

NATIONAL STEPS CHALLENGE™ SEASON 5: BONUS ROUND

TERMS AND CONDITIONS

Challenge Overview

1. The National Steps Challenge™ is a physical activity initiative by the Health Promotion Board (“**HPB**”) to encourage participants (“**Participants**”) to be more physically active every day, anytime and anywhere.
2. Participants can sign up by downloading the Healthy 365 mobile app from Google Play Store or Apple App Store. Participants who have successfully signed up for the National Steps Challenge™ Season 5 Bonus Round (“**Challenge**”) will have the option of taking part in the Challenge by tracking their physical activities via a “**Preferred Fitness Tracking Device**” which can be:
 - (a) a HPB-issued fitness tracker; or any compatible fitness tracker; or
 - (b) a compatible fitness app, namely HealthKit (for Apple) or Samsung Health (for Android) on the Participant's phone.
3. Participation in the National Steps Challenge™ Season 5: Bonus Round (“**Bonus Round**”) is free.
4. Once the Preferred Fitness Tracking Device has been set up, the Participant can start to earn Healthpoints (“**Healthpoints**”) in accordance with the Challenge mechanics upon the start of the Challenge.
5. The Bonus Round is open to both new and past Participants of the National Steps Challenge™.
6. All past Participants will be eligible to participate in the Bonus Round regardless of their latest Steps/MVPA tier unlocked in Season 5. This includes Participants who have completed either/both Steps or/and MVPA tier 6.
7. The Bonus Round is a standalone Challenge and uncompleted tier(s) at the end of the Challenge period will not be carried forward to subsequent seasons.
8. There will be no issuance of new HPB-issued fitness trackers for the Bonus Round.

Official National Steps Challenge™ Season 5: Bonus Round Period

9. Registration for the National Steps Challenge™ Season 5: Bonus round will start on **24 March 2021 0000 hours** and end on **31 May 2021 2359 hours**.
10. The National Steps Challenge™ Season 5: Bonus Round will officially start on **29 March 2021 0000 hours** and end on **18 July 2021 2359 hours** (“**Official National Steps Challenge™ Season 5: Bonus Round Period**”).
11. Participants can earn Healthpoints from Steps and MVPA categories during the Official National Steps Challenge™ Season 5: Bonus Round Period.

12. HPB reserves the right to make changes to the Challenge duration as well as the start and end dates and time of the National Steps Challenge™ Season 5: Bonus Round.

Participation Eligibility

13. You must be a Singaporean or Permanent Resident of Singapore with a valid NRIC or a foreigner with a valid FIN.
14. You must be 17 years or older (based on birth year) at the point of registration. Eligible persons who are 17 years old must obtain parental consent before participating in the National Steps Challenge™ Season 5: Bonus Round.
15. If you are an existing participant of LumiHealth, you must withdraw from LumiHealth in order to sign up for the National Steps Challenge™ Season 5: Bonus Round. If you sign up for the Season 5: Bonus Round, you will not be able to participate in LumiHealth unless you withdraw from the Season 5: Bonus Round. HPB reserves the right to claw back rewards earned if participants are found to be signed onto both Challenges at the same time.

Fitness Tracker Exchange Conditions

16. Participants whose Season 5 HPB-issued fitness trackers is faulty are entitled to a special once-off one-for-one basis exchange from **during the tracker exchange period** that is indicated on the [National Steps Challenge™ website](#) on a first come, first served, while stocks last basis. Participants who did not collect a Season 5 HPB-issued fitness tracker and whose Season 4 HPB-issued fitness tracker is faulty are also entitled to a special once-off one-for-one basis exchange during the tracker exchange period on a first come, first served, while stocks last basis. Participants must have signed up for the Bonus Round to be eligible for the tracker exchange. Details on the exchange period and locations will be shared on the [National Steps Challenge™ website](#).
17. Only for the tracker exchange period indicated on the [National Steps Challenge™ website](#), will exchanges be allowed even if the HPB-issued trackers have exceeded its initial 1-year warranty in the event such trackers are faulty.

Rewards

18. Participants of the Bonus Round can stand to earn up to \$20 worth of e-Vouchers by redeeming their Healthpoints.
19. The accumulation of Healthpoints will end on **18 July 2021, 2359 hours**.
20. Redemption of Healthpoints will be done via the HPB Loyalty Programme. To redeem Healthpoints in the Healthy 365 mobile app, Participants must agree to the Terms and Conditions of the HPB Loyalty Programme found in this link: <https://www.healthhub.sg/rewards/terms>.

Steps Category

21. Participants can earn a maximum of **40 Healthpoints** per day from accumulating up to **10,000 steps daily** for the Steps Reward Tiers:

5,000 – 7,499 steps: 10 Healthpoints

7,500 – 9,999 steps: 25 Healthpoints

10,000 steps or more: 40 Healthpoints (daily maximum for Steps)

Moderate to Vigorous Physical Activity (MVPA) Category

22. Participants can earn a maximum of **40 Healthpoints** per day (in addition to the maximum of 40 Healthpoints accumulated from the Steps category) from accumulating up to **30 minutes of MVPA** daily, in bouts of at least 10 minutes, for the MVPA Reward Tiers. This means that Participants will need to continuously engage in higher intensity physical activities for at least 10 minutes per session for Healthpoints to be awarded.

10 – 19 minutes of MVPA: 10 Healthpoints

20 – 29 minutes of MVPA: 25 Healthpoints

30 minutes of MVPA or more: 40 Healthpoints (daily maximum for MVPA)

23. MVPA Rewards are only accessible to Participants who have verified that they have no health conditions or can be more physically active under the “Get Active Questionnaire” (“**GAQ**”), which is a self-appraisal of one’s own physical condition. For the avoidance of doubt, Participants shall be responsible for answering the questions in the GAQ correctly and without any misrepresentation of their actual physical condition.
24. The Steps and MVPA categories are non-exclusive, i.e. Participants can earn Rewards from both Steps and MVPA categories concurrently.
25. Healthpoints will only be credited into Participants’ e-wallet on Healthy 365 mobile app upon completion of each Reward Tier.
26. Only Healthpoints earned from National Steps Challenge™ Season 5: Bonus Round between 29 March 2021 and 18 July 2021 can be used to unlock each Reward Tier.
27. The daily Healthpoint limits of the Steps and MVPA Rewards do not apply to Healthpoints earned from other HPB programmes or initiatives conducted on the Healthy 365 mobile app.

Other Rewards

28. HPB may allow additional rewards or Healthpoints to be won by Participants via the Healthy 365 mobile app outside of the National Steps Challenge™ Season 5: Bonus Round Steps and/or MVPA Reward Tiers through mechanisms such as chance-based gamification, QR-code scanning gamification, or other HPB programmes conducted on the Healthy 365 mobile app.

29. Under the National Steps Challenge™ Season 5: Bonus Round, HPB may collaborate with partners to organise thematic challenges with separate terms and conditions. HPB may allow additional rewards to be won by Participants, in accordance with the thematic challenges' terms and conditions.
30. HPB reserves the right to modify and/or terminate the Challenge rewards at any time at its sole discretion without any further notice to the Participants.

Data protection

31. By signing up for this Challenge, Participant consents to the collection, use and disclosure of personal data by HPB, as stated by the Terms and Conditions of the Healthy 365 mobile app.

Health Advisory

32. Participants with medical conditions or specific healthcare needs should consult with their doctor before engaging in any physical activities in this Challenge.
33. Participants should not participate in the Challenge activities or events if they are not feeling well.
34. The HPB-issued fitness trackers are provided as a public service and are meant to provide Participants with information to encourage an active and healthy lifestyle. HPB-issued fitness trackers and compatible fitness tracking devices are intended to be a close estimation of Participants' activities and metrics tracked but may not be precisely accurate. The HPB-issued fitness trackers are not medical devices and the data provided is not intended to be utilised and/or relied on for medical purposes.
35. HPB shall not be responsible, under any theory of liability or indemnity, for any injuries sustained/casualty (to the extent permitted by law) that arise directly or indirectly from the participation in the National Steps Challenge™ Season 5: Bonus Round and/or its associated activities or events held by HPB and/or any utilisation or reliance of any data from the HPB-issued fitness trackers.
36. Participants shall indemnify and hold HPB harmless its officers, employees and agents from and against all claims of any nature made by any person arising out of or in connection with this Challenge and these terms and conditions.

General

37. HPB may vary these terms and conditions without notice, or discontinue or withdraw the Challenge at any time without any notice or liability to any party.
38. By participating in the Challenge, in addition to these terms and conditions governing the Challenge, Participants agree and undertake to abide by all the terms and conditions governing the use of the Healthy 365 mobile app, which are expressly incorporated herein and can be found at www.stepschallenge.sg.

39. Without prejudice to any other provision in these terms and conditions, 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 the Participants of the National Steps Challenge™ Season 5: Bonus Round 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 (to the extent limited by law), even if HPB or its agents or employees are advised of the possibility of such Losses.
40. HPB reserves the right to investigate cases of suspected fraud and suspend a Participant's participation status and accumulation of Healthpoints, or even claw back Healthpoints earned fraudulently.
41. HPB reserves the right to disqualify and withdraw any rewards provided under this Challenge from any person who is non-compliant to these terms and conditions of the National Steps Challenge™ Season 5: Bonus Round at its sole discretion.
42. Participants agree and consent to being contacted by HPB to obtain feedback about the National Steps Challenge™ Season 5: Bonus Round, the Healthy 365 mobile app and/or fitness tracking devices used in the Challenge.
43. HPB's decision on all matters relating to the National Steps Challenge™ Season 5: Bonus Round is final and binding on all Participants. HPB will not entertain any queries with regard to any Challenge results, and will not be obliged to provide the reason(s) for its awarding decision to a Participant.