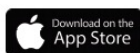


How to set up/restore your account for National Steps ChallengeTM

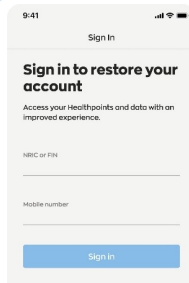


Step 1

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



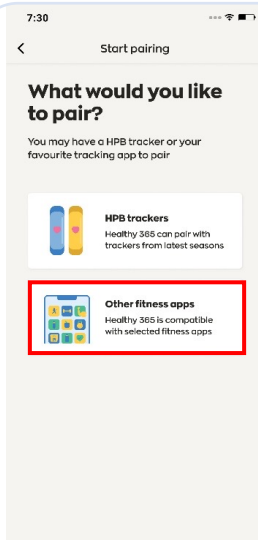
*The latest version of the Healthy 365 mobile app requires a minimum of Android 6 and iOS 10.



Step 2

Create your profile, or restore your profile if you already have one.

If you are restoring your profile, a 4-digit One-Time-Password (OTP) will be sent via SMS to your registered mobile number.



Step 3

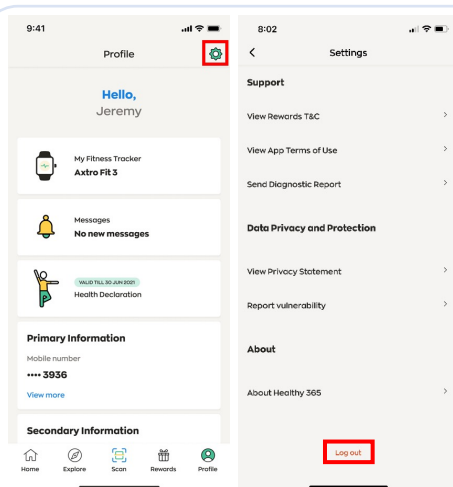
Choose your preferred fitness tracking device. Use the FREE HPB fitness tracker or one of the compatible¹ mobile apps or fitness trackers:

Preferred mobile apps and trackers:

- Actxa[®] mobile app
- Apple Health mobile app
- Fitbit mobile app with any Fitbit tracker
- Garmin ConnectTM mobile app
- Polar Flow mobile app
- Samsung Health mobile app

¹ For participants who are using one of the compatible mobile apps and fitness trackers, your device needs to be able to track heart rate data in order to contribute towards the MVPA category. Applicable to selected fitness tracking devices compatible with Actxa[®], Apple Health, Fitbit, Garmin ConnectTM or Polar Flow mobile apps.

How to sync for family/friends



- Log out of your account by going to the 'Profile' tab and tap on the 'Settings' icon on the top right corner
- Scroll down to the bottom of the page and tap on 'Log-out'.
- Next, restore your family/friend's profile.
- Do note that a 4-digit One-Time-Password (OTP) will be sent via SMS to the mobile number indicated in the user's account with every new log in.