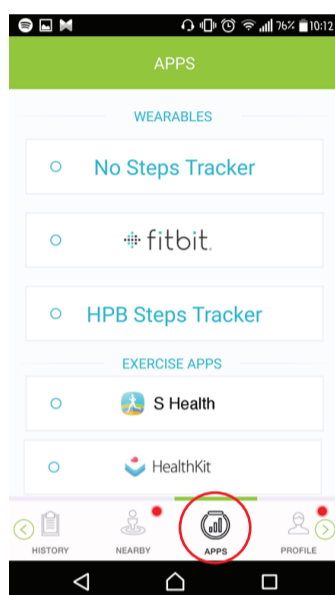


## Step-by-Step Guide: How to switch your steps tracking mode

You may switch to any compatible trackers or apps at any point during the Challenge.



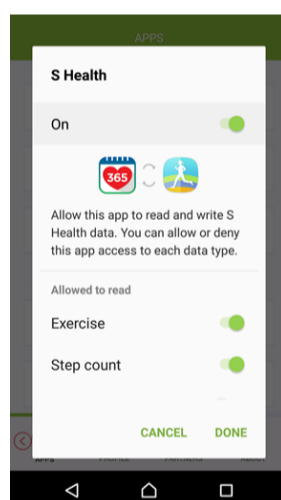
**Step 1** Tap on the 'Apps' tab.

**Step 2** Select your preferred mode of tracking steps and allow the Healthy 365 app access to the step count data to your preferred steps tracking mode.

**Step 3** Sync your preferred mode of tracking steps (HPB steps tracker\*, S Health or HealthKit app or other compatible trackers or apps) 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.

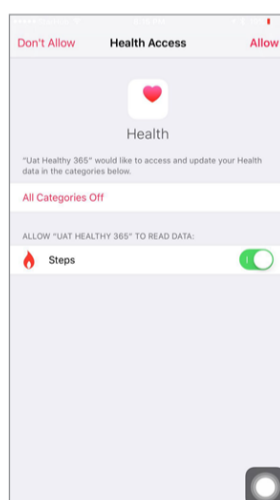
Visit [stepschallenge.sg/corporate-challenge](http://stepschallenge.sg/corporate-challenge) for a full list of compatible steps trackers and how to record and sync your steps if you are a non-smartphone user.

### S Health



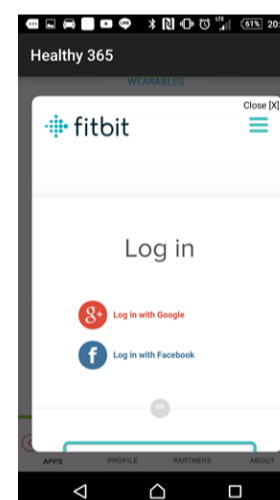
Allow the Healthy 365 app access to the step count data on the S Health app.

### HealthKit



Allow the Healthy 365 app access to the step count data on the HealthKit app.

### Fitbit



Log in to your Fitbit account.

Select your preferred Fitbit activity tracker to allow the Healthy 365 app access to the step count data.

\*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](http://stepschallenge.sg/corporate-challenge).

**For enquiries, please call 1800 567 2020 or email us at [stepschallenge@hpb.gov.sg](mailto:stepschallenge@hpb.gov.sg)**