

## **NATIONAL STEPS CHALLENGE™ SEASON 3 RULES AND REGULATIONS**

### **Challenge Overview**

- The National Steps Challenge™ is a physical activity initiative by the Health Promotion Board (“HPB”) to encourage Singapore residents to be more physically active every day, anytime and anywhere.
- Participants with smartphones can sign up by downloading the Healthy 365 mobile app from Google Play Store or Apple App Store. Participants who have successfully signed up for the National Steps Challenge™ Season 3 (“Challenge”) will have the options of tracking their steps through a HPB-issued steps tracker, purchasing a compatible steps tracker at a discount from partners, or using fitness apps with steps tracking function, namely Samsung Health (for Android) and Health Kit (for Apple). Steps contributed by unsupported sources (i.e. Misfit, Miband, etc) into Healthkit and/or Samsung Health will not be counted into the Challenge.
- New participants without smartphones can sign up as a kiosk participant by signing up at National Steps Challenge™ roadshows or at HPB Customer Care Centre. Kiosk participants can only take part and track their steps using the HPB-issued steps tracker.
- Once a participant has signed up and set up his/her preferred steps tracking mode, he/she can start to accumulate steps and earn Healthpoints. The Healthpoints earned will allow the participant to redeem sure-win rewards and accumulate lucky draw chances for the Grand Draw.
- Participation in the National Steps Challenge™ Season 3 is free.
- Past participants in National Steps Challenge™ Season 1 and Season 2 can also sign up and take part in Season 3.
- Past participants from Season 2 who signed up for Season 3 will continue the Challenge from the tier they last unlocked in Season 2. Unredeemed points from Season 2 will not be carried over to Season 3.

### **Official National Steps Challenge™ Season 3 Period**

- The National Steps Challenge™ Season 3 will officially start on **28 October 2017 0000 hours** and end on **30 April 2018 2359 hours** (“**Official National Steps Challenge™ Season 3 Period**”)

### **Eligibility Conditions**

- You must be a Singaporean or Permanent Resident of Singapore with a valid NRIC or a foreigner with a valid FIN.
- You must be 17 years or older at the point of registration. Eligible persons who are below 21 years of age must obtain parental consent before participating in the National Steps Challenge™ Season 3.

### **HPB-Issued Steps Tracker**

- Participants who wish to participate using the HPB steps trackers will collect the steps trackers on a first-come-first-served, while stocks last basis.
- Past participants in National Steps Challenge™ Season 1 and Season 2 who have already received a free steps tracker from HPB are not eligible for another free steps tracker. These participants may purchase a compatible steps tracker or use Samsung Health or Health Kit, which are free to download, to track their steps.

- HPB's decision on the allocation of steps trackers to participants is final. Requests for exchange of different models of steps trackers or more than one free steps trackers will not be entertained.
- Faulty trackers can be exchanged on a one-for-one basis at authorised service providers' outlets and HPB's Customer Care Centre within stipulated warranty period.

### **Points Limit**

- Participants can earn a maximum of 40 Healthpoints per day from accumulating up to 10,000 steps daily for the Sure-Win Reward Tiers. This limit does not apply to Healthpoints earned from other HPB programmes or initiatives.

### **Sure-Win Reward Tiers**

- New participants of National Steps Challenge™ Season 3 can stand to win up to \$35 worth of sure-win rewards by redeeming their Healthpoints against the rewards catalogue.
- Returning participants from Season 2 will continue from the Tier they unlocked in Season 2. Unredeemed Healthpoints will not be carried forward to Season 3.
- Returning participants who have completed all six Tiers, thereafter known as "Completers" are not eligible to earn Healthpoints from clocking steps for the Sure-Win Reward Tiers and will instead be eligible for a separate set of Completers' rewards and incentives, including an exclusive Completer's Pack and the new Pledge & Win reward scheme.
- The Sure-Win Reward Tiers Scheme is scheduled to end on **31 March 2018**. Healthpoints earned after this date will not be considered towards the Sure-Win Reward Tiers.
- All Healthpoints earned from clocking steps under the Challenge during the Challenge period, including the period after sure-win rewards from 1 April 2018 to 30 April 2018 will count towards the Grand Draw to be held at a later date.
- All physical rewards will be either mailed to the residential addresses of eligible participants, or redeemed via self-collection method. Participants are required to ensure that their addresses are correctly entered at point of signing up. HPB will not be responsible for non-delivery of rewards to participants due to wrong addresses being entered.
- All digital vouchers redeemed will be available for usage on the e-wallet.
- Healthpoints earned in National Steps Challenge™ Season 3 are valid until 30 June 2018.
- The rewards are available on a while stocks last basis.
- HPB reserves the right to replace the rewards with immediate effect at any time during the Challenge period without prior notice to participants.
- HPB further reserves the right to modify and/or terminate this reward scheme at any time at its sole discretion without any further notice to participants.

### **Other Rewards**

- HPB may allow additional rewards or Healthpoints to be won by participants who are National Steps Challenge™ Season 3 participants through mechanisms such as chance-based games ("Crack and Win"), thematic challenges or QR-code scanning promotions or activations within the Healthy 365 mobile app.
- HPB further reserves the right to modify and/or terminate these rewards at any time at its sole discretion without any further notice to participants.

### **Crack and Win**

- Only participants who have successfully signed up to the Corporate Challenge and/or Community Challenge are eligible for Crack and Win.
- Each day of 10,000 steps synced to the Healthy 365 mobile app will entitle the participants to unlock Crack and Win once. The game will be unlocked at the point of syncing. Once unlocked, the game cannot be carried over to the next day even if the participant chooses not to play the game at that point in time.
- As Crack and Win is a chance-based game, the prize won, if any, is revealed only at the point of playing the game.
- The prizes won are not exchangeable nor redeemable for cash. The prizes can be vouchers, products or Healthpoints.
- The more days of 10,000 steps synced, the more opportunities to play Crack and Win.
- Opportunities to play Crack and Win can be accumulated for those participants who do not sync their steps daily as long as the participants have clocked 10,000 steps on their mode of tracking and synced the steps on Healthy 365 mobile app within seven days. Participants need to sync their steps at least once every seven days so that the maximum number of accumulated opportunities to play Crack and Win is no more than seven.
- All prizes must be redeemed by 30 April 2018. Prizes not redeemed by 30 April 2018 will be forfeited.

### **Grand Draw**

- Clocking 5000, 7500 and 10,000 steps entitle participants to 1, 2 and 3 lucky draw chances daily.
- If the top 50 prize winners are under the age of 18, the prize must be claimed by their parent or legal guardian.
- The result of the grand draw is final and no correspondence will be entered into.
- The prizes are not transferable and are not redeemable for cash.
- There are 50 prizes worth over \$60,000 based on the recommended retail value at the point of commencement of National Steps Challenge™ Season 3. HPB accepts no responsibility for variations in the value of the prizes.
- HPB reserves the right to conduct a redraw in the event that the participant drawn does not meet the terms and conditions of the National Steps Challenge™ Season 3 and eligibility criteria for the Grand Draw.

### **General**

- HPB may vary these terms and conditions without notice, or discontinue or withdraw the Challenge at any time without any notice or liability to any party.
- Participants agree to abide by all the terms and conditions governing the use of the Healthy 365 mobile app, which are expressly incorporated herein and can be found at [www.stepschallenge.sg](http://www.stepschallenge.sg)
- Participants with medical conditions or specific healthcare needs should consult with their doctor before engaging in any physical activities.
- Participants should not engage in any physical activities or National Steps Challenge™ Season 3 activities or events if they are not feeling well.
- The basic steps trackers and steps trackers with heart rate monitoring function for the completers are provided as a public service and are meant to offer the most basic way of

tracking steps and physical activities. The steps tracker's output and its corresponding data does not constitute medical advice and is not meant as a substitute for medical consultations or other professional services related to health.

- HPB shall not be responsible, under any theory of liability or indemnity, for any injuries sustained/casualty that arise directly and/or indirectly from the participation in the National Steps Challenge™ Season 3 or its associated activities or events held by HPB.
- HPB shall not be liable for or in respect of any expenses, losses, costs damages, liabilities or other consequences of whatsoever nature (collectively "**Losses**") suffered or incurred directly or indirectly by participants of the National Steps Challenge™ Season 3 howsoever caused or arising and without limiting the generality of the foregoing, whether by reason of or on account of any act or omission whether negligent or otherwise on the part of HPB or its servants or agents, even if HPB or its agents or employees are advised of the possibility of such Losses.
- HPB reserves the right to investigate cases of suspected fraud and suspend a participant's participation status and accumulation of Healthpoints during the investigation period.
- HPB reserves the right to disqualify and withdraw rewards from any person who is non-compliant to the Rules and Regulations of the National Steps Challenge™ Season 3 at its sole discretion.
- Participants agree and consent to being contacted by HPB to obtain feedback about the National Steps Challenge™ Season 3, the Healthy 365 mobile app and/or physical activity tracking device used in the National Steps Challenge™.
- HPB's decision on all matters relating to the National Steps Challenge™ Season 3 is final and binding on all participants. HPB will not entertain any queries with regard to any challenge results, and will not be obliged to provide the reason(s) for its awarding decision to a participant.