

NATIONAL STEPS CHALLENGE[™] THEMATIC CHALLENGES

'MOVE FOR WELLNESS CHALLENGE' TERMS AND CONDITIONS

1. Challenge Overview

- 1.1. 'Move for Wellness Challenge' (also referred to as the "**Challenge**") is a physical activity initiative by the Health Promotion Board ("**HPB**") to encourage individuals to be more physically active every day, anytime and anywhere. 'Move for Wellness Challenge' is an extension of the National Steps Challenge[™].
- 1.2. Please read the following Terms and Conditions carefully before signing up for 'Move for Wellness Challenge'. By participating in the Challenge, you (a "**Participant**") agree to be bound by these Terms and Conditions as they may be modified and/or amended from time to time. HPB reserves the right to change these Terms and Conditions at any time at its sole discretion. Amendments shall take effect immediately on the Challenge. Your continued participation of the Challenge thereafter represents your agreement to any such amendment(s).
- 1.3. Eligible individuals can sign up by downloading the Healthy 365 app, creating/restoring their profile, and signing up for the 'Move for Wellness Challenge' on the 'Challenges' tab via the Healthy 365 app. Participants will have to consent to the Terms & Conditions of this Challenge before participating in the Challenge.
- 1.4. Participants who have successfully signed up for the 'Move for Wellness Challenge' will be able to participate in the Challenge by tracking their physical activities via a "Preferred Fitness Tracking Device", which can be one of the following:
 - a) A HPB fitness tracker;
 - b) A compatible fitness tracker; or
 - c) A compatible fitness app, namely Apple Health app (for Apple) or Samsung Health app (for Android) on the Participants' phone.
- 1.5. Once the Preferred Fitness Tracking Device has been set up, the Participant can start to clock steps and Moderate-to-Vigorous Physical Activities ("MVPA") in accordance with the Challenge mechanics upon the start of the Challenge. Participation in the 'Move for Wellness Challenge' is free.
- 1.6. The 'Move for Wellness Challenge' is open to both new, past, and current participants of the National Steps Challenge[™].

2. Official Challenge Period

- 2.1. Registration for the 'Move for Wellness Challenge' will start on **3 June 2022, 0000 hours (Singapore time)** and end on **19 June 2022, 2359 hours (Singapore time)**.
- 2.2. The 'Move for Wellness Challenge' will officially start on **3 June 2022, 0000 hours (Singapore time)** and end on **19 June 2022, 2359 hours (Singapore time)** ("**Official Challenge Period**").
- 2.3. Participants can clock and sync steps to the Healthy 365 app during the Official Challenge Period to be eligible for rewards.

- 2.4. HPB reserves the right to make changes to the Official Challenge Period as well as the start and end dates and time of the 'Move for Wellness Challenge', without prior notice to Participants.

3. Participation Eligibility

- 3.1. 'Move for Wellness Challenge' is open to all individuals who meet the following eligibility criteria:
- Singaporean or Permanent Resident of Singapore with a valid NRIC, or a foreigner with a valid FIN;
 - 17 years old or older (based on birth year) at the point of registration. If below 18 years of age, participant must have obtained consent from his/her parent or legal guardian to participate in this Challenge and to be bound in all respects by these Terms and Conditions. Participants must submit proof of such parental or guardian consent in this Challenge, if required by HPB;
 - Signed up for the National Steps Challenge™; and
 - must not be a participant of the LumiHealth programme ("LumiHealth").
- 3.2. Eligible persons who are currently signed up for LumiHealth but would like to sign up for the 'Move for Wellness Challenge' must withdraw from LumiHealth before signing up to participate in this Challenge. Do note that once an individual withdraws from the LumiHealth programme, the individual cannot sign up for it again. Be sure to redeem the coins earned and use the HPB eVouchers before withdrawal, if applicable. Redemption of coins and usage of eVouchers from LumiHealth will not be allowed after withdrawal.

4. Challenge Mechanics

- 4.1. During the Official Challenge Period, Participants can earn the following rewards under the 'Move for Wellness Challenge' when the qualifying criteria are met.

Type	Qualifying Criteria	Rewards*
Sure-Win	Clock at least 50,000 steps or 50 minutes of MVPA within the Official Challenge Period and sync to the Healthy 365 app (Limited to the first 26,000 participants who sync their data to the Healthy 365 app)	Each of the 26,000 winners will be randomly allocated with one of the following rewards: - LiHO Jasmine Green Tea (M) eVoucher - LiHO Jing Syuan Tea (M) eVoucher - LiHO Fresh Lemon Jing Syuan Tea (M) eVoucher - LiHO Fresh Lemon Green Tea (M) eVoucher \$2 LiHO eVoucher - LiHO Buy 1 Get 1 Free eVoucher 30% off Polar Electro eVoucher
Lucky Draw	Clock at least 10,000 steps in a day during the Official Challenge Period	One (1) lucky draw chance for each day, up to seventeen (17) chances during Official Challenge Period
	Clock at least 30 minutes of MVPA in a day during the Official Challenge Period	Two (2) lucky draw chances for each day, up to thirty-four (34) chances during Official Challenge Period Participants must clock at least 10,000 steps or 30 minutes of MVPA in a

		single day in order to earn lucky draw chances.
	Head down to Zentosa Fest @ Sentosa to join Wellness Festival Singapore activities: 1) Take a photo with a National Steps Challenge™ standee or obtain a unique activity code by participating in selected Wellness Festival Singapore activities*: • Family Fun Time Workshops • True Fitness Hour Workouts 2) Submit the photo or unique activity code to https://go.gov.sg/m-f-w within the Official Challenge Period. *Participation in the above workshop and/or workout requires pre-registration. Visit www.wellnessfest.sg and https://zentosafest.sentosa.com.sg/ for more details.	Double (x2) lucky draw chances earned with a valid Form.SG submission during the Official Challenge Period Each participant can only double their lucky draw chances once

*For rewards that are randomly allocated, requests to be allocated to another reward will not be entertained. HPB reserves the right to provide alternative rewards at its sole discretion without any further notice to participants. Sure-win rewards are while stocks last.

4.2. Eligible Participants who earn lucky draw chances will stand to win one of the prizes shown in the list below.

'Move for Wellness Challenge'		
Tiers	Prizes	No. of Winners
Grand Prize	True Fitness 1-year membership	1
2 nd Tier	True Fitness 3-month membership	30
3 rd Tier	Polar Ignite 2	4
4 th Tier	\$25 Sandbox VR electronic gift card	360

4.3. To win the Sure-win prize, Participants may clock and sync the total of 50,000 steps or 50 minutes of MVPA over any number of days within the Official Challenge Period. Steps and MVPA can be accumulated and need not be clocked on consecutive days.

4.4. Steps and MVPA minutes must be clocked and synced to the Healthy 365 app during the Official Challenge Period to be considered towards the qualifying criteria. Only steps and MVPA minutes from the day a Participant joins the Challenge or from the day of commencement of the Official Challenge Period, whichever is later, will be considered. All steps and MVPA minutes must be synced to the Healthy 365 app before the Challenge ends to be considered. Any steps and MVPA minute synced after the end of Challenge will not be considered, even if they were clocked during the Official Challenge Period.

- 4.5. Double lucky draw chances will be awarded to eligible Participants who complete a valid Form.SG submission by 19 June 2022, 2359 hours. A valid submission requires Participants to provide relevant information, attach a photo of themselves with a 'Move for Wellness Challenge' National Steps Challenge™ standee or enter a correct unique activity code, and submit it via <https://go.gov.sg/m-f-w> during the Official Challenge Period for verification. Please note that Participants only need one (1) valid submission to be eligible for double lucky draw chances. If multiple valid submissions are received from the same Participant, only the first valid submission will be considered.

5. 'Move for Wellness Challenge' Sure-Win Rewards and Lucky Draw

- 5.1. The lucky draw will be conducted within 5 weeks after the end of Official Challenge Period, at an appropriate date and time of HPB's choosing in its sole discretion.
- 5.2. The lucky draw is open to Participants, except:
- a) HPB employees and/or immediate family members of (referring to the spouse, children, parents and/or siblings) a HPB employee;
 - b) HPB partners, third-party vendors, service providers, subcontractors and/or event organisers ("EOs") and their employees, who are involved in or connected to, directly or indirectly, the 'Move for Wellness Challenge';
 - c) Any person who is found to be insane, deceased, insolvent or the subject of criminal investigation, or has criminal proceedings instituted against him/her in any jurisdiction; and/or
 - d) Any other person or class of persons deemed ineligible or notified by HPB as being ineligible from time to time.
- 5.3. HPB reserves the right to redraw in the event that the Participant drawn does not meet the terms and conditions of the Challenge and the draws.
- 5.4. The result of the draw is final, and no appeals will be entertained.
- 5.5. The prizes are not transferable, not assignable, and not redeemable for cash.
- 5.6. Prizes may come in the form of a digital voucher, with terms and conditions which may be applicable depending on the retail partner providing the voucher. Prize winners will be contacted via push notification and will receive the eVoucher in their Healthy 365 e-Wallet. For winners with blocked Healthy 365 account and do not respond within fourteen (14) calendar days of being notified, HPB may, at its discretion, pick another winner from the reserve list.
- 5.7. Prizes may come in the form of redemption letter or physical item, with terms and conditions which may be applicable depending on the retail partner providing the reward. Prize winners will be contacted by either push notification on the Healthy 365 app, SMS, telephone or email, and must respond within fourteen (14) calendar days of being notified. Prize winners will be required to provide their last 4 characters of NRIC/FIN number for HPB to verify their identity and disburse their prize. For prizes that need to be disbursed via normal mail, Participants are required to update their mailing address in Healthy 365 app. In the event that a prize winner is unable to respond and/or produce valid proof of identity within fourteen (14) calendar days, he/she will be disqualified. For unclaimed lucky draw prizes, HPB may, in its discretion, pick another winner from the reserve list.
- 5.8. For prizes that are disbursed via normal mail, prize winners will be informed via Healthy 365 in-app push notification when the prizes have been mailed out. In the event of lost mail or faulty items, Participant is required to inform HPB within 4 weeks after they received the push

notification in Healthy 365 app. Subjected to the findings of HPB's investigation, redemption/ 1-to-1 exchange will be made available at the National Steps Challenge™ Customer Care Centres. Prizes may be substitute with another of similar value.

- 5.9. Prizes earned under the 'Move for Wellness Challenge' are not transferrable under any circumstances. Should Participants' accounts be no longer valid (i.e., the account belongs to a deceased Participant), participation in 'Move for Wellness Challenge' will be withdrawn, and prizes earned will be forfeited immediately thereafter.

6. **Data Protection**

- 6.1. By signing up for 'Move for Wellness Challenge', Participants consent to the collection, use and disclosure of Personal Data by HPB, as stated by the Terms and Conditions of the Healthy 365 app. In addition, Participants consent to the collection, use and disclosure of their Personal Data as provided in this clause 6. "Personal Data" means any data collected by HPB under 'Move for Wellness Challenge', which can be used to identify an individual, such as a name, address, or email address. HPB will also collect Personal Data from a Participant through the Preferred Fitness Tracking Device such as wellness and fitness information including various activities undertaken by a Participant.

- 6.2. HPB may use the Personal Data: -

- a) For publicity, liaison, advertising, or marketing purposes in connection with any HPB programmes/outreach/initiatives/activities,
- b) To provide the Participants with the services and functions of the 'Move for Wellness Challenge', including setting up the Participant's account, informing the Participant about service updates, and managing and providing rewards,
- c) To identify and deliver messages that may be of interest to the Participant,
- d) To develop and refine the 'Move for Wellness Challenge' and/or National Steps Challenge™,
- e) To understand overall effectiveness of 'Move for Wellness Challenge' and/or National Steps Challenge™ and/or its impact on the health system in Singapore, and
- f) Assisting the Participant with enquiries and obtaining their feedback.

- 6.3. HPB may share Personal Data with:

- a) HPB's service providers or third-party contractors involved in this 'Move for Wellness Challenge', so as to serve Participants in a most efficient and effective way,
- b) HPB's partners involved in this 'Move for Wellness Challenge' for any purpose relating to the administration of the Challenge,
- c) HPB's consultants or professional advisers including but not limited to accountants, lawyers and auditors,
- d) Parties as required by law, such as pursuant to a subpoena, regulatory oversight, or other legal process, and/or
- e) Other parties if HPB believes in good faith that disclosure is necessary (a) to protect HPB's rights, the integrity of 'Move for Wellness Challenge', or a Participant's safety or the safety of others, or (b) to detect, prevent or respond to fraud, intellectual property infringement, violations of these Terms and Conditions, violations of law or other misuse of 'Move for Wellness Challenge' or HPB fitness trackers.

- 6.4. Participants are responsible for providing complete and accurate contact information to HPB and its organisers. HPB accepts no responsibility for any inability or failure to contact the participants arising from inaccurate or incomplete contact information.

7. Health Advisory

- 7.1. Participants who are concerned about participation in 'Move for Wellness Challenge' due to their medical conditions or specific healthcare needs should first consult their doctor before engaging in any activities in 'Move for Wellness Challenge'. Participants must not participate in the 'Move for Wellness Challenge' activities or events if they are not feeling well.
- 7.2. The health information and other information on 'Move for Wellness Challenge' and/or HPB fitness trackers are general in nature. It is provided as a public service and for information purposes only. This information does not constitute, nor is it a substitute for, medical advice, legal advice, or professional services. In particular, the health information on 'Move for Wellness Challenge' and/or HPB fitness trackers is not intended as a substitute for seeing a doctor or other professional advisor. The Participant must always consult their doctor if they have any specific health care needs. A doctor can provide the Participant with the necessary medical diagnosis and treatment. The Participant must not rely on the information on 'Move for Wellness Challenge' and/or HPB fitness trackers to self-diagnose their illness. The Participant must never disregard medical advice or delay seeking such advice because of anything presented on 'Move for Wellness Challenge' and/or HPB fitness trackers. The Participant should consult with a doctor or other qualified healthcare professional to determine whether their participation in the Challenge and/or use of HPB fitness trackers would be safe and/or effective for them. The Participant is expressly prohibited from accessing or using 'Move for Wellness Challenge' and/or HPB fitness trackers against medical advice or if doing so might pose any health risk. In this context, the Participant acknowledges that they take full responsibility for their health, life, and well-being, as well as the health, lives and well-being of their family and children (born and unborn, as applicable), and all decisions now or in the future. The Participant's use of 'Move for Wellness Challenge' and/or HPB fitness trackers does not constitute or create a doctor-patient, therapist-patient or other healthcare professional relationship between the Participant and HPB. HPB shall not be responsible, under any theory of liability or indemnity, for your use of or reliance on 'Move for Wellness Challenge' and/or HPB fitness trackers.
- 7.3. Participants must also practice prevailing Safe Management Measures during the course of their participation in the Challenge.
- 7.4. The HPB fitness trackers are provided as a public service and are meant to provide Participants with information to encourage an active and healthy lifestyle. HPB fitness trackers and compatible fitness tracking devices are intended to be a close estimation of Participants' activities and metrics tracked but may not be precisely accurate. The HPB fitness trackers are not medical devices and the data provided is not intended to be utilised and/or relied on for medical purposes.
- 7.5. HPB shall not be responsible, under any theory of liability or indemnity, for any injuries sustained/casualty (to the extent permitted by law) that arise directly or indirectly from the participation in the 'Move for Wellness Challenge' and/or its associated activities or events held by HPB and/or any utilisation or reliance of any data from the HPB fitness trackers.
- 7.6. Participants shall indemnify and hold HPB harmless its officers, employees, and agents from and against all claims of any nature made by any person arising out of or in connection with this 'Move for Wellness Challenge' and these terms and conditions.

8. General

- 8.1. HPB does not guarantee that access to 'Move for Wellness Challenge' shall be uninterrupted or error free. To the fullest extent permitted by applicable laws, HPB on behalf of its directors, officers, employees and/or agents excludes and disclaims liability for any losses and expenses of whatever nature and howsoever arising including, without limitation, any direct, indirect, general, special, punitive, incidental or consequential damages; loss of use; loss of data; loss caused by a virus; loss of opportunity, business, revenue, income or profit; loss of or damage to property; claims of third parties; or other losses of any kind or character, even if HPB has been advised of the possibility of such damages or losses, arising out of or in connection with the use of 'Move for Wellness Challenge' or any other website or apps with which they are linked, or any products or services available on 'Move for Wellness Challenge'. The Participant assumes total responsibility for establishing such procedures for data back up and virus checking as you consider necessary. HPB does not guarantee or warrant that files accessed on, and/or available for downloading from 'Move for Wellness Challenge' or any other website or apps with which they are linked are or shall be free of computer viruses, worms, Trojan horses or other contaminating or destructive properties. Participants shall access and download information from 'Move for Wellness Challenge' or any other website or apps with which they are linked at their own risk.
- 8.2. HPB further reserves the right to modify and/or terminate the reward scheme of 'Move for Wellness Challenge' at any time at its sole discretion without any further notice to participants.
- 8.3. HPB may, in its sole and absolute discretion and without prior notice, replace, change, or substitute any prizes with another of similar value.
- 8.4. By participating in the Challenge, in addition to these terms and conditions governing the Challenge, Participants agree and undertake to abide by all the terms and conditions governing the use of the Healthy 365 app, which are expressly incorporated herein and can be found at [stepschallenge.sg](#).
- 8.5. Without prejudice to any other provision in these terms and conditions, 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 the Participants of the 'Move for Wellness Challenge' 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 (to the extent limited by law), even if HPB or its agents or employees are advised of the possibility of such Losses.
- 8.6. HPB reserves the right to disqualify or suspend a Participant's participation, and withdraw or claw back any rewards provided under 'Move for Wellness Challenge' from any Participant at its sole discretion if:
- HPB, in its sole discretion, decides that the participation is not valid;
 - Participant(s) who do not agree to abide by and be bound by and breach the Terms and the Healthy 365 app;
 - Participant(s) who are abusive to HPB staff at any point of contact;
 - Participant(s) who failed to provide true, correct and accurate information at any point of contact;
 - HPB discovers or has reasonable grounds to suspect that the
 - Participant has attempted to undermine or have undermined the operation of the Challenge by fraud, cheating, deception, dishonest means or otherwise manipulating the mechanics of the Challenge including without limitation the unauthorised use of profiles not belonging to the Participant, in which event, the Participant may be referred to the relevant law enforcement agencies for investigation; or
 - Participant's participation status and any accumulation of rewards/prizes were earned fraudulently; and/or
 - Participant has received any rewards and/or entitlement under 'Move for Wellness Challenge' pursuant to a glitch or technical error or malfunction of the system.

- 8.7. Participants agree and consent to being contacted by HPB to obtain feedback about the 'Move for Wellness Challenge', the Healthy 365 app and/or fitness tracking devices used in the Challenge.
- 8.8. HPB's decision on all matters relating to the 'Move for Wellness Challenge' 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.
- 8.9. The Terms & Conditions shall be governed by the laws of Singapore. The Terms & Conditions shall constitute the entire understanding and agreement between the HPB and the participants. The Terms & Conditions are not intended to confer rights on any third-party cap, whether pursuant to the Contracts (Rights of Third Parties) Act (Cap. 53B) or otherwise, and no third party shall have any right to enforce any provision of the Terms & Conditions.
- 8.10. If any term or provision of the Terms & Conditions is held to be illegal or unenforceable, such term or provision shall be deemed to be deleted from the Terms & Conditions. The validity or enforceability of the remainder of the Terms & Conditions shall remain in full force and effect. HPB's failure to enforce at any time the provisions of the Terms & Conditions or any rights in respect thereto shall in no way be considered to be a waiver of such provisions, rights, or elections or in any way affect the validity of the Terms & Conditions.
- 8.11. In the event of any inconsistency between the Terms & Conditions and any brochure, marketing or promotional material relating to challenge, the Terms & Conditions shall prevail.
- 8.12. HPB reserves the right to use the names and photographs of the participants and prize winners for any promotional, marketing or publicity purposes in any media.