

STEP IT UP JULY! CHALLENGE FREQUENTLY ASKED QUESTIONS

Section A: General Information

1. What is the 'Step It Up July! Challenge'?

The 'Step It Up July! Challenge' is organised by Health Promotion Board and Team Axis (also referred to as "Organisers") to encourage participants to move more, gain health knowledge and form healthy habits through daily activities across 30 days.

Participants can earn Step It Up (SUPer) points by clocking 10,000 steps daily and participating in the challenge's "Boost Sweat Out with the Stars" activities and "Freestyle" health quizzes.

- "Boost Sweat Out with the Stars" is a physical activity session with celebrity fitness instructors from Mondays to Thursdays; and
- "Freestyle" comprises of short health quizzes from Fridays to Sundays.

These SUPer points will be converted into attractive rewards at the end of the challenge.

2. When can I participate in the 'Step It Up July! Challenge'?

The 'Step It Up July! Challenge' will start on 18 July 2022, 0000 hours and will end on 17 August 2022, 2359 hours. Participants are encouraged to participate in the workouts and clock 10,000 steps daily during this period.

4. How do I register for the 'Step It Up July! Challenge'?

You may sign up for the challenge and provide your particulars via the registration form on the Step It Up July! Challenge Website: <https://www.team-axis.com/step-it-up-july>.

The Step It Up July! Challenge is open to members of public with a valid NRIC/FIN and is at least 17 years old of age at point of registration. However, please note that only participants who have signed up for **National Steps Challenge™ Corporate Challenge** are entitled to rewards in the **Step It Up July! Challenge**, subject to terms and conditions.

5. Do I need to pay to participate in the Challenge?

No payment is required for signing up or participating in the Challenge.

6. How do I withdraw from the 'Step It Up July! Challenge', and will there be any penalty?

Participants can email healthywe@team-axis.com for withdrawal requests. There is no penalty for withdrawals.

Section B: Rewards

9. How do I earn SUPer points under the 'Step It Up July! Challenge'?

To participate and qualify for the Challenge rewards, Participants will need to:

- i. Be a National Steps Challenge™ Corporate Challenge participant.
- ii. Sign up for the 'Step It Up July! Challenge' and provide their particulars via the "Step It Up July! Challenge" Website: <https://www.team-axis.com/step-it-up-july>
- iii. Participate in
 - [Mondays to Thursdays – Boost Sweat Out with the Stars] Participants who participate in the virtual workouts and have a verified synced record of 10,000 steps on Healthy 365 app, will earn 1 SUPer point.
 - [Fridays to Sundays – Freestyle Quiz] Participants who correctly answer the health quizzes and have a verified synced record of 10,000 steps on Healthy 365 app, will earn 1 SUPer point.

Note: Daily step counts must be synced to the Healthy 365 app on the day the activity was completed, by 2359hours. The awarding of SUPer points will be independently tracked and verified backend by the Organisers.

9. What are the rewards under the 'Step It Up July! Challenge'?

Participants will be awarded with the following incentives based on the number of SUPer Points they have achieved **at the end of the challenge**:

Tier	SUPer Points	Rewards
3	5-9 points	\$2 Mr Bean e-Voucher
2	10 – 19 points	\$5 NTUC e-Voucher
1	20-31 points	\$10 NTUC e-Voucher

Participants who achieve 20 or more SUPer points by the end of the challenge will also be entered into a lucky draw. **Three** lucky winners will receive a \$50 CapitaLand voucher each.

Rewards are not transferable, not assignable, and not redeemable for cash. The Organisers may, in its sole and absolute discretion and without prior notice, replace, change, or substitute any reward with another of similar value.

10. How will the winners be informed?

All winners will be notified via e-mail by 16 September 2022.

11. How will winners receive their rewards?

All reward recipients will be contacted by the Organisers via e-mail by 16 September 2022. In the event that the prize recipient does not complete winner verification after 5 working days, the Organisers reserve the right to award the reward(s) to another eligible recipient.

Section C: Website and Contact Details

12. Where can I find more information about the 'Step It Up July! Challenge'?

You may visit the 'Step It Up July! Challenge' website: <https://www.team-axis.com/step-it-up-july> for more information.

13. Who can I contact if I face any issue with the 'Step It Up July! Challenge'?

Please contact us at 9027 3873 or healthywe@team-axis.com. Operating hours are Monday to Friday, 10am to 6.30pm (excluding Public Holidays).