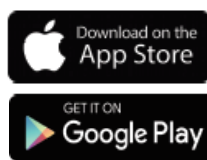


Step-by-Step Guide: How to sign up for National Steps Challenge™ Season 4

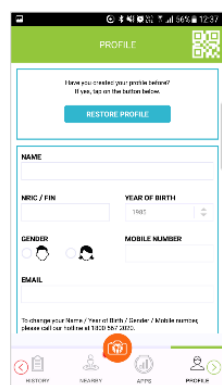
The Healthy 365 mobile app will have a new outlook, available from 27 October 2018. Before then, please refer to the steps below to sign up and get started! Remember to update your Healthy 365 mobile app to the latest version from 27 October 2018 onwards in order to access the full features and functions.

Step 1



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

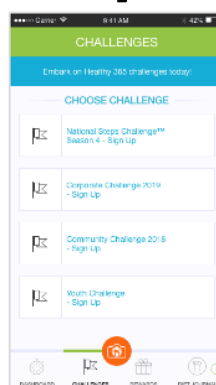
Step 2



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

If you are restoring your profile on the Healthy 365 mobile app, a 4-digit One-Time-Pin (OTP) will be sent via SMS to your registered mobile number. Key in the OTP and your profile will be restored successfully.

Step 3



Sign up for National Steps Challenge™ Season 4 / Community Challenge / Corporate Challenge / Youth Challenge on the Challenges tab.

National Steps Challenge™ period:
27 October 2018 – 30 April 2019

Step 4



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

National Steps Challenge™ preferred² mobile apps and trackers:

- Actxa® mobile app, Garmin Connect™ mobile app, or Polar Flow mobile app

Other mobile apps and trackers:

- HealthKit mobile app with Apple Watch, Samsung Health mobile app with Samsung Wearables, or Fitbit mobile app with any Fitbit tracker

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.

² Applicable to selected fitness tracking devices compatible with Actxa®, Garmin Connect™ or Polar Flow mobile apps.

*Only Singaporeans/Permanent Residents who have signed up for National Steps Challenge™ Season 4 (including returning participants from past seasons) are eligible for the free HPB fitness trackers, available on a first-come-first-served, while stocks last basis. The National Steps Challenge™ starts on 27 October 2018 and ends on 30 April 2019. Participants must be at least 17 years old at the time of signing up. Other terms and conditions apply. For full details, please visit stepschallenge.sg.



For enquiries, please call 1800 567 2020
or email us at stepschallenge@hpb.gov.sg