

LOSE TO WIN[®]

— GET HEALTHY —
**LOSE
TO WIN**[®]



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 ²)	25 - 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
- Past Lose To Win® participants can join the new programme cycle (Note: Participants can only join Lose to Win® once every 12 months)
- All participants of Lose To Win® must be a registered participant of the National Steps Challenge™ Season 3.

4 When does Lose To Win® start?

Lose To Win® is open for registration from 11th December 2017 to 14th January 2018. The programme will start on 22nd January 2018.

5 How long is the Lose To Win® programme?

12 weeks (84 days) starting from day of registration.

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

The first day of the week starts on the day of registration. (E.g. 22nd January 2018, Monday) Hence, the next consecutive 11 Mondays will be the start of a new week.

9th April will be the start of Week 12. Your programme will end on the 15th of April.

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

You can sign up

8 How do I sign up for Lose To Win®?

You must be a registered participant of the National Steps Challenge™ Season 3 before you can register for this programme. Thereafter, you can head down to the nearest participating Community Centres in your zone to confirm your starting BMI and complete your sign up.

9 Why must I be a NSC 3 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 3 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!

10 What if I am already a NSC 3 Participant?

If you are already a NSC3 Participant, there will not be any repercussions on your challenge progress. It will not affect or reset your challenge progress in any way.

11 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®

12 What are the rewards for Lose To Win®?

You can win rewards from any of the following sections:

Tier	Activities	Rewards	Remarks
1	Attend 2 exercise sessions	400 Healthpoints 1 chance for Grand Draw	Attendance will only be counted if the Lose
2	Attend 4 exercise sessions	800 Healthpoints 2 chances for Grand Draw	
3	Attend 4 exercise sessions	800 Healthpoints 3 chances for Grand Draw	

4	Attend 4 exercise sessions	800 Healthpoints 4 chances for Grand Draw	to Win® QR code is scanned *Participants can only attend 1 session a day
5	Attend 4 exercise sessions	800 Healthpoints 5 chances for Grand Draw	
6	Attend 6 exercise sessions	1200 Healthpoints 6 chances for Grand Draw	
You can WIN up to \$32 in health points! (terms and conditions apply)			

13 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.

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 all 6 tiers 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 12th 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.

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

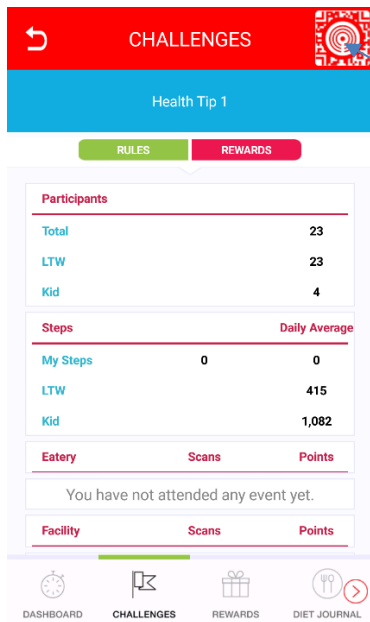
You can redeem the rewards via Healthy 365 app

18 How do I record my food diary?

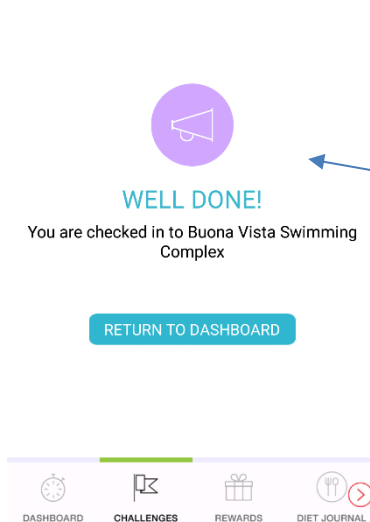
Tap on the Diet Journal tab on the Healthy 365 mobile app. (click [here](#) for a step by step guide to recording your food diary)

19 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!



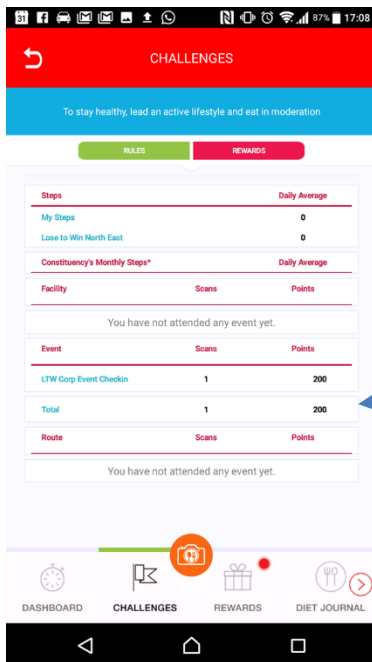
Tap here to scan QR code



Ensure that you see this message when scanning the QR code

20 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

21 How can I contribute to the Inter-Team Challenge?

Based on your preferred zone, you will be broken up into teams of 20-30 participants. Your daily step count will be the contribution made to your team during the challenge.

22 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.

23 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.