

FREQUENTLY ASKED QUESTIONS

TEAM MORE VS TEAM LESS PRESENTS: YOUR QUEST FOR BALANCE

1. What is Team More VS Team Less Presents: Your Quest For Balance about?

Team More VS Team Less Presents: Your Quest For Balance (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 from 3 June 2019 to 31 March 2020.

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 questions in the Quiz 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 quiz result email. A customized quiz 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. You must download the Healthy365 app from the Google Play Store or Apple Store on your smartphone. You will be required to present the screen showing your quiz result or the quiz result email at any participating TMTL activation to redeem a free gift, while stocks last. You are entitled to redeem only one (1) gift at any participating TMTL activation 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 to redeem a free gift, following that you can participate in a challenge to redeem a prize. Gift and prize are 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 “Food Box” or the “Move It” Challenge during TMTL activations.

Each participant can only participate in one (1) Challenge and receive one (1) prize for the entire duration of the Campaign.

Only participants from Team More, i.e. having a Quiz result which identifies the participant as a Sporty Spartan or Cardio Champ, can participate in the “What’s in the Box” Food Challenge during TMTL activations.

Only participants from Team Less, i.e. having a Quiz result which identifies the participant as a Nutrition Ninja or Wholegrain Warrior, or participants having Quiz result showing Balanced Believers or Passive Procrastinators can participate in the “Move It” Challenge during TMTL activations.

9. What is the “What’s in the Box” Food Challenge?

For this Challenge, you have to guess healthier food items in the box correctly within a specified time to win a prize, while stocks last.

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

For this Challenge, you have to cycle a certain distance within a specified time on a static bicycle to win a prize, while stocks last.

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 the entire duration of the Contest Period.

PARTNER PROMOTIONS

12. How do I know if I am entitled to the promo code?

If you are one of the verified winners, you will receive another email with your promo code and instructions at the end of the promotion period. Each participant is limited to the redemption of any one (1) partner promo code for the entire promotion period.

13. Is the promo code exchangeable?

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

OTHERS

14. Are the gifts and prizes exchangeable?

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

15. 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