



FAQs for Wellness Challenge 2024 Edition

1. What is Wellness Challenge 2024 Edition?

Wellness Challenge 2024 Monthly Edition is designed to promote a comprehensive approach to health and well-being. It aligns each month with specific health awareness themes and festive seasons, creating a structured program for physical, mental, and emotional wellness throughout the year.

2. What is the duration of the Wellness Challenge 2024 Edition?

The Wellness Challenge 2024 Edition runs for a year with monthly challenges, from 12:00am on 1 January 2024 to 11:59pm on 31 December 2024.

3. Who is eligible to participate in the Wellness Challenge 2024 Edition?

Participants who are 17 years old and above, based on the calendar year 2024 and have an active account in Healthy 365 app.

4. Can non-Singaporean or PR participate in the Wellness Challenge 2024 Edition?

Yes, as long as they are able to sign-up for an account or have an active account in Healthy 365 app.

5. How do I participate in the Wellness Challenge 2024 Edition?

Please refer to the following social media accounts for the specific challenge, which differs monthly:

- AngusKnight Singapore Instagram: <https://www.instagram.com/akgsingapore/>
- CapitaLand Instagram: <https://www.instagram.com/yourworkpalcecommunity/>
- CapitaLand Website: <https://www.capitaland.com/sg/en/lease/engagement/wellness-challenge-2024-edition.html>

6. How do I sign-up for the workout and workshop listed in the monthly challenge?

- Sign-up/Log in to Healthy 365 app
- Tap “Explore” on the bottom panel of the home page
- Tap on “Events” and search for Healthy Workplace Ecosystem or HWE
 - i. Please refer below for the listing of locations
 - <https://www.capitaland.com/sg/en/lease/engagement/healthy-workplace-ecosystem.html>
 - <https://www.capitaland.com/sg/malls/funan/en/events/fight-do-workoutsfunanroofgarden.html>

7. Is / are there any perk(s) for participating in the monthly Wellness Challenge?

Stand a chance to qualify for our quarterly incentive after completing the challenges within the quarter.

8. How do I qualify for the quarterly incentives?

To qualify for quarterly incentive, participants must:

- Complete respective quarterly listed challenges every month within the quarter

Only completed and successful submission within the Official Challenge Period will be eligible for the incentives.

Official Challenge Period for each quarter:

First Quarter	1 January 2024 – 31 March 2024
Second Quarter	1 April 2024 – 30 June 2024
Third Quarter	1 July 2024 – 30 September 2024
Fourth Quarter	1 October 2024 – 31 December 2024



9. Can I use the same email address as my family members?

No, participants may not use the same email address as family members. This restriction is in place for verification purposes.

10. How do I submit my entries for the Wellness Challenge 2024 Edition?

All submissions of the challenges and activities will be in one submission via FormSG per month. You may find the FormSG links here:

- AngusKnight Singapore Instagram: <https://www.instagram.com/akgsingapore/>
- CapitalLand Website: <https://www.capitaland.com/sg/en/lease/engagement/wellness-challenge-2024-edition.html>

11. Can I join the challenge at any point of the year?

Yes, please refer to the respective quarterly cut-off dates and ensure that challenges are completed for the respective quarter.

Example: If a participant joins in May 2024, he or she has to complete all challenges listed from April to June 2024 to receive the quarterly completion incentive.

12. When will I be notified of the incentives if I am an eligible participant who has completed all the quarterly submission?

All eligible incentive winners will be notified by 30 April, 31 July, 31 October 2024 and 31 January 2025 respectively.

13. How do I submit my monthly challenges?

All submissions of challenges will be in one submission via FormSG per month.

14. What is the maximum photo size for the photo submission via FormSG?

Each photo size should not exceed more than 2MB. If the photo exceeds 2MB, participants may take a screenshot of the photo to compress the photo.

January 2024 Challenge: SMART Goals

15. What is a SMART goal?

SMART goal is a goal-setting framework that helps individuals to create clear and actionable goals. SMART refers to:

S – Specific: Goals should be clear and concise, outlining what is to be achieved

M – Measurable: Goals should be quantifiable, allowing for tangible tracking of progress

A – Achievable: Goals should be realistic and attainable to remain motivated

R – Relevant: Goals should be aligned to the overall vision

T – Time-bound: Goals should have a specific timeframe to provide a clear target for completion

February 2024 Challenge: Active Living, Healthy Eating

16. How do I measure 1 serving of fruit?

Household measure: 1 serving is equivalent to 1 small apple, orange, pear or mango, or 1 wedge of papaya, pineapple or watermelon, averagely weighing 130g. You may refer to the link for examples of serving sizes: <https://www.healthhub.sg/programmes/nutrition-hub/eat-more>

17. Where can I find the physical activities under HWE CapitalLand sites?

Please refer to the link for the full listing of HWE CapitalLand locations:

- <https://www.capitaland.com/sg/en/lease/engagement/healthy-workplace-ecosystem.html>
- <https://www.capitaland.com/sg/malls/funan/en/events/fight-do-workoutsfunanroofgarden.html>



18. How many photos of fruits must I submit?

There should be a total of 4 photo submissions

- i. Day 1 – first fruit serving
- ii. Day 1 – second fruit serving
- iii. Day 2 – first fruit serving
- iv. Day 2 – second fruit serving

March 2024 Challenge: Celebrate Women Empowerment

19. How do I attend the virtual nutrition workshop?

- Sign-up/Log in to Health 365 app
- Tap “Explore” on the bottom panel
- Tap on “Events” and search for Healthy Workplace Ecosystem or HWE
 - i. Please refer below for the listing of locations:
<https://www.capitaland.com/sg/en/lease/engagement/healthy-workplace-ecosystem.html>

20. How many meals do I submit to complete challenge 1 in March?

Participants are only required to submit 1 meal submission. The meal could either be with a plant-based protein or a wholegrain product.

21. Where can I find the physical activities under HWE CapitalLand sites?

Please refer to the link for the full listing of HWE CapitalLand locations:

- <https://www.capitaland.com/sg/en/lease/engagement/healthy-workplace-ecosystem.html>
- <https://www.capitaland.com/sg/malls/funan/en/events/fight-do-workoutsfunanroofgarden.html>

22. Wear Purple during physical activity for International Women Day - How do I validate myself wearing purple for the physical activity?

Participant must be in the photo wearing purple. It can be an individual or group photo.

April 2024 Challenge: Stress Awareness Month

23. How do I submit my April challenge?

All submissions of challenges will be in one submission via FormSG per month.

May 2024 Challenge: World Hypertension Week

24. Where do I find the health quiz?

Health quiz can be found in May FormSG

Answers can be found on HealthHub article ‘Reduce Your Salt and Sugar Intake’

June 2024 Challenge: Keep Moving for Your Health!

25. Where can I find the physical activities under HWE CapitalLand sites?

Please refer to the link for the full listing of HWE CapitalLand locations:

- <https://www.capitaland.com/sg/en/lease/engagement/healthy-workplace-ecosystem.html>
- <https://www.capitaland.com/sg/malls/funan/en/events/fight-do-workoutsfunanroofgarden.html>

26. How do I submit my June challenge?

All submissions of challenges will be in one submission via FormSG per month.

July 2024 Challenge: Moves Make Progress!

27. Where can I find the Live It Up! 2024 activities?

Please refer to the link for the full listing of Live It Up! activities:



- <https://www.capitaland.com/sg/en/lease/engagement/LIU2024.html>

28. What is the duration of CapitaLand's Live It Up! 2024?

CapitaLand's Live It Up! 2024 will take place from 21 June 2024 to 21 July 2024.

29. What if I participate in the Live It Up! activities via the Healthy 365 app, will I still be eligible for the challenge?

Yes, you are eligible for the July challenge. Do take a screenshot of your attendance on the Healthy 365 app and submit via the FormSG link.

30. What if I participated in the Live It Up! activity in June, can I still submit that?

Yes, you can! Do include a picture proof of your attendance.

31. What must I submit to complete my July challenge?

Participants are required to submit a picture of them at the activities or a screenshot of their attendance on the Healthy 365 app (if applicable).

32. How do I submit my June challenge?

All submissions of challenges will be in one submission via FormSG per month.

33. Can I participate in all quarters and receive multiple quarterly incentives?

Yes, all eligible participants are eligible to receive at least one quarterly incentive throughout the year.

To qualify for the lucky draw, participants must complete all the challenges within the selected quarter. Increase your chance of winning the lucky draw by completing all the challenges for all 4 quarters! Completion of challenges per quarter = 1 lucky draw entry

34. How do I redeem the eCapitaVoucher Vouchers?

- a) Install CapitaStar app
- b) Tap on the eCapitaVoucher balance at the top
- c) Tap on "Accept Gift"
- d) Enter the eCapitaVoucher Activation Code
- e) Tap "Accept Gift"

For more information on how to redeem, you may visit:

www.capitaland.com/content/dam/capitaland-sites/capitastar/Recipients%20User%20Journey.pdf

35. Who can I contact for more information about the Wellness Challenge 2024 Edition?

For more information, please contact HWE@akgsingapore.sg

Additionally, you may visit <https://www.capitaland.com/sg/en/lease/engagement/wellness-challenge-2024-edition.html>