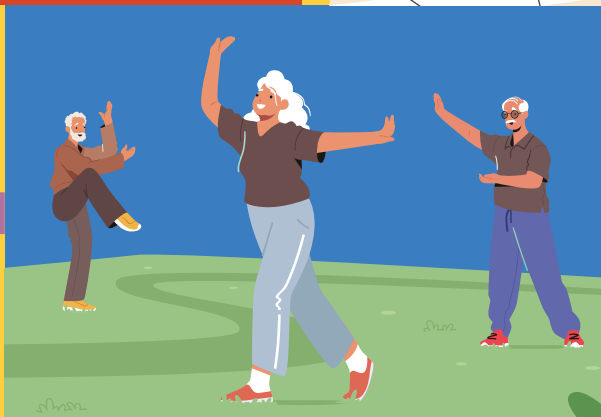


Live the healthier way

with Healthy 365



Content

01 Getting Started

03 Staying Active

04 Eating Healthy

07 Living Healthier

14 Sleeping Well

15 Quitting Smoking

16 Preventive Health

Introducing Healthy 365

Download Healthy 365 to receive your Healthier SG enrolment benefit (\$20 worth of Healthpoints) after your first health plan consultation.

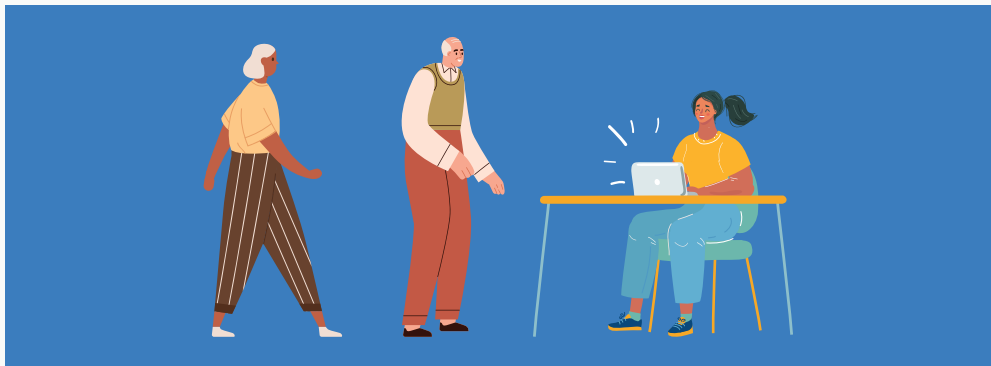
Discover programmes and offerings that support your healthy lifestyle:

- a)** Use My Daily Progress to monitor daily calorie intake, physical activity and sleep duration.
- b)** Access informative resources and programmes.
- c)** Earn Healthpoints for participating in healthy lifestyle activities.
- d)** Redeem Healthpoints for a variety of lifestyle rewards.



Download the app at
go.gov.sg/getthehealthy365

Need assistance?



Visit the following for help with Healthy 365:



People's Association

**Community
Centres**



SUPPORTED BY MOH AND AIC

**Active Ageing
Centres***



**:DIGITAL
OFFICE**

**SG Digital community hubs at
Community Centres and Public Libraries**

*Seniors aged 60 and above can approach their nearby Active Ageing Centres. For Singpass issues, please visit any Community Centre near you.



Visit go.gov.sg/healthy365 website
to learn more!

Stay active every day



Aim for **150-300 minutes of moderate-intensity aerobic activities** each week.

Exercise Intensity



Light

Can talk in full sentences and sing.



Moderate

Can talk in short sentences but cannot sing.

E.g. Brisk walking, leisure cycling



Vigorous

Have difficulty talking.

E.g. Running, kickboxing, High-Intensity Interval Training

Include muscle-strengthening exercises on 2 or more days a week.

Try exercises such as:

Qigong



Pilates



Weight Training



Eat healthier and well-balanced meals

(A) Use My Healthy Plate as a guide



Fill 1/4 plate with wholegrains
(E.g. wholemeal bread or brown rice)

Fill 1/4 plate with good sources of protein
(E.g. beans, eggs, meat, or fish)

Fill 1/2 plate with fruit and vegetables

To strengthen and maintain muscles and bones, adults aged 50 and above should eat sufficient protein and calcium-rich foods.

- Have 1 serving of protein-rich food every meal
- Have 1 serving of calcium-rich food every day (e.g. low-fat milk, sardines, tau kwa, or ikan bilis)

People with chronic conditions such as diabetes should check with their doctor on healthier food options.

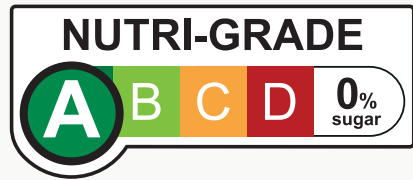
(B) Choose healthier food and beverages

Choose healthier food with the **Healthier Choice Symbol**.



Eat All Foods in Moderation

Choose healthier drinks labelled **Nutri-Grade “A” or “B”**, or with the **Healthier Choice Symbol**.



(C) Reduce your sodium intake

Limit sodium intake to **2,000mg per day** (about 1 teaspoon of salt).

Choose food products with the “Lower in Sodium” Healthier Choice Symbol.

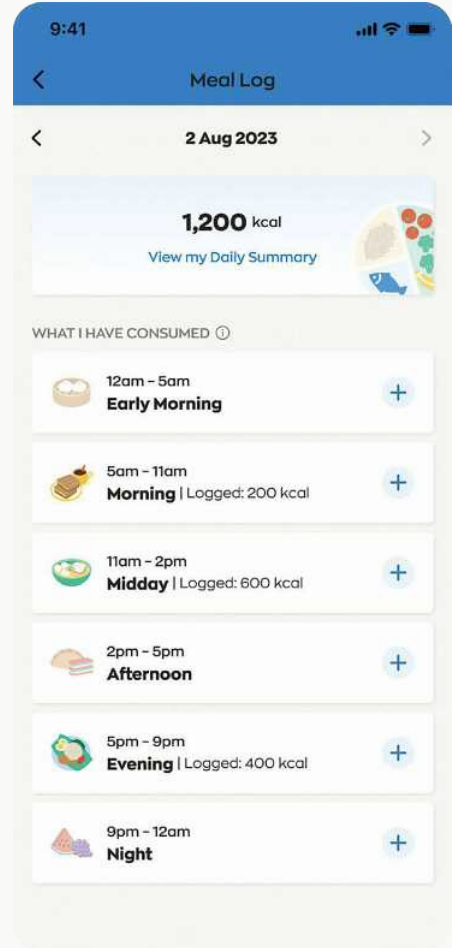
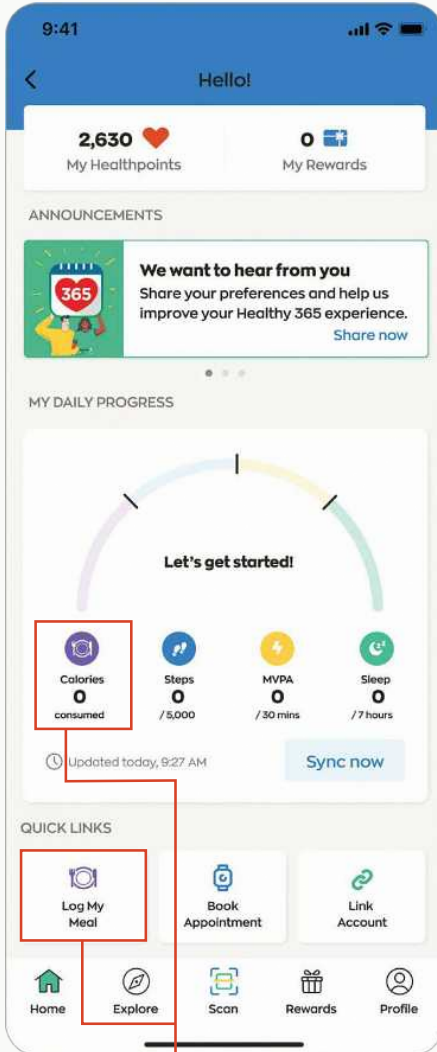


Lower in Sodium



(D) Know your daily calorie intake

Log your meals and track your daily calorie intake with Healthy 365.



Click on “Calories” or
“Log My Meal” to start
logging your meals.

Join programmes & participate in challenges

with Healthy 365

(A) Eat, Drink, Shop Healthy Challenge

Participate in the Eat, Drink, Shop Healthy Challenge and earn sure-win rewards when you buy healthier choice groceries, food, and drinks at supporting outlets.



Take part in 3 simple steps:



Eat All Foods in Moderation

1 Buy Healthier
Choice items



2 Scan QR receipts
with Healthy 365



3 Redeem
Rewards



Visit go.gov.sg/edsh
to find out more!

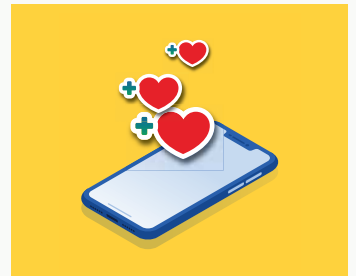
(B) National Steps Challenge™

Participate in the National Steps Challenge™ with Healthy 365. Clock your steps and Moderate to Vigorous Physical Activity minutes to be rewarded daily!



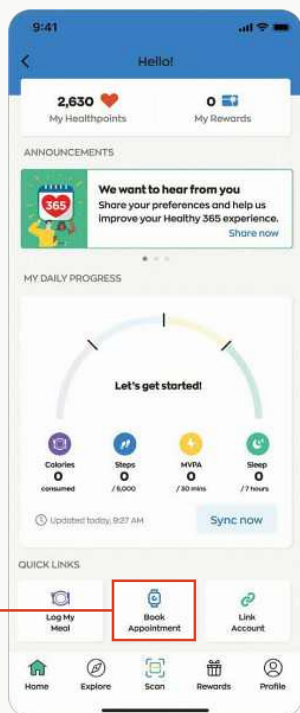
Here's how it works:

Simply pair and sync your Healthy 365 app with a HPB fitness tracker or any other Healthy 365 compatible tracker or app, and you're all set!

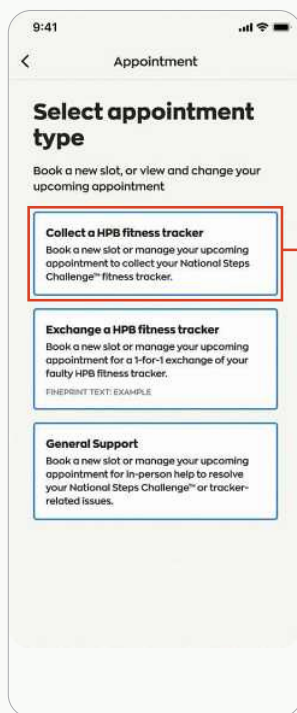


Need a fitness tracker?

Make an appointment via the Healthy 365 app to collect your free HPB fitness tracker at your preferred location now.



Click on "Book Appointment"



Click on
"Collect a HPB
fitness tracker"



Visit go.gov.sg/nsc to find out more!

For Apple Watch and iPhone Users



LUMI

HEALTH

Want to improve your overall wellbeing but don't know where to start? With the LumiHealth app and your Apple Watch, you can skip the guesswork and achieve your health goals with simple, everyday actions. What's more, you can earn HPB eVouchers for your healthy actions.



Visit lumihealth.sg
to learn more!



lumihealth.sg



Download on the
App Store

(D) Join targeted programmes for adults aged 50 and above



Move It, Feel Strong

Join a weekly group activity (e.g. Zumba Gold, low-impact aerobics) to stay active and reduce your risk of falls, joint pain and stiffness.



Rolling Good Times

Join to learn about common fall risks, how to avoid them and what to do if you fall.



Live Enriched & Live Happy Workshops

Join interactive workshops to pick up tips for a healthier lifestyle!

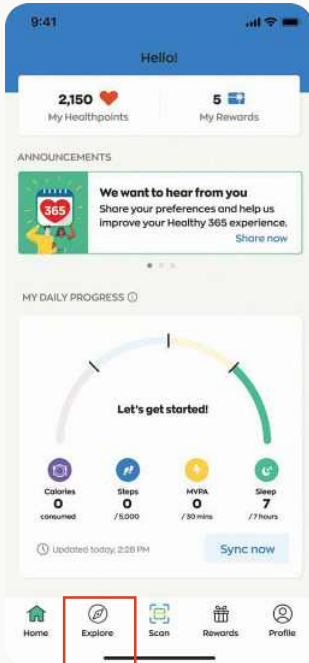


Visit
go.gov.sg/lwaw
to learn more!

**LIVE WELL
AGE WELL**



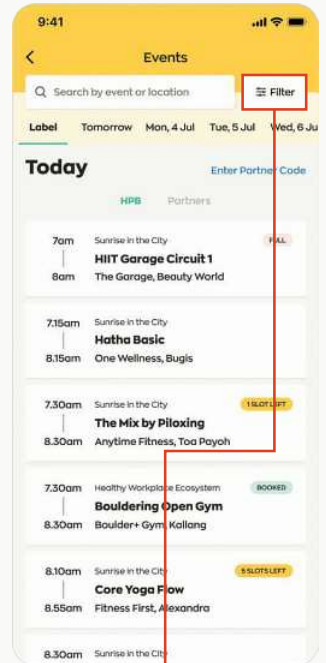
(E) Find more community events on Healthy 365



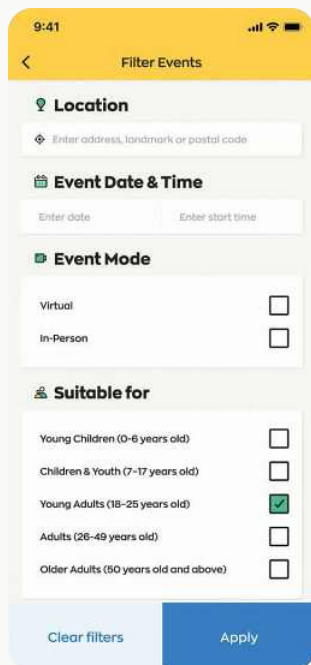
Step 1
Click
"Explore"



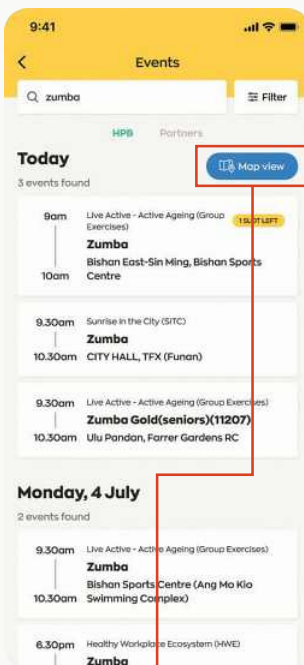
Step 2
Click
"Events"



Step 3
View the
listed events
and filter for
preferred
activities



Step 4
Filter by
location, date
& time, and
age group



Step 5
Tap on
“Map view” to
locate nearby
activities

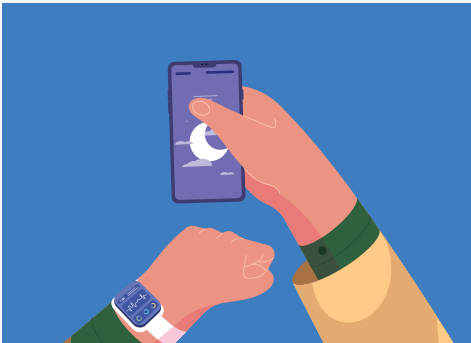


Have sufficient sleep daily

to feel refreshed and alert the next day

Aim for **7 hours of sleep each day**.

Use Healthy 365 and a compatible wearable to track your sleep.



Visit go.gov.sg/sleep-gp to learn more!

Quit smoking today

if you are a smoker

Start your quit journey today!



Visit go.gov.sg/iquit
to sign up for the
I Quit Programme!



Get vaccinated to protect yourself

Recommended vaccinations under the National Adult Immunisation Schedule are fully subsidised for Singapore Citizens at your enrolled Healthier SG clinic.



Recommended for adults with specific medical conditions or indications



Recommended for adults who meet the age requirement

Vaccine	40-64 years	≥ 65 years
Influenza (INF)	1 dose annually or per season	
Pneumococcal conjugate (PCV13)	1 dose	
Pneumococcal polysaccharide (PPSV23)	1 or 2 doses (depending on indication)	1 dose



Visit
go.gov.sg/naisvac
to learn more!

PREVENT WHAT'S
PREVENTABLE WITH
VACCINATION

Get screened for your health

Enjoy fully subsidised nationally recommended screening under Screen for Life at your enrolled Healthier SG clinic. You can check with your enrolled HSG clinic when your recommended screening tests are due.

Age group	Screen for	Frequency
40 years and above	Cervical cancer (women only)	Once every 5 years
	Cardiovascular risk	Once every 3 years
50 years and above	Colorectal cancer	Once a year
	Breast cancer (women only)	Once every 2 years




Visit
go.gov.sg/screenfl
 to learn more!



ScreenforLife
 Health Promotion Board



**Scan for
online copy**

 1800 223 1313

 HPB_Mailbox@hpb.gov.sg