

## NATIONAL STEPS CHALLENGE<sup>™</sup> SEASON 5

### TERMS AND CONDITIONS

#### Challenge Overview

1. The National Steps Challenge<sup>™</sup> 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<sup>™</sup> Season 5 (“**Challenge**”) will have the option of taking part in the Challenge by:
  - (a) using a HPB-issued fitness tracker;
  - (b) purchasing a compatible fitness tracker; or
  - (c) using a compatible fitness app, namely Health Kit (for Apple), Google Fit (For Android) or S Health (for Android) on the Participant's phone (“**Preferred Fitness Tracking Device**”). Please note that the Healthy 365 mobile app does not have permission to access heart-rate data from S Health (for Android). For queries related to heart rate data on S Health, please contact Samsung.
3. Participation in the National Steps Challenge<sup>™</sup> Season 5 (“**Season 5**”) 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 Healthpoints earned will allow the Participant to unlock each reward tier and accumulate lucky draw chances for the grand draw (“**Grand Draw**”).
6. Past Participants of the National Steps Challenge<sup>™</sup> can also sign up and take part in Season 5.
7. Past Participants from Season 1, 2, 3 and/or 4 who signed up for Season 5 will continue from the Steps and Moderate to Vigorous Physical Activities (MVPA) reward tier they last unlocked. Unredeemed points from past seasons will not be carried over to Season 5.

## **Official National Steps Challenge™ Season 5 Period**

8. The National Steps Challenge™ Season 5 will officially start on **26 October 2019 0000 hours** and end on **30 April 2020 2359 hours** (“**Official National Steps Challenge™ Season 5 Period**”).
9. Participants can earn Healthpoints and accumulate lucky draw chances for the Grand Draw from Steps and MVPA categories during the Official National Steps Challenge™ Season 5 Period.

## **Participation Eligibility**

10. You must be a Singaporean or Permanent Resident of Singapore with a valid NRIC or a foreigner with a valid FIN.
11. You must be 17 years or older (based on birth year) at the point of registration. Eligible persons who are below 18 years of age must obtain parental consent before participating in the National Steps Challenge™ Season 5.

## **Fitness Tracker Collection Eligibility and Conditions**

12. With the MVPA category, all Participants who meet the following fitness tracker eligibility will be able to collect a new heart-rate monitoring fitness tracker (“**fitness tracker**”) issued by HPB which can track both steps and heart rate.
  - (a) You must be a Singaporean or Permanent Resident of Singapore with a valid NRIC;
  - (b) You must be 17 years or older (based on birth year) at the point of registration and eligible persons who are below 18 years of age have obtained the necessary parental consent to register for the Challenge;
  - (c) Signed up for the National Steps Challenge™ Season 5 at the point of fitness tracker collection; and
  - (d) Have not collected a HPB fitness tracker in National Steps Challenge™ Season 4, unless they are Singaporean/Permanent Residents who are born in 1959 or earlier and have successfully joined the Silver Challenge.
13. One Participant is entitled to only **one (1) free fitness tracker** on a first come, first served, while stocks last basis.
14. Foreigners are eligible to participate in the Challenge but not eligible to collect the free fitness tracker issued by HPB, unless they are Participants of the Corporate Challenge.
15. HPB’s decision on the allocation of fitness trackers to Participants is final. Requests for exchange of different models of fitness trackers or any requests to collect more than one (1) free fitness tracker for any one individual will not be entertained.
16. Faulty trackers can be exchanged on a one-for-one basis at authorised service providers’ outlets and HPB’s Customer Care Centres within stipulated warranty period.
17. For the avoidance of doubt, a one-for-one exchange may only be effected for any manufacturer’s defects in the workmanship and material used in respect of the fitness

tracker. An exchange shall not be allowed in instances of general wear and tear, excessive use or misuse and/or any damage resulting from the failure to use the fitness tracker in accordance with the product instructions/manual. Examples of instances where exchanges will not be allowed include but are not limited to decreased battery life due to inappropriate charging, scratches, broken straps, screen cracks, water seepage and breakage. For the avoidance of doubt, accessories to the fitness tracker, including but not limited to the charging cable (if any), detachable strap and strap pins are not covered under the warranty for the one-to-one exchange.

18. Once issued, the fitness trackers are non-transferrable and non-assignable.

### **Rewards**

19. New Participants of National Steps Challenge™ Season 5 can stand to win up to \$85 worth of e-Vouchers by redeeming their Healthpoints.
20. Returning Participants who have completed all six Steps Reward Tiers before 31 March 2019 (thereafter known as “**Completers**”) are no longer eligible to earn Healthpoints from the Steps category but will automatically be eligible for the MVPA category, if conditions for participating in the MVPA category are met.
21. The accumulation of Healthpoints will end on **30 April 2020, 2359 hours**.
22. 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: [healthhub.sg/rewards/terms](http://healthhub.sg/rewards/terms).

### **Steps Category**

23. 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 Activities Category**

24. Season 5 will continue with the mechanics for tracking Participants’ duration of Moderate to Vigorous Physical Activities (“**MVPA**”), or higher intensity physical activity, using heart-rate tracking. The heart-rate tracking will be done via the HPB-issued fitness tracker, or a compatible fitness tracker or app with both steps and heart-rate tracking functions.
25. 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 Steps)

26. MVPA Rewards are only accessible to Participants who have answered “No” to all the questions in the Physical Activity Readiness Questionnaire (“**PAR-Q**”), a self-appraisal of one’s own physical condition. For the avoidance of doubt, Participants shall be responsible for answering the questions in the PAR-Q correctly and without any misrepresentation of their actual physical condition.
27. The Steps and MVPA categories are non-exclusive, i.e. Participants can earn Rewards from both Steps and MVPA categories concurrently.
28. Healthpoints will only be credited into Participants’ e-wallet on Healthy 365 mobile app upon completion of each Reward Tier.
29. Only Healthpoints earned from National Steps Challenge™ Season 5 between 26 October 2019 and 30 April 2020 can be used to unlock each Reward Tier.
30. 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**

31. 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 Steps and/or MVPA Reward Tiers through mechanisms such as chance-based gamification (including but not limited to Tap & Win and Grand Draw, terms and conditions of which are set out below), QR-code scanning gamification, or other HPB programmes conducted on the Healthy 365 mobile app.
32. Under the National Steps Challenge™ Season 5, 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.
33. 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.

### **Tap & Win**

34. Only the following Participants are eligible to take part in Tap & Win:
  - (a) Corporate Challenge Participants from organisations that opted for the intra-challenge;
  - (b) National Steps Challenge™ Season 5 Participants who have joined the Community Challenge; and
  - (c) National Steps Challenge™ Season 5 Participants who have joined the Youth Challenge
35. Each day of 10,000 steps or more synced to the Healthy 365 mobile app or Healthy 365 kiosk will entitle Participants to unlock Tap & Win once. The game will be unlocked at the

point of syncing. Once unlocked, the game cannot be carried over to the next day even if Participant chooses not to play the game at that point in time.

36. As Tap & Win is a chance-based game, the prize won, if any, is revealed only at the point of playing the game.
37. The prizes won are not exchangeable nor redeemable for cash. The prizes can be e-vouchers, products or Healthpoints.
38. Opportunities to play Tap & Win can be accumulated for Participants who do not sync their steps daily as long as they have clocked 10,000 steps or more on their chosen mode of tracking and synced the steps on the Healthy 365 mobile app or Healthy 365 kiosk. Participants need to sync their steps at least once every (7) seven days so the maximum number of accumulated opportunities to play Tap & Win is no more than (7) seven.

### **Grand Draw**

39. The Grand Draw will be conducted at an appropriate date and time of HPB's choosing in its sole absolute discretion, after the end of the Challenge and before the commencement of the next Season of the National Steps Challenge™.
40. All Grand Draw prize winners must adhere to the redemption process outlined below:
  - (a) All prize winners will be contacted by telephone and must respond within three (3) working days of being notified. In the event that a prize winner is unable to produce valid proof of identity within three (3) working day or does not respond to the call within the stipulated period, he/she will be disqualified and HPB may in its discretion pick another winner from the reserve list.
  - (b) HPB will contact the winner to arrange for the mode of redemption.
  - (c) The Grand Draw is open to National Steps Challenge™ Season 5 Participants, except:
    - i. HPB employees and/or immediate family members of a HPB employee;
    - ii. Third-party vendors, service providers and/or event organisers (“EOs”) and their employees, who are involved in or connected to, directly or indirectly, the Grand Draw.
    - iii. Any persons who is found to be insane, deceased, insolvent or the subject of criminal investigation, or has criminal proceedings instituted against him/her in any jurisdiction;
    - iv. Any other person or class of persons deemed ineligible or notified by HPB as being ineligible from time to time.
41. HPB reserves the sole and absolute discretion to determine the eligibility of any person in relation to the Grand Draw, and HPB may at any time before, during or after the Grand Draw disqualify any person from participating in the Grand Draw without providing any reason.

42. 10,000 steps per day will earn Participants 1 chance in the Grand Draw; 30 minutes of MVPA per day will earn Participants additional 2 chances in the Grand Draw.
43. A maximum of three (3) chances can be earned per day if Participant achieves 10,000 steps and 30 minutes of MVPA.
44. If the Grand Draw winners are under the age of 18, the prize must be claimed by their parent or legal guardian
45. The result of the Grand Draw is final and no appeals will be entertained.
46. The prizes are not transferable, not assignable and not redeemable for cash.
47. The prizes are worth over \$40,000 based on the recommended retail value at the point of commencement of the Challenge. HPB accepts no responsibility for the variation in the value of the prizes due to unforeseen circumstances.
48. HPB reserves the right to redraw in the event that the Participant drawn does not meet the terms and conditions of the Challenge and the Grand Draw.

#### **Pokémon-Themed Collectible Kit**

49. Participants who have completed all 6 tiers of Steps category in Season 4 or earlier ("**Completers**") and/or have joined all 4 previous seasons of National Steps Challenge™ ("**Loyal Supporters**") are eligible to collect the Pokémon-Themed Collectible Kit on a first come, first served, while stocks last basis.

#### **Data Protection**

50. 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**

51. Participants with medical conditions or specific healthcare needs should consult with their doctor before engaging in any physical activities in this Challenge.
52. Participants should not participate in the Challenge activities or events if they are not feeling well.
53. 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.
54. 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 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.

55. 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**

56. 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.
57. 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](http://www.stepschallenge.sg).
58. 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 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.
59. 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.
60. 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 at its sole discretion.
61. Participants agree and consent to being contacted by HPB to obtain feedback about the National Steps Challenge™ Season 5, the Healthy 365 mobile app and/or fitness tracking devices used in the Challenge.
62. HPB's decision on all matters relating to the National Steps Challenge™ Season 5 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.