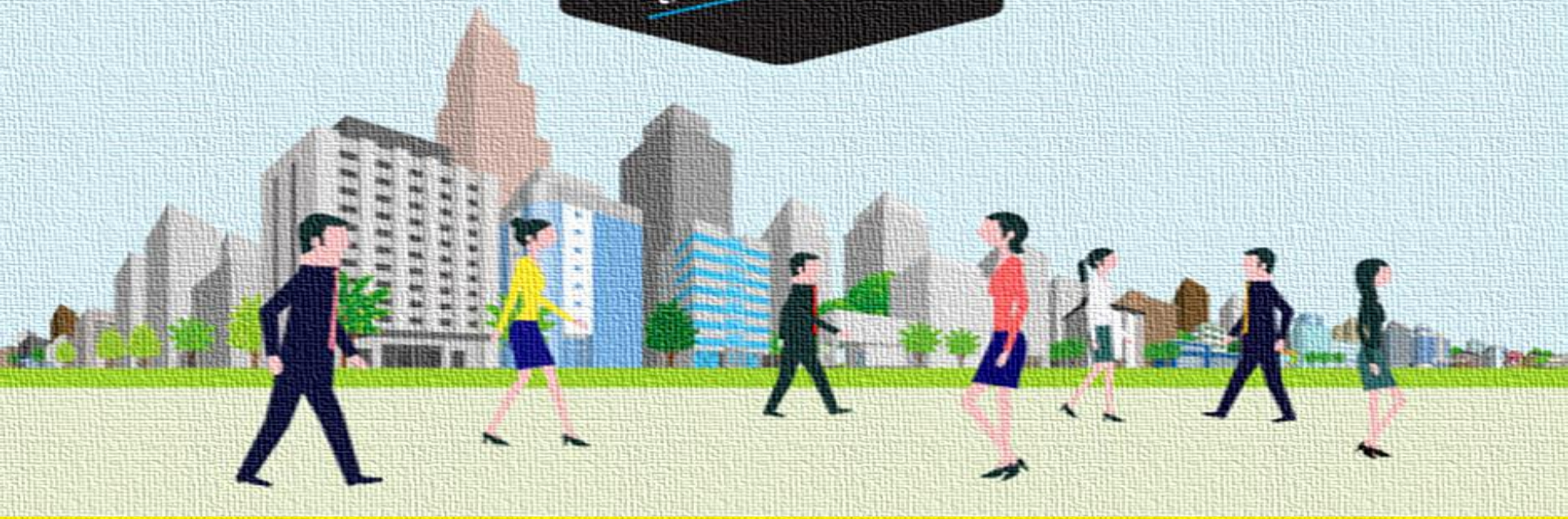
National Steps Challenge

MOVE IT WITH NATIONAL STEPS CHALLENGE™ SEASON 4

Health Promotion Board



National Steps Challenge™ Season 4
Corporate Challenge 2019

Get moving. Get more from life.

stepschallenge.sg/corporate-challenge

#moveit150 | #my10ktoday

LET'S BEAT DIABETES

National Steps Challenge

MOVE IT WITH NATIONAL STEPS CHALLENGE™ SEASON 4

Health Promotion Board

Corporate Challenge 2019

1. **New to National Steps Challenge™ (NSC) and Corporate Challenge (CC)?**
   - What you have missed…

2. **Why join CC?**
   - What's new?

3. **What is the registration process?**

Aim for 150 minutes per week

Aim for 10,000 steps per day

For enquiries, please call 1800 567 2020
or email us at stepschallenge@hpb.gov.sg

National Steps Challenge

MOVE IT WITH NATIONAL STEPS CHALLENGE™ SEASON 4

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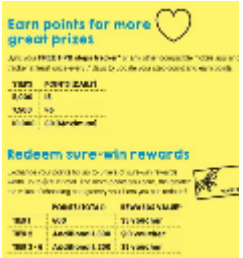
What is National Steps Challenge™ (NSC) and Corporate Challenge (CC)?

1. NSC was first launched in 2015 to encourage Singaporeans to sit less and move more and to embark on more incidental physical activity as part of their daily lives.

Monitoring of daily steps count through complimentary steps tracker from HPB → **Sync steps to Healthy 365 mobile app or island-wide Healthy 365 kiosks** → **Earn rewards!**



2. To reach out to different population segments, NSC was introduced to targeted settings.

Tertiary Institutions

Workplaces
Corporate Challenge

Community

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Aim for 10,000 steps per day

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Over 670 organisations with more than 120,000 employees participated in Season 2 of Corporate Challenge held in 2018 (Jan - Apr)

NSC Corporate Challenge Categories

Organisations with workforce size < 200 pax

Organisations with workforce size ≥ 200 pax

Eligibility criteria for organisations with < 200 employees:

- At least 25 employees have registered for the challenge and successfully chosen a steps tracking mode.

Aim for 150 minutes of exercise

Aim for 10,000 steps per day

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Prizes for winning organizations < 200 employees (retained for Corporate Challenge 2019):

Prize Category	Steps Leaderboard*
Overall 1st	$5,000
Overall 2nd	$3,000
Overall 3rd	$2,000

Overall Winners

1st VISHAY

Vishay Intertechnology Asia Pte Ltd

2nd Henkel

Henkel Singapore Pte Ltd

3rd

Unison Construction Pte Ltd

**Based on the highest overall average daily steps count for the challenge period*

Aim for 150 minutes of MVPA

Aim for 10,000 steps per day

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What you have missed…

Other Winning Categories of Corporate Challenge

Monthly Winner

Be the organisation with the highest daily average step count per participant for a particular month during the Challenge and win up to $2,000!

A winning organisation with the highest average daily steps count for each month* of the challenge:

- Jan
- Feb
- Mar
- Apr

**Each organisation is eligible to win once*

	Workforce size ≥ 200	Workforce size < 200
January	ST Aerospace	VISHAY
February	SEAGATE	EDISON
March		

Monthly Most Improved Organisations

Now the top 3 organisations with the most improvement in their daily average step count per participant for a particular month will also be recognised for their effort and get to win up to $2000!

3 winners monthly, based on the increase in average step count per day in that particular month's compared to the previous month's:

- Feb
- Mar
- Apr

*Each organisation is eligible to win once

	Workforce size ≥ 200	Workforce size < 200
February	1ST SEAGATE	1ST
	2ND ST Aerospace	2ND Henkel

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What you have missed…

Prizes for other winning categories (retained for Corporate Challenge 2019)

Prize Category	Steps Leaderboard
Monthly Winner*	$1,000
Monthly Most improved#	$1,000
Monthly 2nd Most improved#	$750
Monthly 3rd Most improved#	$500

**The top organisation with the highest daily average step count in a particular month.*
#The top 3 organisations with the highest increment in daily average step count in a particular month, compared to the previous month.

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National Steps Challenge

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Health Promotion Board

NEW!

Overview of Corporate Challenge 2019

Corporate Challenge period: 7 Jan - 21 Apr 2019

Introducing an all-new Moderate to Vigorous Physical Activity (MVPA) leaderboard!

Prizes for MVPA leaderboard

Prize Category	MVPA Leaderboard*
Overall 1st	$5,000
Overall 2nd	$3,000
Overall 3rd	$2,000

**Based on highest overall average weekly MVPA duration for the challenge period*

Aim for 150 minutes per week

Aim for 10,000 steps per day

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National Steps Challenge

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Health Promotion Board

NEW!

Overview of Corporate Challenge 2019

Corporate Challenge period: 7 Jan - 21 Apr 2019

1. Why MVPA?
   - Greater health benefits - recommended to accumulate at least 150 minutes of MVPA per week.
   - MVPA is defined as at least 64% of an individual's maximum heart rate (220 minus Age - e.g. a person who is 20 years old will have an estimated maximum heart rate of 200).
   - Most sports activities would enable a person of average fitness to reach 64% of maximum heart rate.

Aim for 150 minutes per week

Aim for 10,000 steps per day

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National Steps Challenge

MOVE IT WITH NATIONAL STEPS CHALLENGE™ SEASON 4

Health Promotion Board

NEW!

Overview of Corporate Challenge 2019

Corporate Challenge period: 7 Jan - 21 Apr 2019

2. How will MVPA be factored into Corporate Challenge 2019?
   - Prizes will be awarded to the top 3 organisations with the highest overall weekly average MVPA minutes over the challenge period.
   - All participants will receive a new fitness tracker with heart rate tracking function!

Aim for 150 minutes per week

Aim for 10,000 steps per day

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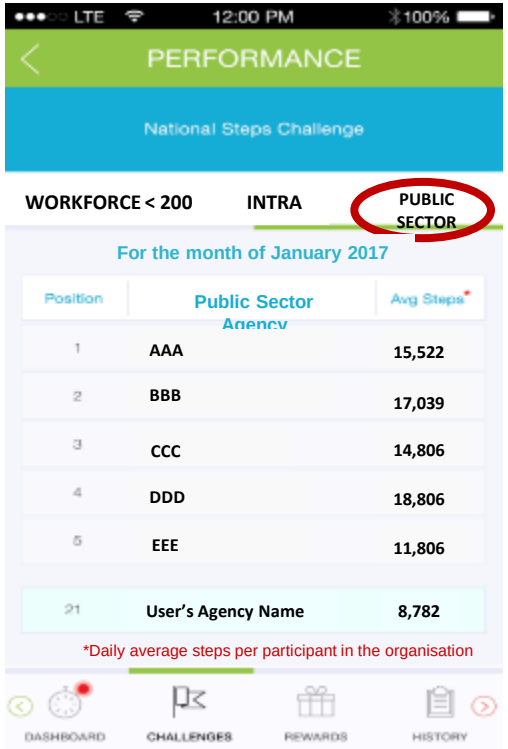
Other Features of Corporate Challenge

For public sector agencies only



Industry Hall of Fame

- A champion organisation for each industry in each month!

Public Sector Steps Leaderboard

- Features the top 5 public sector agencies in the leaderboard for each month!

Participating organisations receive daily updates of their performance on the steps leaderboards!

App interface for Corporate Challenge 2019 may differ from illustrations.

For private sector organisations only

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Aim for 10,000 steps per day

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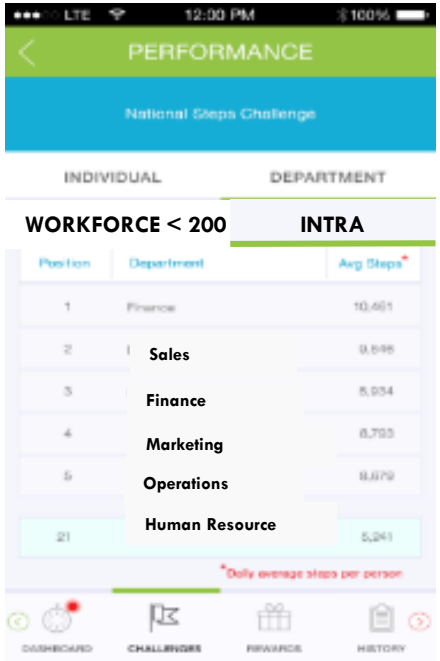
Other Features of Corporate Challenge



App interface for Corporate Challenge 2019 may differ from illustrations.

Intra-Challenge

- Optional feature that allows departments/teams in the same organisation to compete with each other on a leaderboard.
- Organisations that opted for the Intra-challenge performed better than those that did not. Prepare to rally your departments!

Do note that :

- Max. 99 teams are allowed per organisation
- 15-character limit to the naming of teams, no symbols or emoticons are allowed.
- Prizes may be provided by organisations (optional)

Aim for 150 minutes per week

Aim for 10,000 steps per day

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National Steps Challenge

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Other Features of Corporate Challenge

Intra-Challenge

- Opt for the Intra-challenge to unlock a special feature – Tap & Win!
- Participants who clock 10,000 steps a day get a chance to win additional prizes such as shopping vouchers through a Tap & Win game in the Healthy 365 mobile app.

Aim for 150 minutes of exercise

Aim for 10,000 steps per day

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What last season's participating organisations did in conjunction with Corporate Challenge!

SingHealth Polyclinic Badminton Session

ST Aerospace Engines Hiking Session

Canon Singapore Running Session

Ngee Ann Poly Workout Session

Aim for 150 minutes per week

Aim for 10,000 steps per day

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How to register for Corporate Challenge 2019

- Please register for the challenge on our web page - https://www.hpb.gov.sg/workplace/registration-form-for-corporate-challenge-2019-(organisation-workforce-size-200)

Registration Period: 20 Aug – 19 Nov 2018

- Participating organisations must have their own UEN or ACRA number.

Aim for 150 minutes of exercise

Aim for 10,000 steps per day

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National Steps Challenge

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Corporate Challenge 2019 Timeline

20 Aug – 19 Nov 2018
Register your organisation for the Corporate Challenge 2019!

14 Dec
Deadline to sign-up for Challenge via Healthy 365 mobile app & set up preferred fitness tracking mode

7 Jan – 21 Apr
Corporate Challenge 2019!

Aug 2018	Sep	Oct	Nov	Dec	Jan 2019	Feb	Mar	Apr 2019

20 Aug – 23 Nov 2018
Get your employees to sign-up for the Challenge via Healthy 365 mobile app and collect fitness trackers*

1 Oct – 30 Nov
Courier of steps trackers* to organisations

Aim for 150 minutes of exercise

Aim for 10,000 steps per day

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*Terms and conditions apply

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Corporate Challenge 2019 Sign-up Process

1 Organisation signs up for Corporate Challenge 2019

2 Upon your successful registration, HPB will:

- Issue your organisation a 6-digit unique code(s)

Case 1: For Organisations without Intra-challenge

Entry Code: 1 2 0 A 0 0

Organisation code

Case 2: For Organisations with Intra-Challenge

Entry Code: 1 2 0 A 0 5

Organisation code Div/Dep/Team code

Each team will get a unique entry code!

E.g. Finance – 01
HR - 02

Aim for 150 minutes

Aim for 10,000 steps per day

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National Steps Challenge

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Corporate Challenge 2019 Sign-up Process

3 **A set of NSC communication materials including sign-up instructions etc., will be sent to you for dissemination to all employees**

- Encourage employees to sign up for Corporate Challenge 2019 on the Healthy 365 mobile app by entering the organisation's unique code!

4 **HPB fitness trackers for employees who have signed up will be sent to you by courier**

- Rally employees to collect and pair their trackers to their accounts on the Healthy 365 mobile app

Ready, set, go!

Have regular activities and internal team challenges to sustain interest and increase steps among staff!

Aim for 150 minutes per week

Aim for 10,000 steps per day

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National Steps Challenge

MOVE IT WITH NATIONAL STEPS CHALLENGE™ SEASON 4

Health Promotion Board

Why Participate in Corporate Challenge?

- Corporate Challenge offers a great platform for organisations to promote staff cohesion, health, and wellness.

- As the organisation rep, you'll receive:
  a. Weekly reports on your organisation's performance
  b. Publicity materials and supporting collaterals (e.g., EDMs, poster artwork, user guides)
  c. Recognition for successfully rallying your employees

Aim for 150 minutes of MVPA per week

Aim for 10,000 steps per day

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National Steps Challenge

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Why Participate in Corporate Challenge?

Monitor your organisation's progress with daily/weekly reports

- Number of participants who have registered and successfully chosen a tracking mode
- Top steppers in your organisation (overall) and in each team
- Most improved steppers in your organisation
- Ranking of all teams within your organisation

Based on daily average step count, taking into account steps taken since the beginning of the Corporate Challenge 2019.

Receive publicity materials and supporting collaterals to rally your staff

- EDM to encourage staff to sign up on Healthy 365 mobile app
- Poster artwork to get staff to collect their steps trackers
- User guide on how to sign up for Corporate Challenge, choose a tracking mode, etc.

Aim for 150 — Aim for 10,000 steps per day

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National Steps Challenge

MOVE IT WITH NATIONAL STEPS CHALLENGE™ SEASON 4

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Recognition for successfully rallying your employees

Corporate Friends of NSC Award

Award	% of workforce in organization*	Rewards for organisation representative(s)
Gold supporter	40% - 59%	$80
Platinum supporter	60% and above	$200

- Be recognised for rallying your colleagues to participate in Corporate Challenge
- Reward quantum will be retained for Corporate Challenge 2019

*Participants should have signed up for Corporate Challenge 2019, successfully chosen a steps tracking mode and remained in the Challenge by the end of Challenge period.

Aim for 150 minutes of exercise

Aim for 10,000 steps per day

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National Steps Challenge

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Health Promotion Board

Why Participate in Corporate Challenge?

- Employees who sign up for the Corporate Challenge 2019 are automatically registered for the National Steps Challenge Season 4 (NSC 4) too.

- Steps taken by employees will contribute to both Corporate Challenge 2019 and NSC 4 Individual Challenge, which entitles them to enjoy Sure-Win rewards and stand to win attractive Lucky Draw prizes!

Aim for 150 minutes per week

Aim for 10,000 steps per day

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Technical Support

- All participants of Corporate Challenge 2019 will receive a brand new fitness tracker with heart rate monitoring function!
- Participants can exchange faulty trackers* at the NSC Customer Care Centre (located at HPB level 1 main lobby) or authorised service providers.
- For lost steps trackers, participants can purchase a compatible tracker from retail stores.

** 1-for-1 exchange (excluding accessories) is available if the tracker is still within its one-year warranty period.*

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Aim for 10,000 steps per day

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Enquiries

- The briefing deck will be emailed to you. It will also be uploaded to the Corporate Challenge website: https://www.healthhub.sg/programmes/96/national-steps-challenge-corporate (after 30 August).

- For enquiries and registration for Corporate Challenge 2019, please email info@corpchallenge.sg or call 90667112 (from 20 August onwards, Mon – Fri, 8am – 6pm)

Aim for 150 minutes of exercise

Aim for 10,000 steps per day

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