

FREQUENTLY ASKED QUESTIONS: TEAM MORE TEAM LESS

1. What is Team More Team Less?

Team More Team Less (TMTL) is a healthy lifestyle campaign by the Health Promotion Board (HPB) to rally Singapore residents around a shared cause and nudge them to find a balance between eating right and moving right. Team More consists of participants who prefer more physical activity to keep fit, whereas Team Less participants prefer eating less unhealthy food to stay healthy.

2. When is the campaign period?

The TMTL campaign will run from 9 June 2018 to 28 February 2019.

3. Who can participate in TMTL activities?

You are eligible to participate in TMTL activities if you are:

- a) A Singapore citizen, permanent resident, employment pass holder, student pass holder or work permit holder; and
- b) An individual aged 16 years old and above.

Employees of participating partners are eligible to participate in campaign activities with the exception of ALL third-party vendors, service providers and/or event organizers (EOs) and their employees, who are involved in or connected to, directly or indirectly, the campaign.

HPB reserves the right to discontinue, remove or disbar any user's or employee's participation in TMTL activities should there be any suspicion of fraud during audit or routine checks.

QUIZ

4. Why do I need to take the quiz?

You have to take a short, interactive quiz to determine if you are on Team More or Team Less at www.healthhub.sg/TeamMoreTeamLess. You must answer all 7 questions and provide a valid email address upon completion. Use a Gmail or Yahoo email account to complete the quiz to receive an email. If you still don't receive an email in your Inbox, check Junk or Spam folder to retrieve the email. A customised result will be emailed to you with healthy lifestyle programme and content recommendations based on your preferences and motivations.

5. How do I redeem my free gift after I complete the quiz?

Once you complete the quiz, you will receive an email confirmation with your result and instructions on how to redeem your free gift. Present this email at any TMTL activation to redeem a free gift while stocks last. Each participant is limited to redemption of one (1) free gift only for the entire duration of the Campaign.

ACTIVATIONS

6. Where are the TMTL activations?

TMTL activation schedule can be found at www.healthhub.sg/teammoreteamless.

7. What happens at the TMTL activations?

At the activations, you can take the quiz, participate in challenges and redeem prizes, while stocks last.

8. What are the challenges at the activations?

To encourage Singaporeans to strike a balance between exercising more and eating less unhealthy food, participants can take up the “True Brew Singaporean” or the “Move It” Challenge during TMTL activations. Each participant can only participate in one (1) Challenge. Only quiz participants from Team More can participate in the “True Brew Singaporean” Challenge. Only quiz participants from Team Less can participate in the “Move It” Challenge.

9. What is the “True Brew Singaporean” Challenge?

For this Challenge, you have to be a Team More quiz participant. You have to guess all local drinks correctly within thirty (30) seconds at any TMTL activation to win a prize, while stocks last. You are entitled to win a maximum of one (1) prize for the Challenge for the entire duration of the Campaign.

10. What is the “Move It” Challenge about?

For this Challenge, you have to cycle a distance within thirty (30) seconds on a static bicycle at any TMTL activation to win a prize, while stocks last. You are entitled to win a maximum of one (1) prize for the Challenge for the entire duration of the Campaign.

ONLINE CONTESTS

11. What is the Online Contest about?

For the Online Contest, you have to look out for the “TEAM MORE TEAM LESS” Contest post on HPB’s Facebook page and follow the contest instructions specified in the Facebook post. The first 10 valid entries will receive a prize. You are limited to one (1) entry per day and entitled to win a maximum of one (1) prize for any online Contest during the Contest period.

OTHERS

12. Are the prizes exchangeable?

All prizes are non-exchangeable whether for cash, in kind or for other goods/services, whether wholly or partially.

Updated as of 7 November 2018

13. Where can I get more information about the TMTL?

You can visit our website at www.healthhub.sg/teammoreteamless, email us at hpb_mailbox@hpb.gov.sg or call us at 1800 223 1313 for further assistance. Our hotline operating hours are as follows:

Mondays to Fridays: 8.30am to 5pm

Saturdays and eve of Public Holidays: 8.30am to 1pm

Sundays and Public Holidays: Closed