

**NATIONAL STEPS CHALLENGE™ SEASON 5
SILVER CHALLENGE
TERMS AND CONDITIONS**

In line with the extension of the circuit breaker period announced by MOH on 21 April 2020, all HPB's on-ground events and activities, including Active Ageing Programmes that have been cancelled/suspended since 26 March, 2359 hours will remain so until 1 June 2020 (inclusive).

The Silver Challenge will continue and participants are encouraged to keep active even while staying at home. Online resources offering tips on staying active are available at www.healthhub.sg/staywell.

HPB will continue to closely monitor the evolving COVID-19 situation and take guidance from MOH's advisories which can be found on www.moh.gov.sg.

Challenge Overview

1. Silver Challenge ("Challenge") is a physical activity initiative by the Health Promotion Board ("HPB") to promote healthy ageing among seniors in Singapore. This Challenge is an extension of the National Steps Challenge™.
2. **Singaporeans and Permanent Residents born in 1959 and before** can join the Silver Challenge and are eligible for the following:
 - a. Exclusive free HPB heart-rate monitoring fitness tracker (Silver Challenge fitness tracker) together with a pair of limited edition straps;
 - b. Monthly Lucky Draws;
 - c. Silver Challenge Walking Trails ;
 - d. Silver Challenge Thematic Challenges (from 2020).
3. **Singapore-based Foreigners born in 1959 and before** can join the Silver Challenge and be eligible for the following:
 - a. Silver Challenge Walking Trails;
 - b. Silver Challenge Thematic Challenges (from 2020).
4. 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 Silver Challenge may take part 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 Samsung 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 Samsung Health (for Android). For queries related to heart rate data on Samsung Health, please contact Samsung.

5. Participation in the Silver Challenge is free.

Official Challenge Period

6. The Silver Challenge will officially start from 26 October 2019 0000 hours onwards.
7. Participants will be given at least one month's notice before the Challenge ends via push notification on the Healthy 365 mobile app.

Participation Eligibility

8. The Silver Challenge is open to individuals who meet the following eligibility criteria:
 - a. Members of the public with a valid NRIC or FIN;
 - b. Born in 1959 and earlier.

Participation Conditions

9. As the Silver Challenge is an extension of the National Steps Challenge™, all Participants of the Silver Challenge will be automatically registered for the National Steps Challenge™ during its challenge period(s).

Fitness Tracker Eligibility and Conditions

10. Participants who meet the following Silver Challenge fitness tracker collection criteria will be able to collect a new heart-rate monitoring fitness tracker ("Silver Challenge fitness tracker"), together with a pair of special edition straps:
 - a. Singaporean or Permanent Resident of Singapore with a valid NRIC;
 - b. Signed up for the Silver Challenge at the point of collection of the Silver Challenge fitness tracker.
11. One Participant is entitled to only one (1) free Silver Challenge fitness tracker, together with a pair of special edition straps on a first-come, first-served, while stocks last basis.
12. 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 Silver Challenge fitness tracker or special edition straps for any one individual will not be entertained.
13. 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.
14. 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.

15. Once issued, the Silver Challenge fitness trackers are non-transferrable and non-assignable.

Monthly Lucky Draws

16. Only current Participants who are Singaporeans and Permanent Residents of Singapore will be eligible for the Monthly Lucky Draws. To qualify as a current Participant, Participants must have minimally clocked 1,000 steps on any given day in the month of the lucky draw.
17. Participants that attend at least 1 selected Active Ageing Programme (AAP) each month organised by HPB will earn an additional chance at winning in the Monthly Lucky Draws. Selected Active Ageing Programmes include the following:
 - a. Active Ageing (Exercises)
 - b. Active Ageing (Cooking Demonstrations)
 - c. Active Ageing (Mental Health Workshops)
 - d. Active Ageing (Senior Health Curriculum)
18. Participants may sign up for the selected Active Ageing Programmes via the Healthy 365 mobile app.
19. The Monthly Lucky Draws will happen on every 2nd Tuesday of the following month. For example, the day of draw for November will be on 10th December 2019 (i.e. 2nd Tuesday of the following month).
20. The winners of the Monthly Lucky Draws will receive their e-Vouchers in their Healthy 365 account under "My Rewards", found in "My Wallet", approximately 2 weeks from the date of the lucky draw.
21. The e-Vouchers shall be valid for 90 days from the date that winners receive the e-Vouchers in their Healthy 365 accounts.
22. Requests for extension of expired e-Vouchers will strictly not be entertained.
23. There will be 160 winners each month, and prizes will come in the form of a digital voucher, with terms and conditions depending on the retail partner providing the voucher.
24. Of the 160 winners each month, 10 winners will receive vouchers worth \$50 each, and 150 winners will receive vouchers worth \$10 each.
25. All prizes are not exchangeable nor redeemable for cash.
26. The type of prizes may also differ from month to month, but the value of the prizes across the months will be similar.
27. The Monthly Lucky Draws are open to all eligible participants (refer to point 16), except:

- a. HPB employees and/or immediate family members of a HPB employee;
 - b. Third-party vendors, service providers and/or event organisers ("EOs") and their employees, who are involved in or connected to, directly or indirectly, the Monthly Draw;
 - c. 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;
 - d. Any other person or class of persons deemed ineligible or notified by HPB as being ineligible.
28. HPB reserves the sole and absolute discretion to determine the eligibility of any person in relation to the Monthly Lucky Draws, and HPB may at any time before, during or after the Monthly Draw disqualify any person from participating in the Monthly Lucky Draws without providing any reason.

Silver Challenge Walking Trails

29. Participants may sign up for the Silver Challenge Walking Trails, which are guided walks organised by HPB to help Participants walk and clock steps in nature and heritage locations of Singapore.
30. Interested participants may register for the Silver Challenge Walking Trails via the Healthy 365 mobile app to reserve a slot. Reserving of slots on behalf of others is not allowed. Each registration is valid only for one (1) person.
31. Participants are reminded to wear comfortable clothing and shoes suitable for exercise
32. Participants who show up for the Silver Challenge Walking Trails will be allowed to join the walking trail in the following order until the event has reached maximum capacity:
- a. Registered participants of the Silver Challenge Walking Trails;
 - b. Unregistered participants of the Silver Challenge Walking Trails who are Silver Challenge Participants,
 - c. All other participants of the National Steps Challenge™, on a first-come, first-served basis.

Silver Challenge Thematic Challenges

33. Participants may sign up for the Silver Challenge Thematic Challenges. More information will be shared on our website at a later date.

Data Protection

34. By signing up for this Challenge, Participants consent 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

35. Participants with medical conditions or specific healthcare needs should consult with their doctor before engaging in any physical activities in this Challenge.
36. Participants should not participate in the Challenge activities or events if they are not feeling well.
37. 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.
38. 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 Silver Challenge 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.
39. 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

40. 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.
41. 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.
42. 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 Silver Challenge 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.
43. HPB reserves the right to investigate cases of suspected fraud and suspend a Participant's participation status, or even claw back prizes and fitness trackers redeemed fraudulently.
44. HPB reserves the right to disqualify and withdraw any prizes provided under this Challenge from any person who is non-compliant to these terms and conditions of the Silver Challenge at its sole discretion.
45. Participants agree and consent to being contacted by HPB to obtain feedback about the Silver Challenge, National Steps Challenge™ Season 5, the Healthy 365 mobile app and/or fitness tracking devices used in the Challenge.

46. HPB's decision on all matters relating to the Silver Challenge and 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.