



# Lose to Win<sup>®</sup> 2019 Frequently Asked Questions

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# Frequently Asked Questions on Lose To Win®

Note this FAQ is subject to changes, and HPB reserves the right to modify or vary this FAQ at any time.

## 1 What is Lose To Win®?

Lose To Win® is a 12-week holistic weight management programme to shape up through exercise, nutrition and positive mental wellbeing. It targets individuals aged 21-64 who want to attain a healthier weight.

This programme encourages you to stay fit and healthy the right way! This is accomplished through self-monitoring via the Healthy 365 mobile app for your step count, food and weight log, and active participation in HPB physical activity programmes, over 12 weeks.

## 2 How does this season differ from prior seasons?

Unlike prior seasons' structured 8 week programmes, this season is based around flexibility with the Healthy 365 mobile app, and having a Lose to Win family with you throughout the entire journey. The aim is to create a routine around exercising regularly and eating healthily through the participant's own effort in hopes that the habit will stick.

## 3 Who can sign up for Lose To Win®?

- Singaporeans and PRs aged 21 to 64 at the point of registration.
- Participants must meet this **BMI** criterion:

BMI (kg/m <sup>2</sup> )	23 - 37.4
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- *BMI values do not apply to children, pregnant women, individuals with muscular build (e.g. athletes & body builders) or elderly.*
- *Programme is designed for the above BMI range, clinical medical intervention may be required for those with BMI above 37.4*
- Able to perform moderate-intensity physical activity
- No heart disease, history of heart disease, heart attack or stroke
- Pregnant women are not eligible to join

## 4 When does Lose To Win® start?

Lose To Win® is open for registration from 12<sup>th</sup> January 2019 to 3<sup>rd</sup> March 2019. The programme will start on 4<sup>th</sup> March 2019.

## 5 How long is the Lose To Win® programme?

12 weeks (84 days) starting from 4<sup>th</sup> March 2019.

## 6 How do I count the weeks of the Lose To Win®?

The first day of the week starts on the day of commencement. (E.g. 4<sup>th</sup> March 2019, Monday) Hence, the next consecutive 11 Mondays will be the start of a new week.

4<sup>th</sup> March 2019 will be the start of Week 12. Your programme will end on the 26<sup>th</sup> May 2019.

## **7 Where can I sign up for Lose To Win®?**

You can sign up for Lose To Win® at the roadshows and conditioning classes that are listed on the website. For more information, you can head to [www.losetowin.com.sg](http://www.losetowin.com.sg).

## **8 Why can't I sign up for Lose To Win®?**

The registration period ends on 3<sup>rd</sup> March 2019. After which, no new sign-ups will be allowed.

## **9 How does Lose To Win® work?**

Lose To Win® is a flexible 12-week programme where individuals will be incentivised to attend exercise sessions catered solely for Lose To Win® participants.

- Register and attend the Lose To Win® Physical Activity sessions. Attendance must be taken via QR codes at all the different sites.
- Participants can also earn rewards for the steps that they take via the National Steps Challenge, which they should be a participant of as well in order to sign up for Lose To Win®

## **10 Can I attend the Lose To Win® Physical Activity sessions if I am not a participant?**

Lose To Win® Physical Activity sessions are catered for Lose To Win® participants only.

## **11 What are the rewards for Lose To Win®?**

You can win rewards by attending physical activity sessions.

Each session amounts to 80 Healthpoints and 1 lucky draw chance.

The maximum number of healthpoints that can be earned amounts to 2400 (30 sessions).

## **12 Can I attend multiple Physical Activity sessions in a week to accumulate the required attendance for the rewards?**

Yes, participants can attend multiple Lose To Win® Physical Activity sessions in a week. However, participants will not be able to attend more than 1 session in a day.

## **13 Why can't I attend more than 1 session in a day?**

As part of the programme, we want to encourage healthy habit formation within the recommended physical activity guidelines. The recommended number of sessions for our participants is 2 sessions spread across a week.

**14 What if I do more than the requirements? Will I qualify for more rewards?**

We encourage participants to attend more than the required number of sessions. However, there will be no additional rewards given once 30 sessions have been completed.

**15 What must I do to complete the Lose To Win®**

You must weigh-out at the end of your 12-week programme during the Lose To Win® Physical Activity sessions on the 12<sup>th</sup> week. Reminders may be sent to remind you about your weigh out.

**16 Where do I weigh-out at the end of Lose To Win®?**

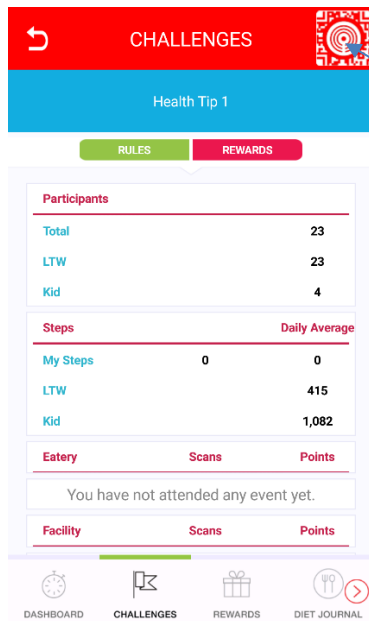
You can weigh out at the Lose To Win® Physical Activity sessions from week 12 onwards.

**17 When do I claim the rewards for Lose To Win®?**

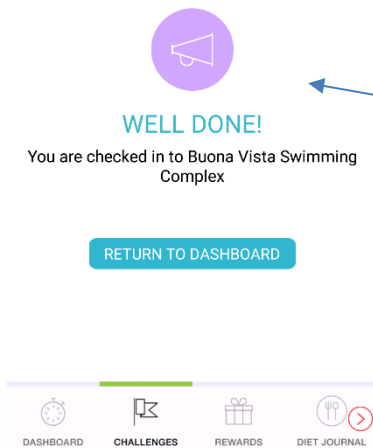
You can redeem the rewards via Healthy 365 app.

**18 How do I take attendance for the Lose To Win® Physical Activity sessions?**

There will be a QR code present at every session, and participants will be able to scan the code after each exercise session has ended. Responsibility for scanning the QR code lies with the participants so make sure you remember to bring your smartphone and scan!



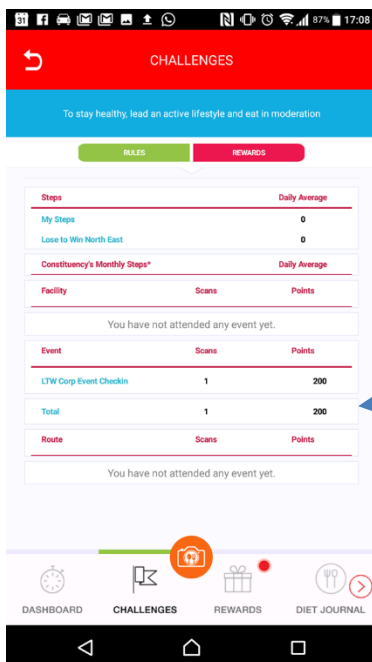
Tap here to scan QR code



Ensure that you see this message when scanning the QR code

### 19 How do I track my attendance using the Healthy365 mobile app?

Your attendance for the Lose To Win® Physical Activity sessions will be reflected in the Healthy 365 mobile app.



Once scanned, events should show up here

### 20 What if I need to go overseas during the 12 weeks?

Your Lose To Win® challenge status will not be reset if you leave the country. As the challenge mechanics is based off your attendance for the Lose To Win® Physical Activity sessions, it is up to your discretion on how you would like to make up for the days that you have been out of the country.

## **21 Who can I contact if I have enquiries**

If you have any enquiries, you can contact the Lose To Win® team at [HPB\\_LOSETOWIN@hpb.gov.sg](mailto:HPB_LOSETOWIN@hpb.gov.sg).