

LIVE WELL 😊 AGE WELL

乐享灿烂年华

**LIVE
ACTIVE**
乐享动感



**LIVE
ENRICHED**
乐享新知



**LIVE
ASSURED**
乐享心安



**LIVE
NOURISHED**
乐享养生



**LIVE
HAPPY**
乐享舒心



**LIVE
PREPARED**
乐享精进



JOIN FREE ACTIVITIES NEAR YOU

A guide to sign up on the Healthy 365 app



快来参加在您邻里的免费活动

Healthy 365 手机程序报名活动指南

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TAKE THE FIRST STEP TO LIVING WELL WITH LIVE WELL 😊 AGE WELL PROGRAMME

参加“乐享灿烂年华”计划，迈出健康生活第一步

Let's make the years ahead a fun and joyful journey with these 6 simple mindsets. Join the wide range of FREE* activities through the Healthy 365 app today!

让我们以这六种轻松心态，活出快乐与精彩的人生。今天就通过 Healthy 365 手机程序，参与各种免费*活动吧！

*Exceptions where stated.

*若有例外情况，将另行注明。

LIVE ACTIVE

乐享动感



Get energised and
stronger

让精力充沛
身体更强健



LIVE ENRICHED

乐享新知



Pick up tips for a healthy
and happy lifestyle

掌握小贴士
打造健康快乐的生活方式



LIVE ASSURED

乐享心安



Get peace of mind with
subsidised health screening

高额津贴的定期体检
让您更加安心



LIVE NOURISHED

乐享养生



Enjoy delicious and
healthier meals

好滋味 好健康
美食等您来尝



LIVE HAPPY

乐享舒心



Delight in hobbies to
keep your mind active

投入爱好
活跃思考 维系友谊



LIVE PREPARED

乐享精进



Master digital and
financial planning skills

掌握数码技能
学习财务规划



Register or Login to your Healthy 365 account

注册或登入您的 Healthy 365 账户

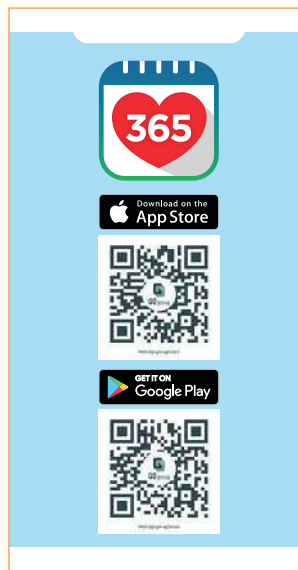
STEP 1 步骤

Download or update to the latest version of the Healthy 365 mobile app.

Note: You will need to be connected to the Internet to use the Healthy 365 mobile app.

下载或更新到最新版本的 Healthy 365 手机程序。

注意：您需要连接到互联网才能使用 Healthy 365 手机程序。



STEP 2 步骤

Open the Healthy 365 app and tap **Log in**.

打开 Healthy 365 手机程序，
点击 **Log in**。



Register or Login to your Healthy 365 account

注册或登入您的 Healthy365 账户

STEP 步骤 2

For existing user:

If you are an existing user, restore your profile by filling in your particulars and tap **Log in**.

You will be asked to do a one-time verification of your Healthy 365 account with Singpass. Proceed to Step 3.

If you have verified your Healthy 365 account with Singpass previously, proceed to Step 8.

Log in

Log in to your account

Access your Healthpoints and data with an improved experience.

NRIC or FIN
S90123456A

Mobile number
81234567

Log in

Don't have an account? **Sign up with Singpass**

Need help?

For new user:

If you are new to Healthy 365, tap **Sign up with Singpass** and proceed to Step 3.

现有用户：

如果您是现有用户，请填写个人资料，并点击 **Log in** 来恢复您的个人档案。

您将需要使用 SingPass 进行一次性的 Healthy 365 账户验证。请前往步骤3。

若您曾经使用 SingPass 验证过账户，请前往步骤8。

新用户：

如果您是 Healthy 365 新用户，请点击 **Sign up with Singpass** 前往步骤3。

Register or Login to your Healthy 365 account

注册或登入您的 Healthy365 账户

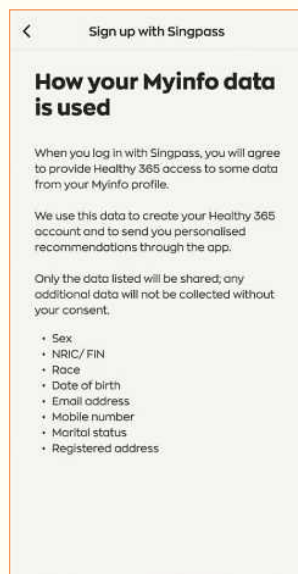
STEP 3 步骤

Tap on **Retrieve Myinfo with Singpass**

If you wish to find out how your data will be used, click on 'How your Myinfo data is used'.

点击 **Retrieve Myinfo with Singpass**，通过 Singpass 获取 Myinfo 个人资料。

若您想得知您的数据将如何被使用，请点击 'How your Myinfo data is used'。



Register or Login to your Healthy 365 account

注册或登入您的Healthy365账户

STEP 4 步骤 4

Tap on the QR code to log in to your Singpass account.

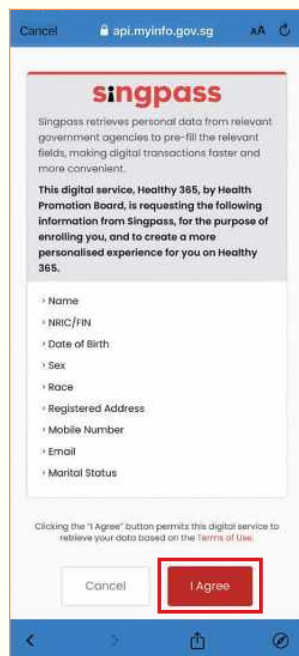
点击二维码登入您的 Singpass 账户。



STEP 5 步骤 5

Tap on **I Agree** to give permission to access your data.

点击 **I Agree** 允许程序使用您的个人资料。



Register or Login to your Healthy 365 account

注册或登入您的Healthy365账户

STEP 步骤 6

Check if your contact details are correct.
Tap to edit the fields if necessary.

Tap on **Confirm**.

若您的个人资料正确无误，点击 **Confirm**。

若有需要，可点击修改栏内讯息。

Personal Information

Hi Alicia Cheng

Let's ensure your information is updated for a more personalised experience.

Mobile number
****3936

Email (Optional)
alicia.cheng@gmail.com

Marital status
Married

Update

Name
Alicia Cheng

NRIC or FIN
****567X

Date of birth
29 Jan 1987

Sex
Female

Race
Chinese

Unit number
03-33

Postal code
229988

Address
10 Adis Rd Avenue 3 hillview 82
chantilly rise condominium

Confirm

STEP 步骤 7

Tap on **Next** after you have understood the Terms and Conditions and accept them to continue using Healthy 365.

若您同意接受所有条款与条件以便继续使用 Healthy 365，请点击 **Next**。

Terms and Conditions

No failure or delay by us in exercising any right or remedy provided by law under or pursuant to these terms and conditions shall preclude our exercise of any such right or remedy or be construed as a waiver or variation of it or preclude our exercise at any subsequent time and no single or partial exercise of any such right or remedy shall preclude any other or further exercise of it or the exercise of any other right or remedy. Our rights and remedies under or pursuant to these terms and conditions are cumulative, may be exercised as often as we consider appropriate and are in addition to our rights and remedies under general law.

These terms and conditions and the relationship between you and HPS shall be governed by, and interpreted in accordance with, the laws of Singapore. In respect of any legal action or proceedings arising out of or in connection with these terms and conditions or this App, you shall irrevocably submit to the jurisdiction of the courts of Singapore. That submission shall not affect the right of HPS to institute proceedings in any other jurisdiction.

Please review these terms and conditions periodically for changes and updates. To determine when these terms and conditions were last revised, please refer to the Last Revision Date stated at the beginning of these terms and conditions.

☒ I agree with the terms and conditions

Next

Register or Login to your Healthy 365 account

注册或登入您的Healthy365账户

STEP
步骤

8

Enter the 4 digit code number sent to your registered phone number.

请输入已发送到您的注册手机之4位数代码。

OTP Verification

Enter your security code

Enter the code that has been sent to +8613936

8 8 8 8

Didn't receive code? [Resend](#)

1
ABC

2
DEF

3
GHI

4
JKL

5
MNO

6
PQRS

7
TUV

8
WXYZ

0

X

Sign Up for the Live Well, Age Well Programme > Events

报名参加“乐享灿烂年华”计划 > 活动

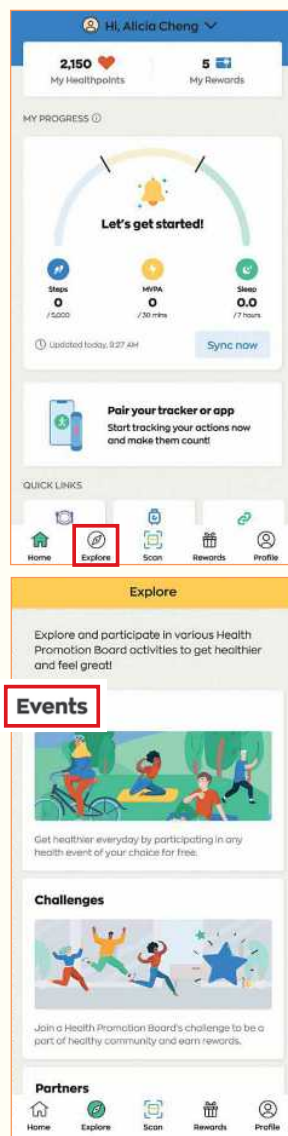
STEP 1 步骤 1

Tap on  .

点击  。

Tap 'Events' to view upcoming events.

点击 'Events'，查看即将举行的活动。




Sign Up for the Live Well, Age Well Programme > Events


报名参加“乐享灿烂年华”计划 > 活动

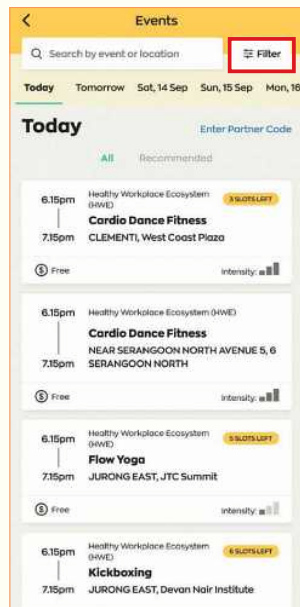
STEP 步骤 2

Find suitable programmes based on location, date, session format (virtual or in-person), or interests.

Tap on  Filter .

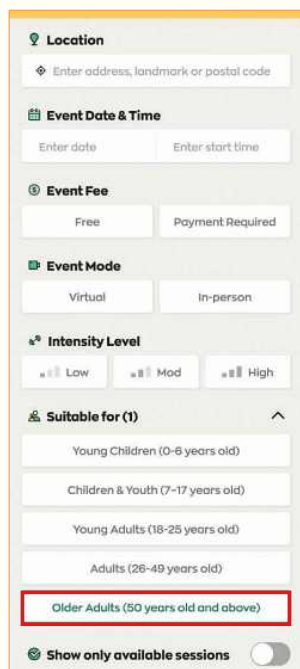
您可按照地点、日期、时段和参与模式（线上或亲临现场活动）或个人喜好，搜索合意的活动。

点击  Filter 。



Under 'Suitable for' section, select 'Older Adults (50 years old and above)'.

在 'Suitable for' 栏中，点选 'Older Adults (50 years old and above)' 。



Sign Up for the Live Well, Age Well Programme > Events

报名参加“乐享灿烂年华”计划 > 活动

STEP 步骤 2

By location

To find events near you:

Under ‘Location’ section, type your address or select ‘My current location’.

按照地点

搜索在您邻里的活动：

在‘Location’栏中,输入您的地址或选择
‘My current location’ (即您当前所在地)。

Tap on buttons to filter for events within 1km, 2km or 5km from your location.

点击按钮以筛选离您的所在地1公里、2公里
或5公里以内的活动。

The screenshot shows the 'Filter Events' screen with the following sections:

- Location:** A text input field with a placeholder 'Enter address, landmark or postal code'.
- Event Date & Time:** Two input fields labeled 'Enter date' and 'Enter start time'.
- Event Fee:** Two buttons labeled 'Free' and 'Payment Required'.
- Event Mode:** A single button labeled 'Virtual'.

The screenshot shows the 'Filter Events' screen with the 'Location' section expanded. The 'My current location' option is selected, and the address 'HEALTH PROMOTION BOARD, 5 SECOND HOSPITAL AVENUE, HEALTH PROMOTION BOARD SINGAPORE 168038' is displayed below it.

The screenshot shows the 'Filter Events' screen with the 'Location' section expanded. The 'My current location' option is selected. Below it, three buttons are visible: 'Within 1km', 'Within 2km' (which is highlighted with a red border), and 'Within 5km'. Other sections include 'Event Date & Time', 'Event Fee', 'Event Mode', 'Intensity Level', 'Suitable for', and a toggle for 'Show only available sessions'.

Sign Up for the Live Well, Age Well Programme > Events

报名参加“乐享灿烂年华”计划 > 活动

STEP 步骤 2

By date

To find events on specific date(s) and timing(s):

Under ‘Event Date & Time’ section, select preferred date(s) in the calendar

Select preferred timings under ‘Event start time’.

按照日期

搜索特定日期及时段的活动：

在‘Event Date & Time’栏中使用日历选择所要的日期。

在‘Event start time’栏中，选择所要的活动时间。

Location
Enter address, landmark or postal code

Event Date & Time
Enter date Enter start time

Event Fee
Free Payment Required

Event Mode
Virtual In-person

Intensity Level
Low Mod High

Suitable for ▼

Show only available sessions ☐

Clear filters Apply

Event date

From: 06 December 2022 To: 09 December 2022

December 2022

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Event start time

7am - 11.59am 12pm - 4.59pm 5pm - 8.59pm

Apply

Sign Up for the Live Well, Age Well Programme > Events

报名参加“乐享灿烂年华”计划 > 活动

STEP 步骤 2

By session format

To find virtual or in-person events:

Under ‘Event Mode’ section, select the checkbox for Virtual or In-Person.

按照参与模式

搜索线上或亲临现场的活动：

在‘Event Mode’栏中, 点选 Virtual（线上活动）或 In-Person（亲临现场活动）。

The screenshot shows a mobile application interface for filtering events. The title bar is yellow and says 'Filter Events'. Below it, there are several filter sections: 'Location' with a search bar, 'Event Date & Time' with date and start time pickers, 'Event Fee' with 'Free' and 'Payment Required' buttons, 'Event Mode' with 'Virtual' and 'In-person' buttons (this section is highlighted with a red box), 'Intensity Level' with 'Low', 'Mod', and 'High' buttons, and 'Suitable for' with a dropdown arrow. At the bottom, there is a toggle for 'Show only available sessions' and two buttons: 'Clear filters' and 'Apply'.

Sign Up for the Live Well, Age Well Programme > Events

报名参加“乐享灿烂年华”计划 > 活动

STEP 步骤 2

Tap **Apply** to apply the filter to your search results.

You may filter for more than 1 category.

点击 **Apply** 筛选项以获取相关搜索结果。

您可筛选超过一项。

The screenshot shows a mobile application interface for filtering events. The title bar at the top is yellow and says "Filter Events". Below it, there are several filter sections: "Location" with a search bar, "Event Date & Time" with two input fields, "Event Fee" with two buttons, "Event Mode" with two buttons, "Intensity Level" with three buttons, "Suitable for" with a dropdown arrow, and a toggle switch for "Show only available sessions". At the bottom, there are two buttons: "Clear filters" and "Apply". The "Apply" button is highlighted with a red border.

Sign Up for the Live Well, Age Well Programme > Events

报名参加“乐享灿烂年华”计划 > 活动

STEP 步骤 2

By interests

Find specific programmes you are interested in by using the keywords below:


Live Enriched

Live Active

Live Happy

Live Nourished

Live Prepared

You may also tap on the  **Filter** button to narrow your search further.

按照兴趣

若想搜索您感兴趣的特定活动，可使用下列关键词：


Live Enriched

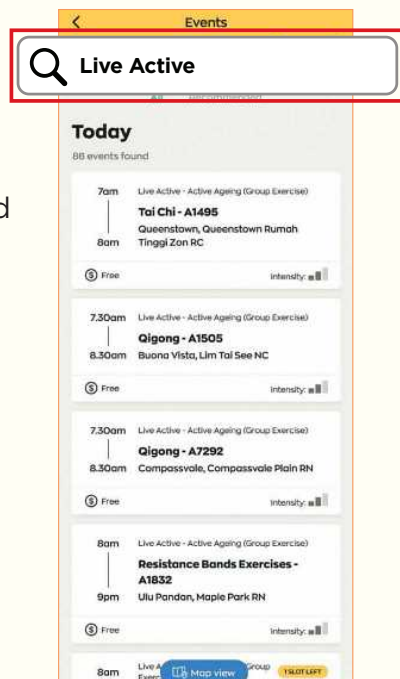
Live Active

Live Happy

Live Nourished

Live Prepared

您也可点击  **Filter** 筛选按钮，进一步缩小搜索范围。



Sign Up for the Live Well, Age Well Programme > Events

报名参加“乐享灿烂年华”计划 > 活动

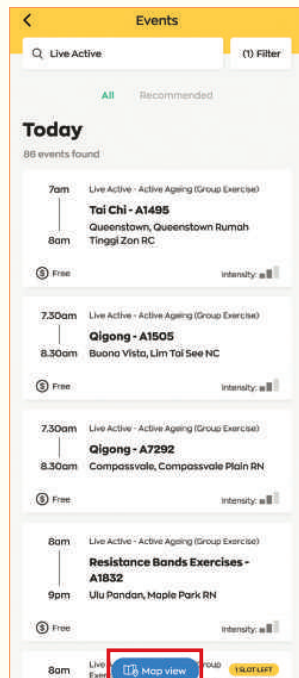
STEP 3 步骤

Tap on **Map View** to see location of nearby events on the map.

Tap on 'Clear filters' if you wish to redo.

点击 **Map View** 让地图显示附近的活动地点。

若要重新搜索，点击‘Clear filters’。



Sign Up for the Live Well, Age Well Programme > Events

报名参加“乐享灿烂年华”计划 > 活动

STEP 步骤 4

Tap the event to view more details.

点击活动以查阅详情。



Tap **Book now** to sign up.

点击 **Book now** 以报名。



Sign Up for the Live Well, Age Well Programme > Events

报名参加“乐享灿烂年华”计划 > 活动

STEP 步骤 5

Tap to select your preferred session(s). You may choose more than 1 session.

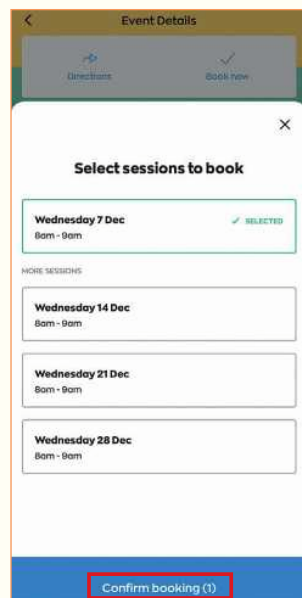
To unselect any selected session(s), tap on it again.

Tap **Confirm booking**.

点击您想要的时段。您可以1个以上的时段。

要取消任何选定时段，请再次点击该时段即可。

点击 **Confirm booking**。



Sign Up for the Live Well, Age Well Programme > Events

报名参加“乐享灿烂年华”计划 > 活动

STEP 步骤 6

To view all your booked events, tap then tap **View all booked events**.



Home

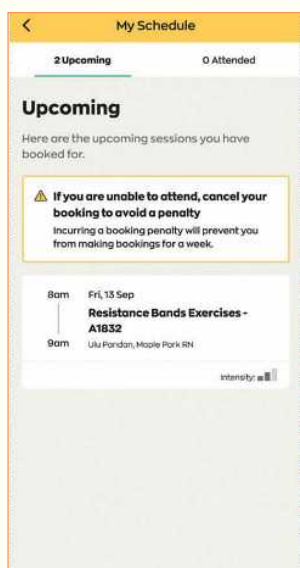
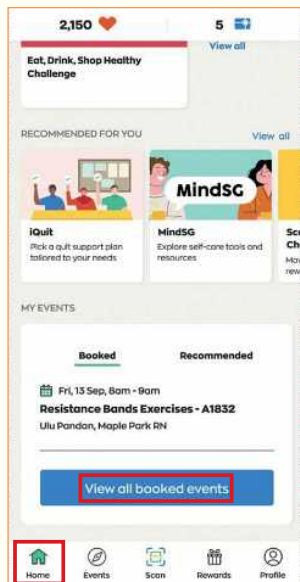
At any time, you can only have a maximum of 8 upcoming bookings.

要查看您已报名参加的所有活动，请点击然后点击 **View all booked events**。



Home

在任何时候，您最多只能报名参加 8 项活动。



Sign Up for the Live Well, Age Well Programme > Private Events

报名参加“乐享灿烂年华”计划 > 私人活动

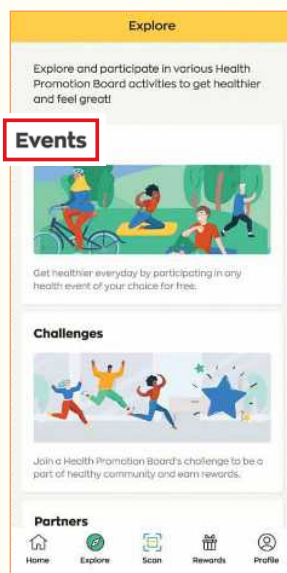
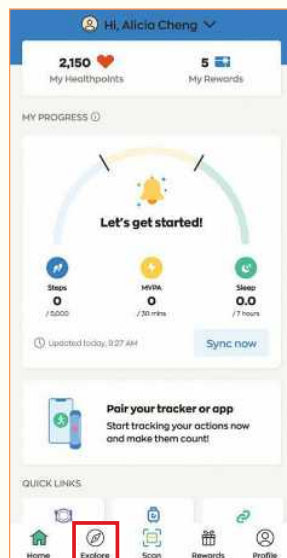
STEP 1 步骤 1

Tap  .

点击  .

Tap 'Events' to view upcoming events.

点击 'Events', 查看即将举行的活动。



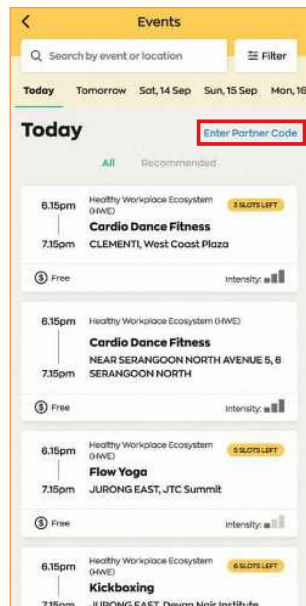
Sign Up for the Live Well, Age Well Programme > Private Events

报名参加“乐享灿烂年华”计划 > 私人活动

STEP 步骤 2

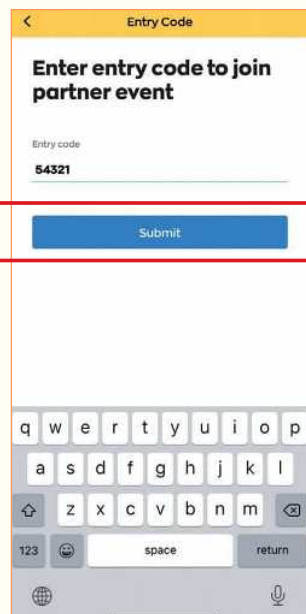
Tap **Enter Partner Code**.

点击 **Enter Partner Code**。



Enter the 5-digit code and tap **Submit**. This 5-digit code will be provided by the organiser of the session that you are joining.

输入5位数代码并点击 **Submit**。这个5位数代码将由您报名参加之活动的举办者提供。



Sign Up for the Live Well, Age Well Programme > Private Events

报名参加“乐享灿烂年华”计划 > 私人活动

STEP 步骤 3

You will be directed to view the details of the private event.

Follow **Steps 4 to 6** under “Sign up for the Live Well, Age Well Programmes” section (Pages 18 to 20) to book your preferred sessions!

您将来到该私人活动的详情页面。

按照“报名参加‘乐享灿烂年华’活动”部分（第18至20页）的步骤4至6，报名参加您想要的活动！



Join Booked Events > In-person Events

参加已报名的活动 > 亲临现场活动

Arrive punctually.

Registration will start 5 minutes prior to the session start time.
Latecomers may be denied entry to the session.

准时出席活动。

活动开始前5分钟即可报到。
迟到者可能会被拒参与活动。

Join Booked Events > In-person Events

参加已报名的活动 > 亲临现场活动



Tips for Exercise Events

- 1 **Wear loose clothing** that will allow you to move freely, and **sports shoes with non-slip soles**. Avoid wearing slippers, sandals and flats.
- 2 Bring along a water bottle to keep yourself **hydrated**.
- 3 Stop exercising if you are not feeling well.
- 4 If you are exercising indoors, **remove obstructions** so you have a clear space to exercise in safely.



有关运动活动的贴士

- 1 穿宽松的衣服，以方便活动，并且穿防滑的运动鞋。避免穿拖鞋、凉鞋和平底鞋。
- 2 携带水壶以补充水分。
- 3 若感到不适，请停止运动。
- 4 若您在室内运动，请移开障碍物以安全地运动。




Join Booked Events > Virtual Events

参加已报名的活动 > 线上活动

You can join the virtual event through the Healthy 365 app or booking confirmation email.

您可以通过 Healthy 365 手机程序或报名确认电邮参加线上活动。

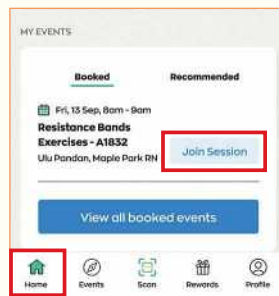
Joining through the Healthy 365 app

Tap  and scroll to the bottom of the page.


Under the **MY EVENTS** section, look for the session that you are attending.

Tap [Join session](#). You may join up to 30 minutes before the session start time.

You will be automatically directed to the virtual event platform (e.g. Zoom) to attend the session.



通过 Healthy 365 手机程序加入

点击  并移至页面底部。

在 **MY EVENTS** 部分，寻找您要出席的活动。

点击 [Join session](#)。您可以在活动开始前的30分钟内加入。

您将被自动引导至线上活动平台（例如Zoom）以参加该活动。

Join Booked Events > Virtual Events

参加已报名的活动 > 线上活动

Joining through the email

A booking confirmation email will be sent to your registered email address one day before the session. If you registered for the session less than a day before, you will receive the booking confirmation email immediately.

In the email, click [Join session](#). You may join up to 30 minutes before the session start time.

You will be automatically directed to the virtual event platform (e.g. Zoom) to attend the session.

通过电邮加入

报名确认电邮将在活动前一天发送到您注册的电邮地址。若您在活动开始前不到一天内报名，您将立即收到报名确认电邮。

点击电邮中的 [Join Session](#)。您可以在活动开始前的30分钟内加入。

您将被自动引导至线上活动平台（例如Zoom）以参加该活动。



Tips for Virtual Events

- 1 Turn on your camera to virtually meet your fellow participants. This will also allow us to help you when required.
- 2 Where possible, join us from a quiet location so you can hear the instructor clearly.

有关线上活动的贴士

- 1 开启您的镜头，认识您的活动同伴。我们也可以在必要时提供协助。
- 2 选择安静的场所参加线上活动，以便更清楚地听到活动指示。

Cancel Booked Events

取消已报名的活动

If you are unable to make it for the session that you have booked, please cancel your booking in the app to avoid a 7-day booking penalty.


Participants who do not show up for the session will incur a 7-day booking penalty, starting from the day of the last missed session. You will not be able to book any new sessions during the 7-day penalty period.

若您无法参加已报名的活动，请尽早通过手机程序取消报名，
否则在接下来的7天内，将被禁止报名参加新活动。
为期7天的惩罚期是从最近一次的缺席日算起。

Cancel Booked Events

取消已报名的活动

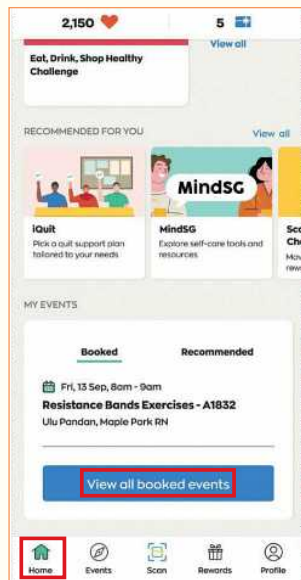
STEP 1 步骤 1

Tap  and scroll to the bottom of the page.

Under the **MY EVENTS** section, tap **View all booked events** to view the events that you have booked.

点击  并移至页面底部。

在 **MY EVENTS** 部分，点击 **View all booked events** 以查看您已报名的活动。



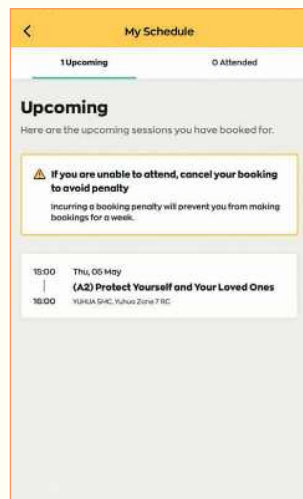
Cancel Booked Events

取消已报名的活动

STEP 2 步骤

Select the event you would like to cancel.

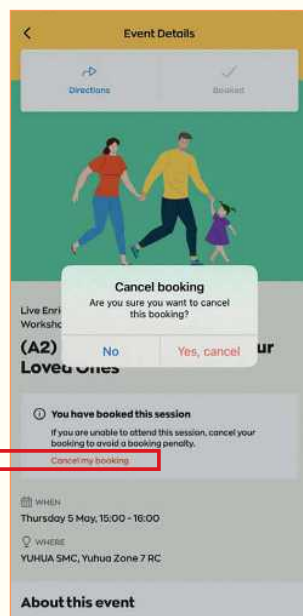
选择您想取消的活动。



STEP 3 步骤

Tap **Cancel my booking**, then tap **Yes, cancel**.

点击 **Cancel my booking**, 然后点击 **Yes, cancel**。



Update Profile > Emergency Contact

更新个人档案 > 紧急联系人

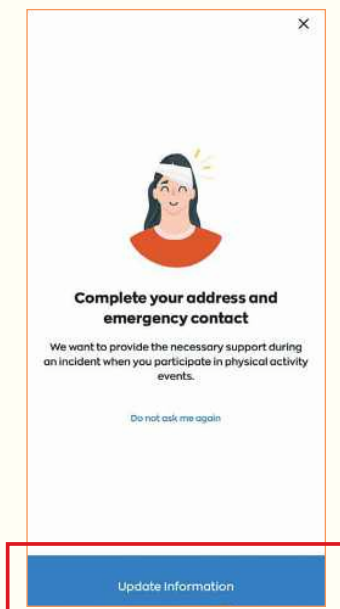
You may be prompted to update your emergency contact details if you have not done so previously. This is especially important for exercise events, so that we can provide the necessary support during an incident.

若您之前未更新紧急联系人的信息，系统可能会提示您更新。这对于运动活动尤其重要，以便我们在意外发生时能提供必要支援。

STEP 1 步骤 1

Tap **Update information** .

点击 **Update information** 。



Update Profile > Emergency Contact

更新个人档案 > 紧急联系人

STEP 2 步骤

Fill in your Emergency Contact.

Once you are done, tap **Update** at the bottom of the page.

填写您的紧急联络人信息。

完成后，点击页面底部的 **Update**。

<

Personal Information

Emergency Contact

Please ensure that your emergency contact is updated.

[Learn more](#)

Secondary Information

Emergency contact

****7878

Biometrics

Weight (kg)

50

Height (cm)

160

Weight goal (kg)

50

BMI

20.1

More info

Where do you work?

Others

Please select workplace cluster

Others

Where are you currently studying at?

Not a current student

Update

Update Profile > Personal Information 更新个人档案 > 个人资料

You may add or update your personal information at any time.

您可以随时添加或更新您的个人资料。

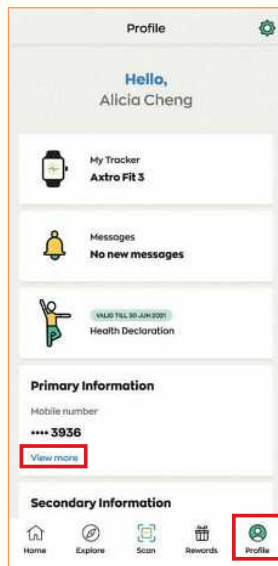
STEP 1 步骤 1

Tap **Profile**.

Tap **View more** under Primary Information or Secondary Information.

点击 **Profile**。

在主要资料或次要资料下点击 **View more**。



STEP 2 步骤 2

Tap on the relevant fields to update your particulars.

Once you are done, tap **Update with Singpass** at the bottom of the page.

点击相关栏位，更新您的个人详细资料。

完成后，点击页面底部的 **Update with Singpass**。



Update Profile > Health Status Declaration

更新个人档案 > 健康状况声明

Before you can proceed to book physical activity event(s), you will be prompted to declare your health status, if

1. You have not declared your health status **OR**
2. Your previous health declaration is expiring in 28 days **OR**
3. Your previous health declaration has expired

在报名参加体育活动之前，若出现以下状况，系统会提示您申报健康状况：

1. 您尚未申报健康状况；或
2. 您之前的健康状况声明将在28天内到期；或
3. 您之前的健康状况声明已经过期

Update Profile > Health Status Declaration

更新个人档案 > 健康状况声明

STEP 1 步骤 1

Tap the option to select your answer.

点选您的回答。

STEP 2 步骤 2

Tap **Confirm**.

If you have selected the **‘No, I have 1 or more health conditions’** option, for your safety, you will not be able to participate in physical activity events.

Your safety is of utmost importance to us. We have a wide range of other activities for you to stay healthy. Sign up for them under our Live Assured, Live Enriched, Live Happy, Live Nourished, and Live Prepared programmes today.

点击 **Confirm**。

若您选择了**‘No, I have 1 or more health conditions’** 选项，为了您的安全，您将不能参加体育活动。

您的安全对我们来说至关重要。我们还有各种其它活动，可帮助您保持健康。您可报名参加“乐享心安”、“乐享新知”、“乐享舒心”、“乐享养生”、“乐享精进”计划下的活动。

Share your feedback

分享您的意见

At the end of the event, you may be prompted to complete a simple survey to help improve our programmes.

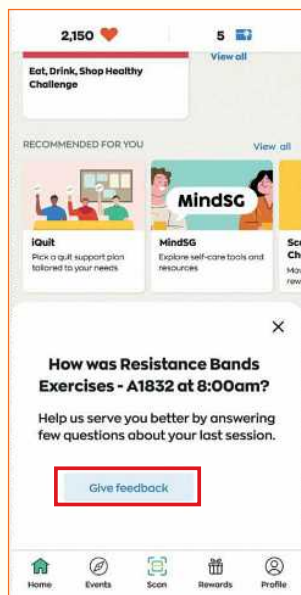
活动结束后，系统可能会要求您完成一项简单的问卷调查，以协助我们改进。

STEP 1

步骤 1

Tap **Give feedback** to start the survey.

点击 **Give feedback**，开始填入您的问卷答案。





**Find out more at
LiveWellAgeWell.gov.sg
or call 1800 223 1313***

欲知详情，请浏览
LiveWellAgeWell.gov.sg
或致电 1800 223 1313*

**LIVE WELL
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