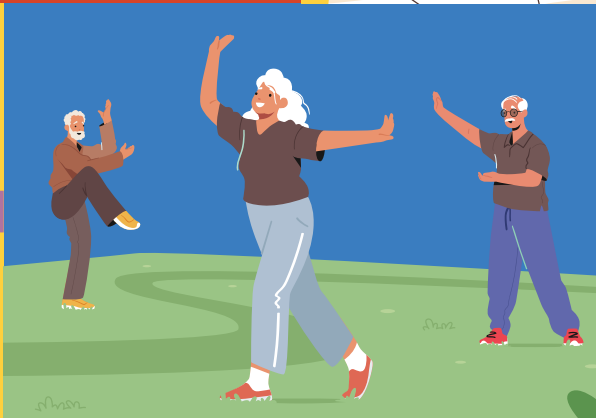


In support of



# 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.**



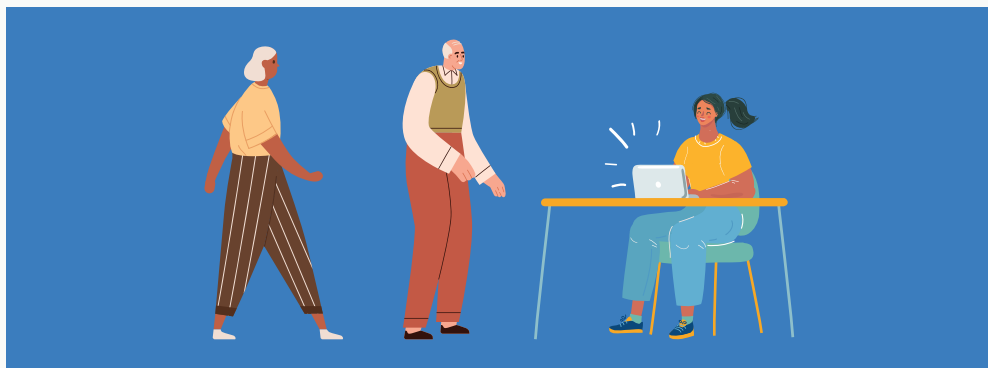
Download the app at  
[go.gov.sg/gethealthy365](https://go.gov.sg/gethealthy365)

**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.



# Need assistance?



**Visit the following for help with Healthy 365:**



People's Association

**Community  
Centres**



SUPPORTED BY MOH AND AIC

**Active Ageing  
Centres\***



**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/healthy365website](https://go.gov.sg/healthy365website)  
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. Jogging, running, swimming continuous laps, kickboxing

**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.



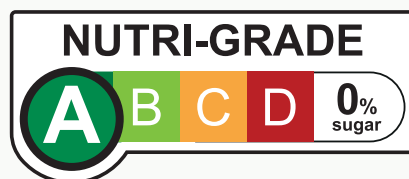
## (B) Choose healthier food and beverages

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.



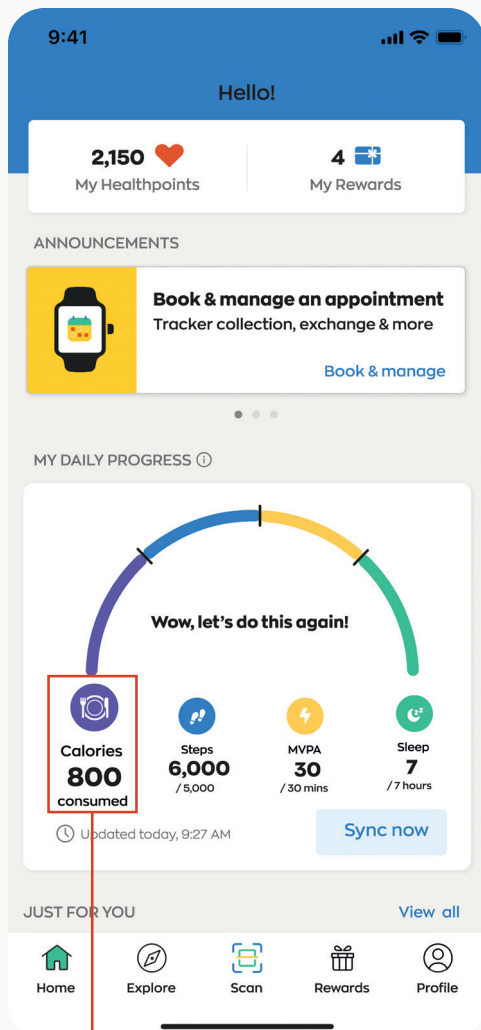
Lower in Sodium



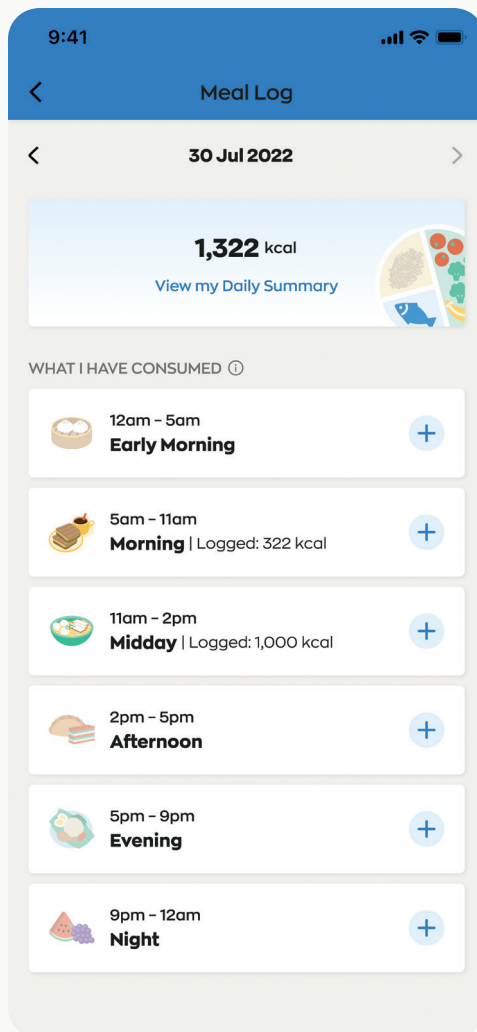


## (D) Know your daily calorie intake

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



Click on “Calories” to log your meals

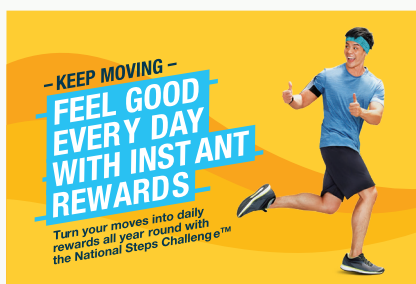




# Join programmes & challenges

with Healthy 365

## (A) 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!

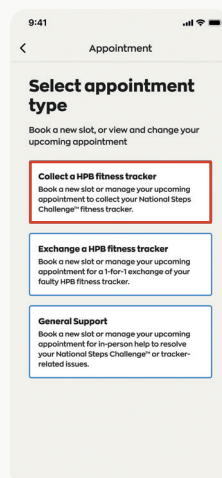
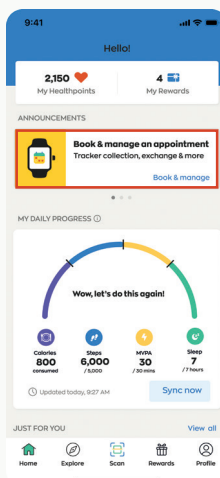


Visit [go.gov.sg/nsc](https://go.gov.sg/nsc) to find out more!

Collect your HPB fitness tracker\* or use your own compatible fitness tracker or app (e.g. Apple Watch, Fitbit).



\*Make an appointment via Healthy 365 for collection.





## (B) Eat, Drink, Shop Healthy Challenge

Join 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**



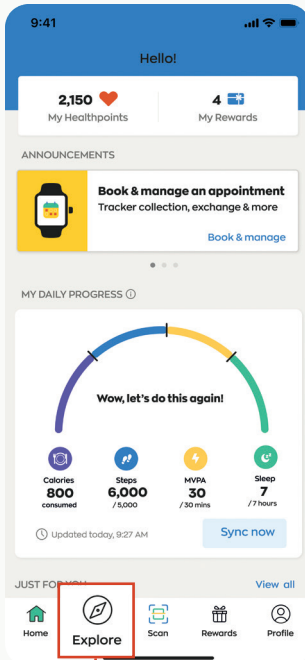
**3 Redeem Rewards**



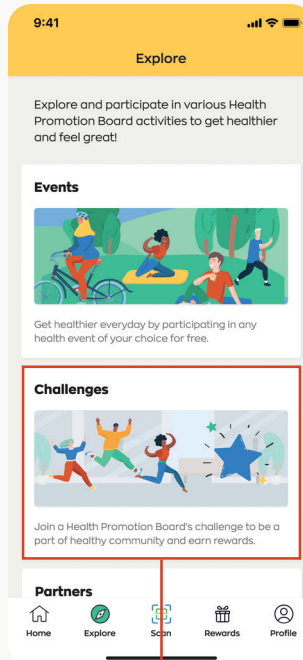
Visit [go.gov.sg/edsh](https://go.gov.sg/edsh) to find out more!



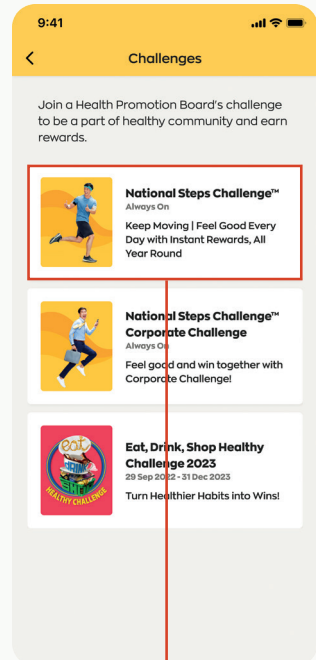
# (C) How to find and join challenges



**Step 1**  
Click  
“Explore”



**Step 2**  
Click  
“Challenges”



**Step 3**  
Click to join a  
challenge



# 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](https://lumihealth.sg)  
to learn more!



[lumihealth.sg](https://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!



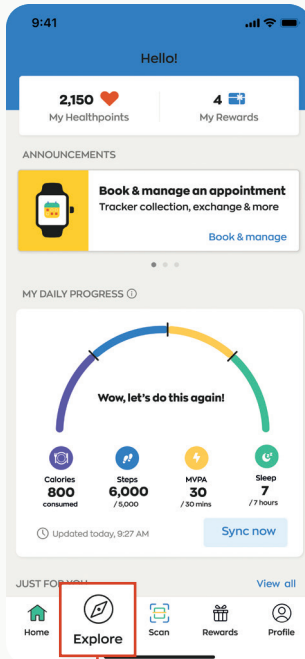
Visit  
[go.gov.sg/lwaw](https://go.gov.sg/lwaw)  
to learn more!

**LIVE WELL  
AGE WELL**

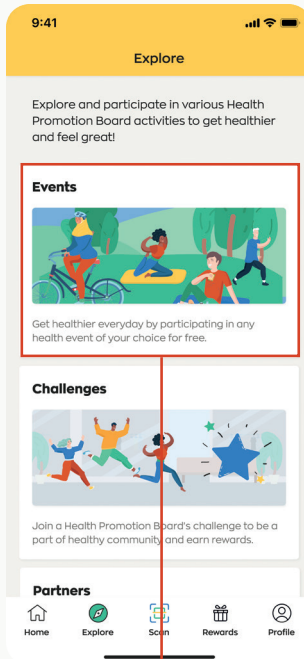




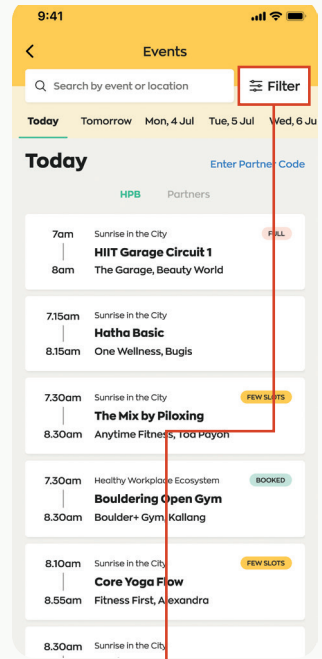
# (E) Find more community events on Healthy 365



**Step 1**  
Click  
"Explore"

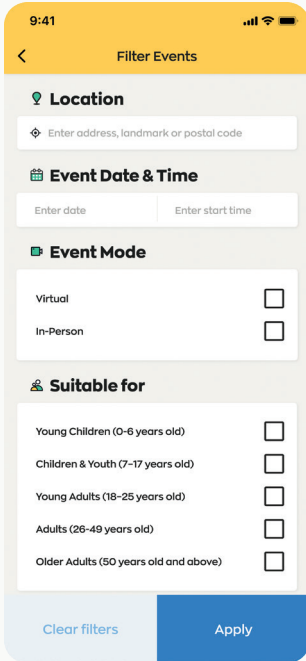


**Step 2**  
Click  
"Events"

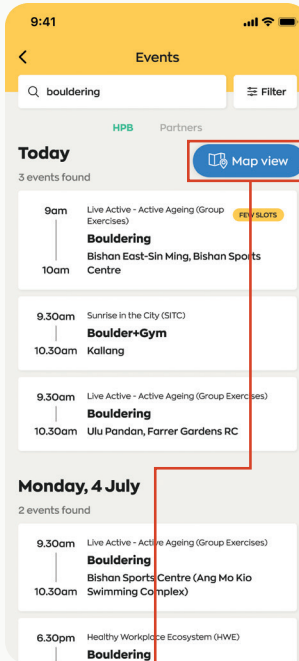


**Step 3**  
View the  
listed events  
and filter for  
preferred  
activities





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



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



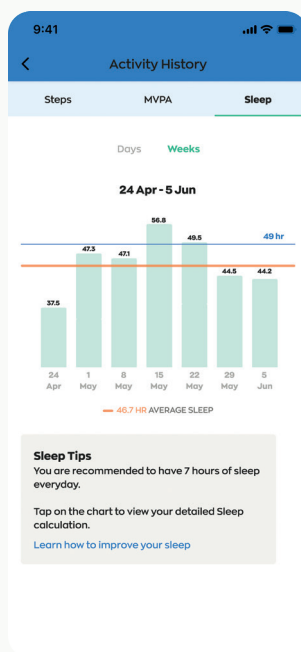
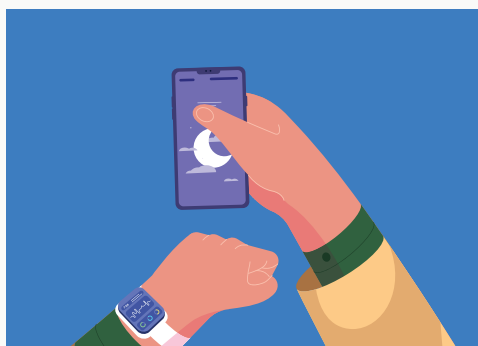


# Have sufficient sleep daily

**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](https://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](https://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 at your enrolled Healthier SG clinic.

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



Recommended for adults with specific medical conditions or indications



Recommended for adults who meet the age requirement



Visit  
[go.gov.sg/vaccinate1](https://go.gov.sg/vaccinate1)  
to learn more!

PREVENT WHAT'S  
PREVENTABLE WITH  
VACCINATION



# Get screened for your health

Enjoy full subsidies for nationally recommended screening tests and follow-up activities at your enrolled Healthier SG clinic, including:

- GP consultation on screening day
- repeat or confirmatory testing
- first follow-up consultation

Age group	Condition	Frequency
<b>40–69 years</b>	Cervical cancer (women only)	Once every 5 years
<b>40 years and above</b>	Cardiovascular risk	Once every 3 years
<b>50 years and above</b>	Colorectal cancer	Once a year
	Breast cancer (women only)	Once every 2 years



Visit  
[go.gov.sg/sfl2](https://go.gov.sg/sfl2)  
 to learn more!




**ScreenforLife**  
 Health Promotion Board





**Scan for  
online copy**

 1800 223 1313

 HPB\_Mailbox@hpb.gov.sg

