

The Healthy Timeout Challenge

01 May 2019 – 31 August 2019

Challenge Overview

- The Healthy Timeout Challenge is a family engagement initiative by the Health Promotion Board (“HPB”) to encourage participants (“Participants”) to be more active as a family, every day.
- Participants 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 Healthy Timeout Challenge (“Challenge”) will have the option of taking part in the Challenge.
- Participation in the Challenge is free.
- A bonus of 350 Healthpoints is awarded to the first 100,000 participants who sign-up for the Challenge.
- A bonus of 50 Healthpoints is awarded to the next 100,000 participants (i.e. 100,001-200,000) who sign-up for the Challenge.
- Participants will scan the QR code at the on-site activities, and will earn Healthpoints (“Healthpoints”) in accordance with the Challenge mechanics.
- The Top 3 participants with the most number of Healthpoints earned through the Challenge will earn a chance to win the Top 3 prizes.

Official The Healthy Timeout Challenge Period

- The Healthy Timeout Challenge will officially start on 27 April 2019 0000 hours and end on 31 August 2019 2359 hours (“Official The Healthy Timeout Challenge Period”). The activities will only commence on 1 May 2019.

Participation Eligibility

- 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 participants on The Healthy Timeout Challenge should be accompanying a child age 14 and below.
- Each pair of participant and child is limited to 1 scan per activity.

Healthpoints Rewards

Physical Activity - related activities

- Participants can earn **80 Healthpoints** per physical activity-related activity.

Workshops

- Participants can earn **40 Healthpoints** per workshop.

Everyday events

- Participants can earn a maximum of **8 Healthpoints** with maximum number of 1 scan per day.
- Only participants of The Healthy Timeout Challenge are eligible to scan the QR codes for issuance of Healthpoints.

- QR codes used for the Challenge are not to be shared with non-participants.
- All QR code scans are monitored by HPB and any unauthorised scans by non-participants of HPB programmes can be detected.
- Participants taking part in The Healthy Timeout Challenge are not limited to this Challenge's Healthpoints only and are able to concurrently accumulate HPs from other HPB initiatives on H365 app.
- The distribution of number of Healthpoints for each activity is at HPB's discretion and final. No appeals will be entertained.

List of activities and participating partners

Please visit healthhub.sg/healthytimeout for the full list of activities and participating partners.

Grand Draw

- There are a total of 3 Grand Draw prizes in the Challenge.
- The Grand Draw will be conducted at an appropriate date and time of HPB's choosing in its sole absolute discretion, after the end of the Challenge.
- All Grand Draw prize winners must adhere to the redemption process outlined below:
 - All prize winners will be contacted by telephone and must respond within 3 working days of being notified. In the event that a prize winner is unable to produce valid proof of identity within 3 working day or does not respond to the call within the stipulated period, he/she will be disqualified and HPB may in its discretion pick another winner from the reserve list.
- HPB will contact the winner to arrange for the mode of redemption.
- The Grand Draw is open to The Healthy Timeout Challenge Participants, except:
 - HPB employees and/or immediate family members of a HPB employee;
 - Third-party vendors, service providers and/or event organisers ("EOs") and their employees, who are involved in or connected to the Grand Draw, directly or indirectly.
 - Any persons 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;
 - Any other person or class of persons deemed ineligible or notified by HPB as being ineligible from time to time.
- HPB reserves the sole and absolute discretion to determine the eligibility of any person in relation to the Grand Draw, and HPB may at any time before, during or after the Grand Draw disqualify any person from participating in the Grand Draw without providing any reason.
- If the Grand Draw 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 appeals will be entertained.
- The prizes are not transferable, not assignable and not redeemable for cash.
- 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 Grand Draw.

- Apple is not a sponsor or involved in the Challenge and/or the activities in any manner.

Data protection

- If you choose to sign up for this Challenge, you consent to the collection, use and disclosure of your personal data by HPB, as stated by the Terms and Conditions of Healthy 365 mobile app.

Health Advisory

- Participants with medical conditions or specific healthcare needs should consult with their doctor before engaging in any physical activities in this Challenge.
- Participants should not participate in The Healthy Timeout Challenge activities or events if they are not feeling well.
- 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 Healthy Timeout Challenge and/or its associated activities or events held by HPB.
- 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 Challenge and these terms and conditions.

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.
- By participating in the Challenge, in addition to these terms and conditions governing the Challenge, the Participants agree and undertake to abide by all the terms and conditions governing the use of the Healthy 365 mobile app.
- 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 Healthy Timeout 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.
- HPB reserves the right to investigate cases of suspected fraud and suspend a Participant’s participation status and accumulation of Healthpoints.
- HPB reserves the right to disqualify and withdraw any rewards provided under this Challenge from any person who is non-compliant to these terms and conditions of The Healthy Timeout Challenge.
- HPB reserves the right to cancel / postpone any activity without prior consent.
- Participants agree and consent to being contacted by HPB to obtain feedback about The Healthy Timeout Challenge, and the Healthy 365 mobile app used in the Challenge.
- HPB’s decision on all matters relating to The Healthy Timeout 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.