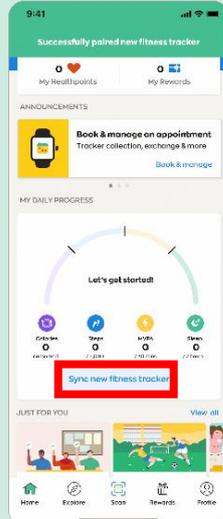
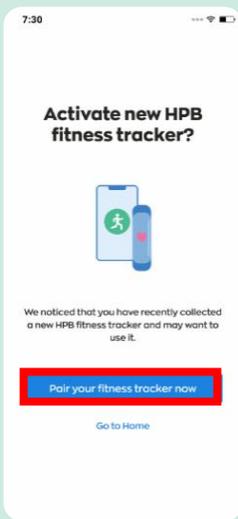




Healthy 365 App User Guide



1. How to set up your HPB fitness tracker for the first time after collection



If you have not previously paired any fitness tracker

If you have not previously paired any fitness tracker with the Healthy 365 app, turn your new HPB fitness tracker on and keep it near your mobile phone with the Healthy 365 app turned on.

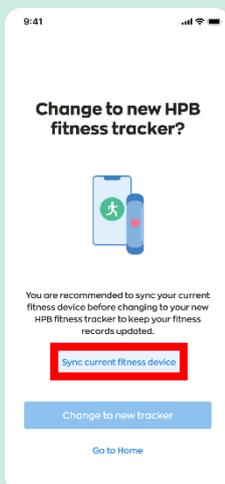
Tap on “Pair your fitness tracker now” to activate your HPB fitness tracker when you are prompted.

On the ‘Home’ tab of the Healthy 365 app, tap on ‘Sync new fitness tracker’.

If you already have an existing fitness tracker paired

If you have recently collected your new HPB fitness tracker and have an existing fitness tracker paired with the Healthy 365 app, follow either option below to pair your new HPB fitness tracker.

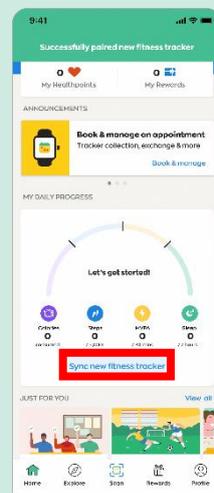
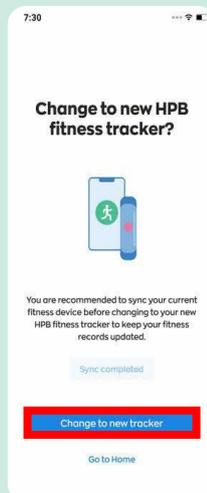
Option 1: Through the Auto Prompt Pop-Up Message



Step 1

Upon detecting the new fitness tracker, an auto pop-up message will appear to prompt you with the change in fitness tracker.

When prompted, tap “Sync current fitness tracker” to sync your existing fitness records. This prevents data loss.



Step 2

Tap “Change to new tracker” to confirm the pairing of HPB fitness tracker with the app.

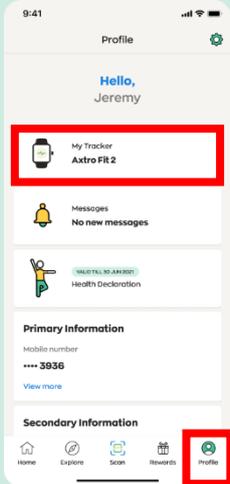
On the ‘Home’ tab of the Healthy 365 app, tap on ‘Sync new fitness tracker’.



Healthy 365 App User Guide



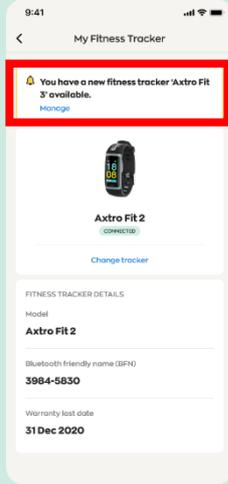
Option 2: Through the Profile page



Step 1

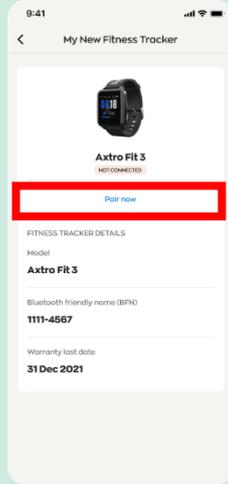
Turn on your new HPB Fitness tracker and have it nearby.

Go to 'Profile' and tap "My Fitness Tracker".



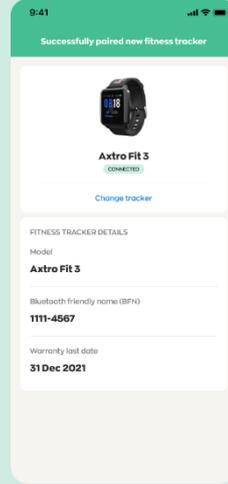
Step 2

Tap "Manage".



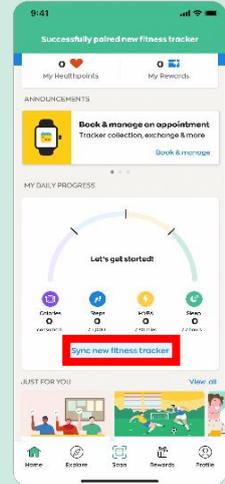
Step 3

Tap "Pair now" and follow the on-screen instructions to pair your new HPB fitness tracker.



Step 4

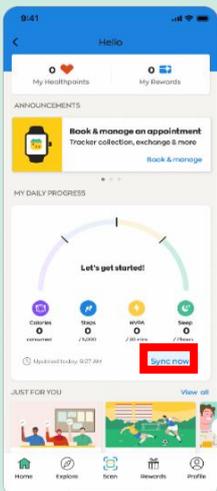
A confirmation message will appear in the green bar to indicate that your new tracker is successfully paired.



Step 5

Go to 'Home' and tap 'Sync new fitness tracker'.

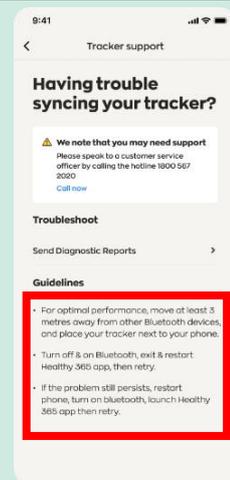
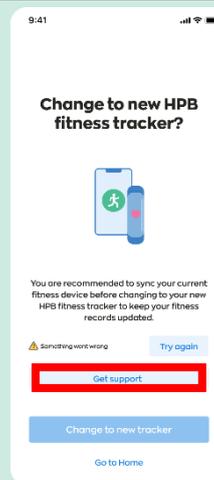
Syncing your steps, MVPA and/or sleep data



After performing the first sync of your new HPB fitness tracker, the "Sync now" button should appear in 'Home'.

Subsequently when you launch the Healthy 365 app, an automatic sync should occur. Alternatively, you can tap on "Sync now" to manually sync your steps, MVPA, and/or sleep data.

Have trouble syncing?



If your syncing attempts are unsuccessful with your current fitness tracker after 3 tries, tap "Get Support" and try the troubleshooting steps under "Guidelines".

If the issue persists, please contact Customer Care at 1800 567 2020 or stepschallenge@hpb.gov.sg

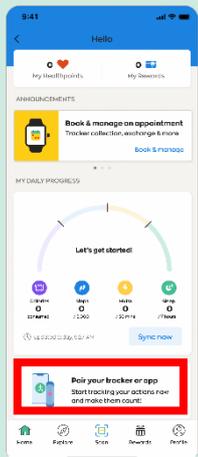
Healthy 365 App User Guide

2. How to set up your HPB fitness tracker

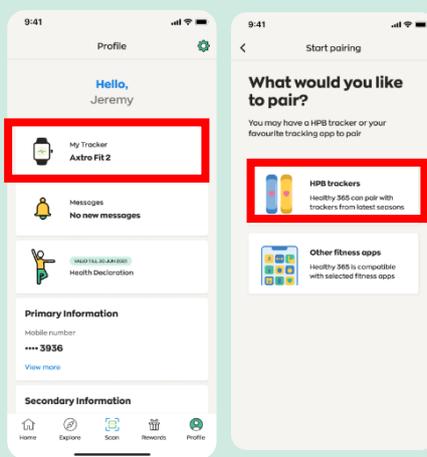
Applicable for: (i) purchased HPB fitness tracker, or
(ii) unpaired HPB fitness tracker

If you had collected your HPB fitness tracker at our roadshows or designated collection points, your fitness tracker would have been paired. Please refer to pages 1-2.

No paired tracker



Already paired a tracker



Step 1

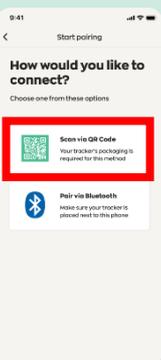
If you have not paired a tracker previously
On the 'Home' tab of the Healthy 365 app, tap on 'Pair your tracker or app' and select 'HPB Trackers'.

If you already have an existing paired tracker

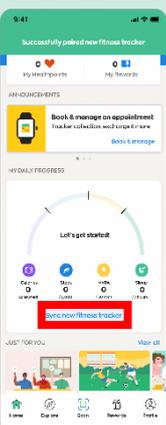
On the 'Profile' tab of the Healthy 365 app, tap on 'My Fitness Tracker' and select 'Change tracker'.

- If you are connecting via QR Code, you will need your HPB fitness tracker's packaging.
- If you are connecting via Bluetooth, you will need to turn on the Bluetooth® on your smartphone (Place your fitness tracker within 30cm of your smartphone).

Connect via QR Code:



Step 2(i)
Tap 'Scan via QR code' and scan the QR code on your HPB fitness tracker's packaging.



Step 2(ii)
On the 'Home' tab of the Healthy 365 app, tap on 'Sync new fitness tracker'.

Congratulations! You have successfully set up your HPB fitness tracker.

OR

Connect via Bluetooth:



Step 2(i)
Tap 'Pair via Bluetooth' and choose the model of your HPB fitness tracker.

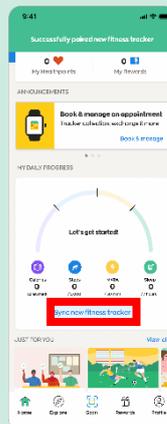


Step 2(ii)

You will be prompted to key in a 4-digit code. Tap on your HPB fitness tracker for your 4-digit code.

Key in the code and tap 'Submit'.

On the 'Home' tab of the Healthy 365 app, tap on 'Sync new fitness tracker'.



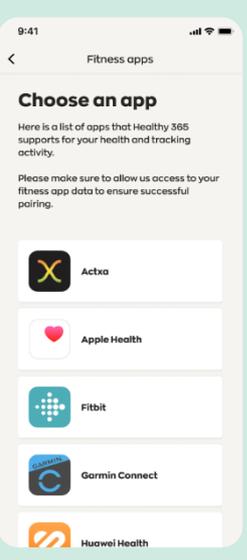
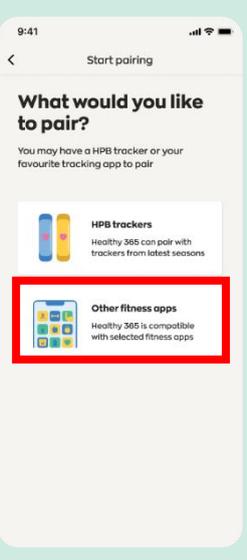
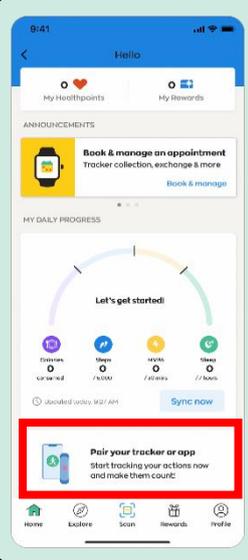
Congratulations! You have successfully set up your HPB fitness tracker.



Healthy 365 App User Guide



3. How to set up other fitness trackers (if you are not using a HPB fitness tracker)

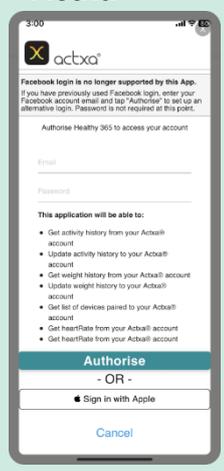


On the 'Home' tab of the Healthy 365 app, select 'Pair your tracker or app'. Next, tap on 'Other fitness apps' to choose your preferred fitness tracking mode:

- Actxa® mobile app^
- Apple Health mobile app
- Fitbit mobile app^
- Garmin Connect™ mobile app^
- HUAWEI Health mobile app^
- Polar Flow mobile app^
- Samsung Health mobile app

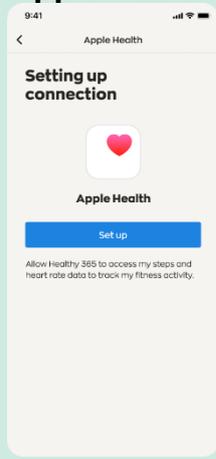
^Applicable to selected fitness tracking devices compatible with Actxa®, Fitbit, Garmin Connect™, HUAWEI Health or Polar Flow apps.

Actxa®



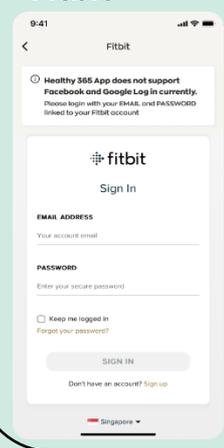
Log in to your Actxa® account and tap on 'Authorise' to allow access for the Healthy 365 app.

Apple Health



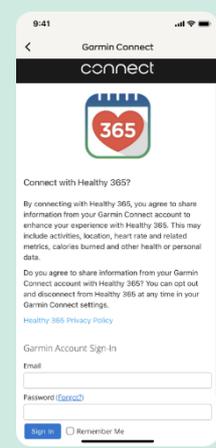
Allow the Healthy 365 app to access your fitness data on the Apple Health mobile app.

Fitbit



Log in to your Fitbit account. Select your preferred Fitbit tracker to allow the Healthy 365 app to access your fitness data on the Fitbit mobile app.

Garmin Connect™



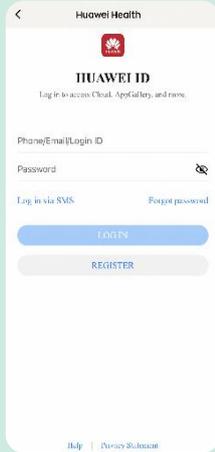
Log in to your Garmin Connect™ account to allow the Healthy 365 app to access your fitness data on the Garmin Connect™ Mobile app.



Healthy 365 App User Guide



HUAWEI Health



Log in to your HUAWEI ID

Allow the Healthy 365 app to access your fitness data on the HUAWEI Health mobile app.

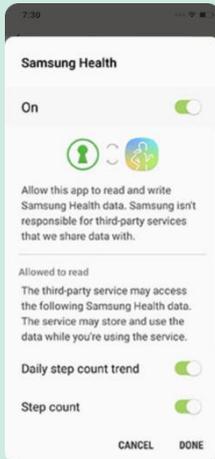
Polar Flow



Log in to your Polar Flow account.

Select your preferred Polar tracker to allow the Healthy 365 app to access your fitness data on the Polar Flow mobile app.

Samsung Health



Allow the Healthy 365 app to access your fitness data on the Samsung Health mobile app.

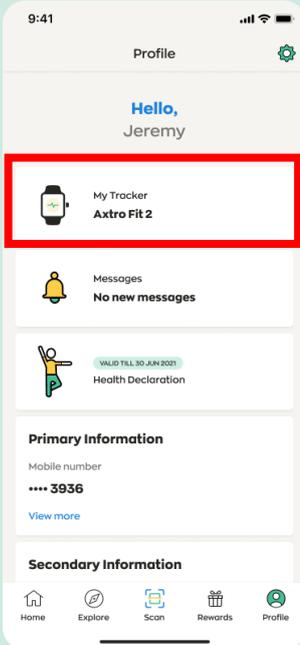


Healthy 365 App User Guide

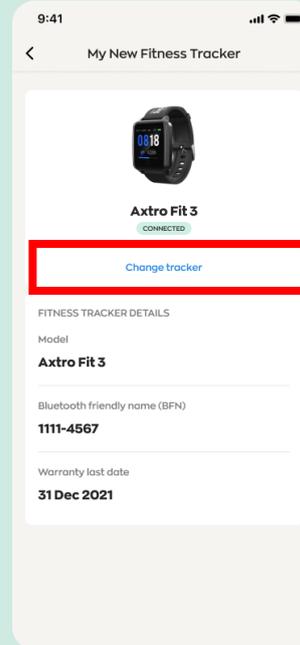


4. How to change fitness tracking mode

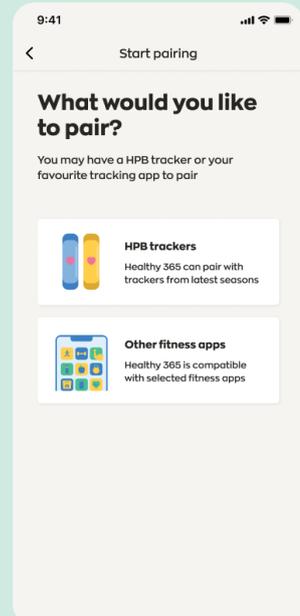
Sync all your existing data before changing your fitness tracking mode.



Step 1
On the 'Profile' tab of the Healthy 365 app, tap on 'My Fitness Tracker'.

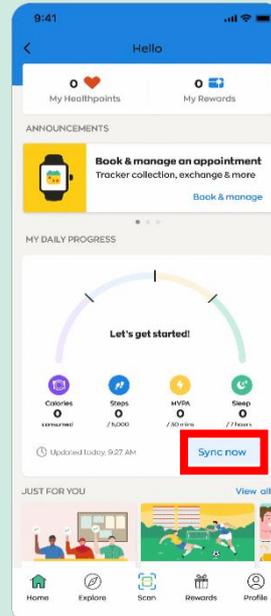


Step 2
Tap on the 'Change tracker' button. Follow the on-screen instructions to ensure that you have synced all your existing data.



Step 3
Select your preferred fitness tracking mode and follow the on-screen instructions to complete the pairing process.

Refer to the steps above to pair your desired tracker



Step 4
Go to 'Home' and tap on the 'Sync now' button to sync for the first time.

Your fitness tracker should sync automatically after the first sync.