

## NATIONAL STEPS CHALLENGE™ THEMATIC CHALLENGES

### SWEAT AND REFRESH CHALLENGE WITH COCA-COLA® NO SUGAR FREQUENTLY ASKED QUESTIONS

#### General Information

**1. What is the Sweat and Refresh Challenge with Coca-Cola® No Sugar?**

The Sweat and Refresh Challenge with Coca-Cola® No Sugar is a thematic challenge of the National Steps Challenge™, which is a physical activity initiative by the Health Promotion Board (HPB) and Coca-Cola®. It is to encourage participants to be physically active every day, anytime and anywhere.

Participants stand a chance to win attractive prizes from Coca-Cola® by aiming to clock 10,000 steps and 30 minutes of Moderate to Vigorous Physical Activities (MVPA) for as many days as possible from 2 October 2020 to 11 October 2020.

**2. Who can sign up for the Sweat and Refresh Challenge with Coca-Cola® No Sugar?**

The Sweat and Refresh Challenge with Coca-Cola® No Sugar is open to all National Steps Challenge™ participants with a valid NRIC or FIN number at the point of registration. Participants must also be 17 years or older at the point of registration. Please note that eligible persons who are below 18 years of age must obtain parental consent before participating in the Sweat and Refresh Challenge with Coca-Cola® No Sugar.

**3. Must I pay to participate in the Sweat and Refresh Challenge with Coca-Cola® No Sugar?**

No, participation in the Sweat and Refresh Challenge with Coca-Cola® No Sugar is free of charge.

**4. How does the Sweat and Refresh Challenge with Coca-Cola® No Sugar work?**

- From 2 October 2020 to 11 October 2020, participants can earn the following rewards under the Sweat and Refresh Challenge with Coca-Cola® No Sugar when the qualifying criteria is met.

Level	Qualifying Criteria	Rewards
1	Clock at least 10,000 steps daily for each day of the challenge	1 lucky draw chance
2	Clock at least 30 minutes of MVPA daily for each day of the challenge	2 lucky draw chances

3	<p>Snap a fun selfie with the following Coca-Cola® No Sugar or any Authentic Tea House™ Beverage and submit via Form.SG to double your total number of chances:</p> <ul style="list-style-type: none"> <li>• Coca-Cola® No Sugar</li> <li>• Authentic Tea House™ Ayataka Japanese Green Tea</li> <li>• Authentic Tea House™ Da Hong Pao Oolong Tea</li> <li>• Authentic Tea House™ Jin Ban Chrysanthemum Tea</li> <li>• Authentic Tea House™ Yin Hao Jasmine Green tea</li> </ul>	Double (x2) lucky draw chances
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- The number of days need not be clocked consecutively.
- Participants are required to observe COVID-19 safe distancing measures if doing physical activities outdoors. Refer to Ministry of Health website (moh.gov.sg) for more information.
- In addition, eligible participants will also stand to walk away with exciting prizes, sponsored by Coca-Cola®, in the Sweat and Refresh Challenge Draw.
- Double chances will be awarded to eligible participants who have submitted accurate information by 11 October 2020, 2359 hours. Participants will be required to key in their relevant particulars and submit via Form.SG (<https://go.gov.sg/sweatandrefreshbonus>) during the Challenge period for verification. Please note that it would be a one-time submission to double the chances and multiple submissions would still be considered as a single submission.

**What are the prizes for the Sweat and Refresh Challenge Draw?**

Winners of the Sweat and Refresh Challenge Draw will stand to win one of the prizes shown in the list below.

Sweat and Refresh Challenge Draw		
S/N	Prizes	No of Winners
1	<ul style="list-style-type: none"> <li>• Razer Blade Pro 17 Laptop</li> <li>• Herman Miller Ergonomic Chair - Aeron Chair</li> <li>• Nintendo Switch Console</li> <li>• Nintendo RingFit Adventure (Worth up to \$7,307)</li> </ul>	1
2	<ul style="list-style-type: none"> <li>• A pair of Scoot FlyBag tickets to Gold Coast</li> <li>• Onsite Gym Ultimate Climbing Experience for 2</li> <li>• Polar A370 Fitness Tracker</li> <li>• ON Running Shoes (Worth up to \$6,577)</li> </ul>	1
3	<ul style="list-style-type: none"> <li>• OSIM uDiva Star Massage Sofa</li> <li>• Dyson Pure Cool™ air purifier tower fan TP04</li> <li>• HOKA One Running Shoes (Worth up to \$4,417)</li> </ul>	1

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4	<ul style="list-style-type: none"> <li>49" PRISM+ X490 Monitor</li> <li>Secretlab OMEGA Series NAPA Leather, BLACK gaming chair</li> <li>OMNIDESK PRO 2020 Ergonomic Desk (Worth up to \$3,978)</li> </ul>	1
5	<ul style="list-style-type: none"> <li>Razer Blade 15 - Base Model Laptop</li> <li>Secretlab OMEGA Series NAPA Leather, BLACK gaming chair (Worth up to \$3,798)</li> </ul>	1
6	<ul style="list-style-type: none"> <li>Hotel Staycation Voucher by Coca-Cola® No Sugar (Worth up to \$1,500)</li> </ul>	2
7	<ul style="list-style-type: none"> <li>Chan Brothers Travel Voucher by Coca-Cola® No Sugar (Worth up to \$1,500)</li> </ul>	3
8	<ul style="list-style-type: none"> <li>3D2N RWS Hotel &amp; Multi-Attractions Package by Coca-Cola® No Sugar (Worth up to \$1,500)</li> </ul>	5
9	<ul style="list-style-type: none"> <li>iPad Pro (11 inch, 128GB, Wi-Fi) (Worth up to \$1,199)</li> </ul>	5
10	<ul style="list-style-type: none"> <li>Dyson Pure Cool™ air purifier tower fan TP04</li> <li>M430 Polar Running Watch (Worth up to \$1,198)</li> </ul>	2
11	<ul style="list-style-type: none"> <li>Dyson v11 Vacuum Cleaner</li> <li>Polar A370 Fitness Tracker (Worth up to \$879)</li> </ul>	3
12	<ul style="list-style-type: none"> <li>Airpods Pro</li> <li>IKEA Gift Card (Worth up to \$779)</li> </ul>	5
13	<ul style="list-style-type: none"> <li>USS Family Bundle Pass (2 Adults 2 Children)</li> <li>\$50 Zalora Gift Card (Worth up to \$334)</li> </ul>	10

*\* In view of the evolving COVID-19 situation, the public is advised to defer all non-essential travel. The validity of prizes relating to overseas travel will be extended to such time that they can be utilised safely and in accordance with prevailing policies and regulations, and where deemed reasonable by our supporting partners.*

6.	<p><b>How do I sign up for the Sweat and Refresh Challenge with Coca-Cola® No Sugar?</b></p> <p><b>Step 1:</b> Download the Healthy 365 mobile app on your smartphone, create/restore your profile, and sign up for the Sweat and Refresh Challenge with Coca-Cola® No Sugar on the Challenges tab via the Healthy 365 mobile app. Registration will start from 22 September 2020 onwards.</p> <p><b>Step 2:</b> Consent to the Terms &amp; Conditions of this Challenge.</p> <p><b>Step 3:</b> Participants may also be prompted to key in relevant details via the Healthy 365 mobile app during the challenge period for verification.</p> <p><b>Step 4:</b> Sync your fitness records at least once every 7 days to the Healthy 365 mobile app.</p>
7.	<p><b>Will there be any penalty if I decide to withdraw or drop out halfway from the Sweat and Refresh Challenge with Coca-Cola® No Sugar?</b></p> <p>No penalty will be imposed for both withdrawal and drop-out. If you choose to drop out by letting the Challenge lapse, you will still be eligible for the reward tiers and the Sweat and Refresh Challenge Draw before you dropped out. If you choose to formally withdraw from the</p>

	Challenge by writing in to us, you will not be eligible for any of the reward tiers and the Sweat and Refresh Challenge Draw.
8.	<p><b>Can I sign up on behalf of my friends or family members for the Sweat and Refresh Challenge with Coca-Cola® No Sugar?</b></p> <p>Each person must sign up individually on a smartphone.</p>
9.	<p><b>When does the Sweat and Refresh Challenge with Coca-Cola® No Sugar start?</b></p> <p>The Sweat and Refresh Challenge with Coca-Cola® No Sugar will start on 2 October 2020, 0000 hours (Singapore time) and end on 11 October 2020, 2359 hrs (Singapore time).</p> <p>The Challenge will be available for pre-registration on the Healthy 365 mobile app under the Challenges tab, from 22 September 2020 onwards. Participants are required to download the Healthy 365 mobile app, create a profile and select a preferred tracking mode prior to the Challenge. Registration will end on 11 October 2020, 2359 hrs (Singapore time).</p>
<b>Information on Steps and MVPA</b>	
10.	<p><b>What is Moderate to Vigorous Physical Activity (MVPA)?</b></p> <p>Physical activity is a core component of a healthy lifestyle and covers a range from incidental movement (such as walking to get to places) to leisure-time physical activity (such as sports) and exercise that range from moderate intensity to vigorous intensity.</p> <p>Moderate physical activities refer to those that cause a noticeable increase in breathing rate. For instance, brisk walking at approximately 100 steps per minute should get you to be able to carry on a conversation but not have enough breath to sing.</p> <p>Vigorous physical activities refer to those that cause a large increase in breathing rate. For instance, you will not be able to carry out a conversation while you are jogging or doing step aerobics, but you are not out of breath.</p> <p>For more information on MVPA, please refer to <a href="http://www.stepschallenge.sg">www.stepschallenge.sg</a>.</p>
11.	<p><b>I have been exercising, why was my MVPA minutes not recorded in the Healthy 365 mobile app?</b></p> <p>The Healthy 365 mobile app will only register MVPA duration for exercise sessions that last more than 10 minutes and at moderate to vigorous level of intensity.</p> <p>Please note that participants who have declared that they are unfit to proceed with the MVPA category under National Steps Challenge™ will not be able to earn chances for the Sweat and Refresh Challenge Draw from MVPA (i.e. 2 chances a day from clocking 30 minutes per day).</p> <p>If you wish to change your fitness status, please email to <a href="mailto:stepschallenge@hpb.gov.sg">stepschallenge@hpb.gov.sg</a> with the email title: Reset Health Declaration Status and resubmit your Health Declaration status via the Healthy 365 mobile app under "Profile" before the end of the registration period (11 October 2020, 2359 hrs). Health declaration status that are changed after 11 October 2020, 2359 hrs would not be entertained.</p>

	<p>Please also note that participants are responsible for answering the questions in the Health Declaration correctly, without misinterpreting their own actual physical and health condition.</p>
12.	<p><b>How do I know if my activities are of moderate to vigorous intensity?</b></p> <p>MVPA is attained when you reach at least 64% of your maximum heart rate (Source: National Physical Activity Guidelines, Health Promotion Board, 2011). An individual's maximum heart rate is estimated to be 220 minus the individual's age. You can now check your heart rate easily during your activities with our HPB heart rate monitoring fitness tracker. The HPB fitness tracker is able to track your heart rate automatically throughout the day, as long as the tracker is worn correctly on the wrist. When you sync your fitness records to the Healthy 365 mobile app, your duration of MVPA will be automatically computed.</p>
13.	<p><b>How will my heart rate be recorded by the fitness tracker?</b></p> <p>The HPB issued tracker can track your heart rate as you move throughout the day and while you sleep at night as long as it is worn correctly. Heart rate is measured in beats per minute (bpm) and can vary from person to person depending on factors like age and fitness level.</p> <p>There is no need to trigger the "Workout mode" as the tracking is done automatically throughout the day. However, if you would like to monitor your heart rate more accurately in real-time, you may trigger the "Workout mode" function manually. To trigger the "Workout mode", you may tap on the screen of the fitness tracker where the touch sensor is located until a "heart" symbol is displayed. Do a "long tap" (tap and hold) on the touch sensor/tracker screen to trigger the "Workout mode" and your real-time heart rate will be displayed.</p> <p>Kindly note that triggering of the "Workout mode" will drain the fitness tracker's battery power. Do remember to switch off the function after each exercise session in order to ensure sufficient battery power for daily use.</p>
14.	<p><b>What are the different modes of steps tracking and/or heart rate recording and compatible trackers?</b></p> <p>In addition to fitness trackers issued by HPB, participants may also participate in the Challenge and track their steps and MVPA duration using other trackers or mobile applications compatible with the Healthy 365 mobile app.</p> <p>National Steps Challenge™ preferred mobile apps and trackers:</p> <ul style="list-style-type: none"> <li>• Fitbit mobile app with any Fitbit tracker</li> <li>• Polar Flow mobile app</li> </ul> <p>Other mobile apps and trackers:</p> <ul style="list-style-type: none"> <li>• Actxa® mobile app</li> <li>• Garmin Connect™ mobile app</li> <li>• HealthKit mobile app with Apple Watch</li> </ul> <p>If you are using one of the compatible mobile apps and fitness trackers, your device needs to be able to track heart rate in order to contribute to the time spent on MVPA.</p>
15.	<p><b>Is there a deadline to sync my fitness record?</b></p>

	<p>Yes, all fitness record must be synced to the Healthy 365 mobile app by 11 October 2020, 2359 hrs. Note that only fitness record from 2 October 2020 to 11 October 2020 which are synced to the Healthy 365 mobile app will be taken into account for the Challenge.</p>
16.	<p><b>Can non-smartphone participants take part in the Sweat and Refresh Challenge with Coca-Cola® No Sugar?</b></p> <p>Only smartphone participants are able to take part in the Sweat and Refresh Challenge with Coca-Cola® No Sugar.</p>
17.	<p><b>Will participants of the Sweat and Refresh Challenge with Coca-Cola® No Sugar be given a free HPB fitness tracker?</b></p> <p>HPB fitness trackers will not be distributed for this thematic challenge.</p> <p>Participants may track their steps and MVPA duration using the following trackers or mobile applications compatible with the Healthy 365 mobile app.</p> <p>National Steps Challenge™ preferred mobile apps and trackers:</p> <ul style="list-style-type: none"> <li>• Fitbit mobile app with any Fitbit tracker</li> <li>• Polar Flow mobile app</li> </ul> <p>Other mobile apps and trackers:</p> <ul style="list-style-type: none"> <li>• Actxa® mobile app</li> <li>• Garmin Connect™ mobile app</li> <li>• HealthKit mobile app with Apple Watch</li> </ul>
<p><b>Healthy 365 Mobile App</b></p>	
18.	<p><b>Is the Healthy 365 mobile app compatible with my smartphone?</b></p> <p>Please check that both the version of your phone's operating system (OS) and your phone model are compatible with the Healthy 365 mobile app.</p> <p>For smartphone OS versions, the Healthy 365 mobile app requires <b>at least Android 6 and iOS 10 and above</b> to operate.</p> <p>To date, the following phone models are known to have compatibility issues with the Healthy 365 mobile app or connection issues with our HPB steps trackers.</p> <ul style="list-style-type: none"> <li>• LG G2</li> <li>• Samsung S3</li> <li>• iPhone 4</li> <li>• Samsung Note 4</li> <li>• Samsung Ace</li> <li>• Redmi 2</li> <li>• ASUS</li> <li>• ASUS and Alcatel Tablets (as Healthy 365 are designed to work with smartphones)</li> </ul> <p>Please note that this is not an exhaustive list and we are currently working on the Healthy 365 mobile app so that it can be compatible with more phone models.</p>

19.	<p><b>Do I need data or internet connection to use the Healthy 365 mobile app?</b></p> <p>The Healthy 365 mobile app requires internet connection (data plan or WI-FI connection) to register for Challenge, update your Healthpoints and redeem rewards. The app does not require internet connection to sync your fitness tracker to your smart phone as it uses Bluetooth® technology. However, internet connection is required for the fitness record to be sent to our server for updating of the Challenge Summary page.</p>
<b>Technical assistance/ Troubleshooting</b>	
20.	<p><b>I cannot click on “I Agree” when I try to register for the “Sweat and Refresh Challenge with Coca-Cola® No Sugar” Challenge.</b></p> <p>Please ensure that your smart phone has Internet connection in order join challenges. As the Healthy 365 mobile app is built to be time sensitive, you may encounter an error when the time on your phone is different from the time in Singapore. If you are currently in Singapore, please ensure the time on your phone is accurate.</p> <p>Please follow the steps below:</p> <p>For iOS:</p> <ol style="list-style-type: none"> <li>a) Go to your phone’s “Settings” page</li> <li>b) Tap on “General”, followed by “Date &amp; Time”</li> <li>c) Turn on “Set Automatically” option</li> </ol> <p>For Android:</p> <ol style="list-style-type: none"> <li>a) Go to your phone’s “Settings” page</li> <li>b) Tap on “Date and Time”</li> <li>c) Turn on “Automatic date and time” option</li> </ol>
21.	<p><b>I am unable to complete registration for the “Sweat and Refresh Challenge with Coca-Cola® No Sugar” Challenge on the Healthy 365 mobile app.</b></p> <p>You might not have internet connectivity, or our servers may be busy/under maintenance at the moment. Please try again later. If the problem persists, please contact us at <a href="mailto:stepschallenge@hpb.gov.sg">stepschallenge@hpb.gov.sg</a> for further assistance.</p>

**For other enquiries, please contact us at [stepschallenge@hpb.gov.sg](mailto:stepschallenge@hpb.gov.sg).**