Lose to Win® 2018
Frequently Asked Questions
## Contents

1. What is Lose To Win®? ................................................................. 3
2. How does this season differ from prior seasons? ........................................ 3
3. Who can sign up for Lose To Win®? .................................................... 3
4. When does Lose To Win® start? ......................................................... 3
5. How long is the Lose To Win® programme? ........................................... 3
6. How do I count the weeks of the Lose To Win®? .................................... 3
7. Where can I sign up for Lose To Win®? ............................................... 4
8. How do I sign up for Lose To Win®? .................................................... 4
9. Why can’t I sign up for Lose To Win®? .................................................. 4
10. Why must I be a NSC 4 Participant? ..................................................... 4
11. What if I am already a NSC 4 Participant? ............................................ 4
12. How does Lose To Win® work? .......................................................... 4
13. Can I attend the Lose To Win® Physical Activity sessions if I am not a participant? .... 5
14. What are the rewards for Lose To Win®? .............................................. 5
15. Can I attend multiple Physical Activity sessions in a week to accumulate the required attendance for the rewards? ......................................................... 5
16. Why can’t I attend more than 1 session in a day? ..................................... 5
17. What if I do more than the requirements? Will I qualify for more rewards? ........ 5
18. What must I do to complete the Lose To Win® ....................................... 5
19. Where do I weigh-out at the end of Lose To Win®? ................................ 5
20. When do I claim the rewards for Lose To Win®? ..................................... 5
21. How do I record my food diary? .......................................................... 5
22. How do I take attendance for the Lose To Win® Physical Activity sessions? ...... 6
23. How do I track my attendance using the Healthy365 mobile app? ............... 6
24. What if I need to go overseas during the 12 weeks? .................................. 7
25. Who can I contact if I have enquiries .................................................... 7
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:

<table>
<thead>
<tr>
<th>BMI (kg/m²)</th>
<th>23 - 37.4</th>
</tr>
</thead>
</table>
- 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
- All participants of Lose To Win® must be a registered participant of the National Steps Challenge™ Season 4.

4 When does Lose To Win® start?
Lose To Win® is open for registration from 28th September 2018 to 12th November 2018. The programme will start on 12th November 2018.

5 How long is the Lose To Win® programme?
12 weeks (84 days) starting from 12th November 2018.

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. 12th November 2018, Monday) Hence, the next consecutive 11 Mondays will be the start of a new week.

28th January 2019 will be the start of Week 12. Your programme will end on the 30th of January.
7 Where can I sign up for Lose To Win®?

You can sign up for Lose To Win® at the following National Steps Challenge™ roadshows:

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Venue</th>
</tr>
</thead>
<tbody>
<tr>
<td>28th – 30th Sept 2018</td>
<td>11am – 8pm</td>
<td>Jurong East, Open Field opposite Jurong East MRT</td>
</tr>
<tr>
<td>12th – 14th Oct 2018</td>
<td>11am – 8pm</td>
<td>Tampines, Our Tampines Hub Town Square</td>
</tr>
<tr>
<td>26th – 28th Oct 2018</td>
<td>11am – 8pm</td>
<td>Punggol, Open Field besides Punggol MRT</td>
</tr>
<tr>
<td>10th – 11th Nov 2018</td>
<td>11am – 8pm</td>
<td>Singapore Sports Hub, OCBC Arena Hall 1</td>
</tr>
</tbody>
</table>

8 How do I sign up for Lose To Win®?

You must be a registered participant of the National Steps Challenge™ Season 4 before you can register for this programme. You can sign up for Lose To Win® by heading down to the Lose To Win® booth at the roadshows listed above to weigh-in.

9 Why can’t I sign up for Lose To Win®?

The registration period ends on 12th November 2018. After which, no new sign-ups will be allowed.

10 Why must I be a NSC 4 Participant?

We want to encourage our participants to do other varieties and forms of physical activity which is not limited to our Lose To Win® Physical Activity sessions. NSC 4 will encourage you to take more steps every day and reward you in the process. The more physical activity you do, the more steps you will clock!

11 What if I am already a NSC 4 Participant?

If you are already a NSC4 Participant, there will not be any repercussions on your challenge progress. It will not affect or reset your challenge progress in any way.

12 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®
13 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.

14 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).

15 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.

16 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.

17 What if I do more than the requirements? Will I qualify for more rewards? 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.

18 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 12th week. Reminders may be sent to remind you about your weigh out.

19 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.

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

You can redeem the rewards via Healthy 365 app.

21 How do I record my food diary?

Tap on the Diet Journal tab on the Healthy 365 mobile app. (click here for a step by step guide to recording your food diary)
22 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!

23 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.
24 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.

25 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.

Once scanned, events should show up here