

— GET ACTIVE —
**NATIONAL STEPS
 CHALLENGE™**



Step-by-Step Guide: How to sign up for National Steps Challenge™ Corporate Challenge

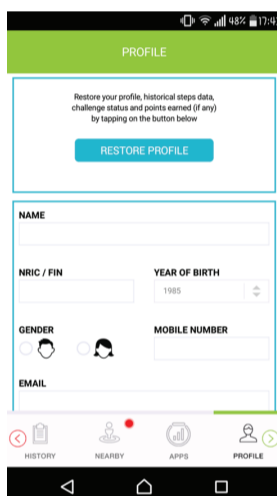
Step 1



Download the Healthy 365 app.

Go through a simple introduction and agree to the PAR-Q and Terms and Conditions of the Healthy 365 app.

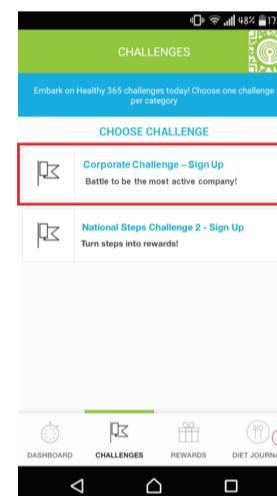
Step 2



Create your profile on the Healthy 365 app (or delete, reinstall the latest version of the app if you have already downloaded it before, then restore your profile).

If you are restoring your profile on the Healthy 365 app, a 4 digit one-time-pin will be sent to you via your registered mobile number. Key in the OTP and your profile will be restored successfully.

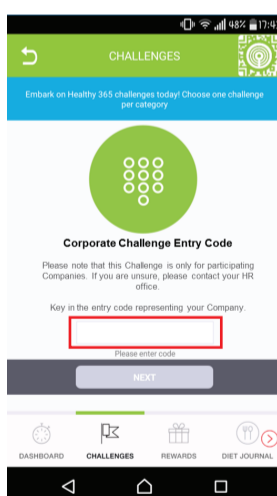
Step 3



Select 'Corporate Challenge - Sign Up' on the Challenges tab on the Healthy 365 app.

Corporate Challenge period:
 14 November 2016 to 28 February 2017.

Step 4

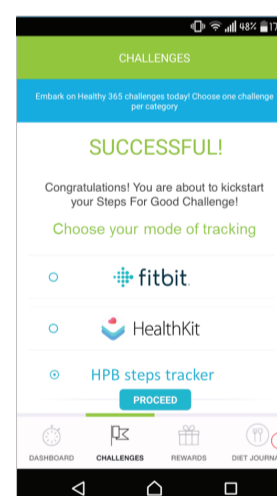


Key in your organisation's unique 6-digit entry code.

Entry codes are case sensitive.

Agree to the Terms and Conditions of the Corporate Challenge.

Step 5



Choose your preferred mode of tracking your steps:

- HPB steps tracker*
- S Health
- HealthKit
- Other compatible trackers (e.g. Fitbit)

Sync your HPB steps tracker, S Health or HealthKit app or other compatible trackers with the Healthy 365 app at least once every 7 days to update your step count and track calories when you take steps every day.

Visit stepschallenge.sg/corporate-challenge for a full list of compatible steps trackers and how to record and sync your steps if you are a non-smartphone user.

*Only new participants of the Corporate Challenge are eligible to receive a free HPB steps tracker, available on a first-come-first-served, while stocks last basis. Participants of the National Steps Challenge™ who have previously collected their HPB steps tracker are no longer eligible for another free steps tracker. The Corporate Challenge period is from 14 November 2016 to 28 February 2017. Participants must be an employee of the organisation and at least 18 years old at the point of signing up. All Corporate Challenge participants will also be automatically signed up for the National Steps Challenge™ Season 2. Other terms and conditions apply. For full terms and conditions, please visit stepschallenge.sg/corporate-challenge.

For enquiries, please call 1800 567 2020 or email us at stepschallenge@hpb.gov.sg



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