



Terms & Conditions Governing

Wellness Challenge 2024 Edition

The following terms and conditions, and all subsequent revisions or amendments (“T&Cs”) made by AngusKnight Singapore Pte Ltd and CapitaLand (“The Organisers”) and Health Promotion Board (“HPB”) shall apply to the “Wellness Challenge 2024 Edition” (also referred to as the “Challenge”). Participation in the Challenge signifies your agreement to be bound by all the T&Cs listed below. The Organisers and HPB reserve the right to change these T&Cs at any time at its sole discretion. Amendments shall take effect immediately on the Challenge. Your continued participation of the Challenge thereafter represents your agreement to any such amendment(s). Please do not participate in the Challenge should you not agree to the T&Cs.

WELLNESS CHALLENGE MECHANICS

- Challenge runs from 1200 hours on 2 Jan 2024 to 2359 hours on 31 December 2024. (“Official Challenge Period”).
- The challenge comprises of monthly activities. All activities are to be submitted / recorded in a single form per month.

ELIGIBILITY

- Participants must be 18 years old and above based on the calendar year 2024.
- The Challenge is open to everyone. However, participants listed below will not be eligible:
 - a. HPB employees and/or immediate family members of a HPB employee;
 - b. Third-party vendors, service providers and/or event organisers (“EOs”) and their employees, who are involved in or connected to, directly or indirectly, the contest.
 - c. Any other person or class of persons deemed ineligible or notified by HPB as being ineligible from time to time.

INCENTIVES

The first 150 participants who complete the first quarter’s activities successfully will be given a completion incentive of \$10 eCapitaVoucher. Please refer to the table below for the respective cut-off dates.

First quarter (January – March)	31 March 2024
Second quarter (April – June)	30 June 2024
Third quarter (July – September)	30 September 2024
Fourth quarter (October – December)	31 December 2024

(Please refer to Annex 1.1 for the list of incentives).



TERMS AND CONDITIONS

- Only completed and successful submissions within the Official Challenge Period will be eligible for the incentives.
- The Organisers will not be held liable for any incorrect information provided by the participants.
- Vouchers are non-transferable and not for sale.
- All eligible incentive winners will be notified by 30 April, 31 July, 31 October 2024 and 31 January 2025 respectively.
- All participants must use their own email addresses when submitting their challenges. No sharing of email addresses within family.
- The Organisers reserve the right to forfeit the reward if the winner does not respond to the email within 2 weeks after the respective deadline and award the reward(s) to another eligible participant.
- The Organisers reserve the right to replace or substitute any rewards without prior notice to participants.
- The Organisers will not be liable for the lost vouchers and there will not be any replacements or expiration date extension for the vouchers.
- The Organisers' decision on all matters relating to the Challenge is final and binding on all Participants. The Organisers will not entertain any queries with regards to any Challenge results and will not be obliged to provide the reason(s) for its prize decisions.

A COMPLETED CHALLENGE MUST INCLUDE

Quarter 1: January – March 2024

January

Setting of SMART goals

- a. Learn about SMART goals using the guide*
- b. Submit SMART goals via the FormSG (Link: <https://go.gov.sg/wcjan2024>)

One submission of SMART goals via FormSG (Link: <https://go.gov.sg/wcjan2024>)

February

Challenge 1

- a. Attend any 1 physical activity under Healthy Workplace Ecosystem (HWE) CapitaLand sites
 - 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>
- b. Screenshot of completed activity on the Healthy 365 app
- c. Submit screenshot to FormSg (link: <https://go.gov.sg/wcfcb2024>)



Challenge 2

- a. Take a picture of participant eating 2 servings of fruits per day for 2 days
 1. Day 1 – first fruit serving
 2. Day 1 – second fruit serving
 3. Day 2 – first fruit serving
 4. Day 2 – second fruit serving
- b. Submit total submission of 4 pictures of participants eating fruits via FormSG (Link: <https://go.gov.sg/wcfeb2024>)
 - i. Each photo size should not exceed more than 2MB.
 - ii. Participants can take a screenshot of the photo to compress image size.

All submissions for both challenges must be submitted via 1 FormSG (Link: <https://go.gov.sg/wcfeb2024>)

March

Challenge 1

- a. Attend any 1 virtual nutrition workshop
 - i. Please refer here for the full virtual sessions <https://www.capitaland.com/sg/en/lease/engagement/healthy-workplace-ecosystem.html>
- b. Screenshot of completed activity on the Healthy 365 app
- c. Take a picture of a meal with plant-based protein **OR**
- d. Take a picture of a meal with a wholegrain product
- e. Submit screenshot and photo of the meal to FormSG (Link: <https://go.gov.sg/wcmar2024>)

OR

Challenge 2

- a. Attend any 1 physical activity under HWE CapitaLand sites
 - 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>
- b. Take an individual or group picture of participant wearing purple
- c. Screenshot of completed activity on the Healthy 365 app
- d. Submit screenshot and photo to FormSG (Link: <https://go.gov.sg/wcmar2024>)

Participant must complete either one of the challenge and submit via FormSG (Link: <https://go.gov.sg/wcmar2024>)



Quarter 2: April – June 2024

April

Challenge 1

- a. Submit 3 positive coping mechanism for stress management via FormSG (Link: <https://go.gov.sg/wcapr2024>)

Participant to complete the challenge and submit via 1 FormSG (Link: <https://go.gov.sg/wcapr2024>)

May

Challenge 1

- a. Read the HealthHub article 'Reduce your Salt and Sugar Intake'
b. Complete and submit 8 quiz questions on FormSG (Link: <https://go.gov.sg/wcmay2024>)

Participant must complete the challenge and submit via 1 FormSG (Link: <https://go.gov.sg/wcmay2024>)

June

Challenge 1

- a. Attend any 1 physical activity under HWE CapitalLand sites
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>
- b. Screenshot of completed activity on the Healthy 365 app
c. Submit screenshot of attendance to FormSG (Link: <https://go.gov.sg/wcjune2024>)

Participant must complete the challenge and submit via 1 FormSG (Link: <https://go.gov.sg/wcjune2024>)



Quarter 3: July – September 2024

July

Challenge 1

- a. Attend any 1 CapitaLand Live It Up! (LIU!) activity
 - i. Please refer below for the listing of locations
 - <https://www.capitaland.com/sg/en/lease/engagement/LIU2024.html>
 - <https://www.capitaland.com/sg/en/lease/engagement/healthy-workplace-ecosystem.html>
- b. Take a picture of yourself during or after the activity
- c. Submit picture proof via FormSG (Link: <https://go.gov.sg/wcjuly2024>)

Participant to complete the challenge and submit via 1 FormSG (Link: <https://go.gov.sg/wcjuly2024>)

August

To be confirmed

September

To be confirmed

October – December:

To be confirmed

DATA PROTECTION

By signing up for the Challenge, Participants consent to the collection, use and disclosure of personal data by the Organisers and HPB, as stated by the terms and conditions of the Healthy 365 app. “Personal Data” refers to any data collected by the Organisers and HPB under the Challenge which can be used to identify an individual, such as a name, mobile number or email address.

The Organisers and HPB may use such personal data:

- a) For publicity, liaison, advertising or marketing purposes in connection with any HPB programmes/outreach/initiatives/activities,
- b) To provide the Participants with the services and functions of the Challenge, including setting up the Participant’s account, informing the Participant about service updates, and managing and providing rewards,
- c) To identify and deliver messages that may be of interest to the Participant,



- d) Assisting the Participant with enquiries and obtaining their feedback.

The Organisers and HPB may share personal data with:

- a) HPB's partners, service providers or third-party contractors involved in this Challenge, so as to serve Participants in a most efficient and effective way,
- b) Parties as required by law, such as pursuant to a subpoena, regulatory oversight, or other legal process, and/or

Other parties if HPB believes in good faith that disclosure is necessary (a) to protect HPB's rights, the integrity the Challenge, or a Participant's safety or the safety of others, or (b) to detect, prevent or respond to fraud, intellectual property infringement, violations of these terms and conditions, violations of law or other misuse of the Challenge.

Participants are responsible for providing complete and accurate contact information to the Organisers and HPB. The Organisers and HPB accept no responsibility for any inability or failure to contact the participants arising from inaccurate or incomplete contact information.

HEALTH ADVISORY

The Organisers and HPB strongly recommend that Participants consult with their doctor before beginning any exercise programme. Participants should be in good physical condition and be able to participate in the activities under the Challenge. Participants also understand that when participating in the Challenge, there is the possibility of physical injury. If Participants engage in the activities of the Challenge, Participants agree that they do so at their own risk, are voluntarily participating in these activities and Challenge, assume all risk of injury to themselves, and agree to release and discharge HPB from any and all claims or causes of action, known or unknown, arising out of Challenge. Participants who are concerned about participation in the Challenge due to their medical conditions or specific healthcare needs should first consult their doctor before engaging in any activities in the Challenge. Participants must not participate in the Challenge activities or events if they are not feeling well.

The health information and other information on the Challenge and/or HPB fitness trackers are general in nature. It is provided as a public service and for information purposes only. This information does not constitute, nor is it a substitute for, medical advice, legal advice or professional services. In particular, the health information on the Challenge and/or HPB fitness trackers is not intended as a substitute for seeing a doctor or other professional advisor. The Participant must always consult their doctor if they have any specific health care needs. A doctor can provide the Participant with the necessary medical diagnosis and treatment. The Participant must not rely on the information on the Challenge and/or HPB fitness trackers to self-diagnose their illness. The Participant must never disregard medical advice or delay seeking such advice because of anything presented on the Challenge and/or HPB fitness trackers. The Participant should consult with a doctor or other qualified healthcare professional to determine whether their participation in the Challenge and/or use of HPB fitness trackers would be safe and/or effective for them. The Participant is expressly prohibited



from accessing or using the Challenge and/or HPB fitness trackers against medical advice or if doing so might pose any health risk. In this context, the Participant acknowledges that they take full responsibility for their health, life and well-being, as well as the health, lives and well-being of their family and children (born and unborn, as applicable), and all decisions now or in the future. The Participant's use of the Challenge and/or HPB fitness trackers does not constitute or create a doctor-patient, therapist-patient or other healthcare professional relationship between the Participant and HPB. The Organisers and HPB shall not be responsible, under any theory of liability or indemnity, for your use of or reliance on the Challenge and/or HPB fitness trackers.

The Organisers and HPB shall not be responsible, under any theory of liability or indemnity, for any injuries sustained/casualty (to the extent permitted by law) that arise directly or indirectly from the participation in the Challenge and/or its associated activities or events held by HPB and/or any utilisation or reliance of any data from the HPB fitness trackers.

Participants shall indemnify and hold the Organisers and HPB, its officers, employees and agents harmless from and against all claims of any nature made by any person arising out of or in connection with this Challenge and these terms and conditions.

GENERAL

By participating in the Challenge, in addition to these terms and conditions governing the Challenge, Participants agree and undertake to abide by all the terms and conditions governing the use of the Healthy 365 app.

Without prejudice to any other provision in these terms and conditions, the Organisers and HPB shall not be liable for or in respect of any expenses, losses, costs damages, liabilities or other consequences of whatsoever nature (collectively "Losses") suffered or incurred directly or indirectly by the Participants of the Challenge howsoever caused or arising and without limiting the generality of the foregoing, whether by reason of or on account of any act or omission whether negligent or otherwise on the part of HPB or its servants or agents (to the extent limited by law), even if HPB or its agents or employees are advised of the possibility of such Losses.

The Organisers and HPB reserve the right to disqualify or suspend a Participant's participation, and withdraw or claw back any rewards provided under the Challenge from any Participant at its sole discretion if:

- a) The Organisers and HPB, in their sole discretion, decide that the participation is not valid;
- b) Participant(s) who do not agree to abide by and be bound by and breach the terms and conditions of the Healthy 365 app;
- c) Participant(s) who are abusive to the Organisers' and/or HPB staff at any point of contact;
- d) Participant(s) who failed to provide true, correct and accurate information at any point of contact;



- e) The Organisers and HPB discover or have reasonable grounds to suspect that the
 - i. Participant has attempted to undermine or have undermined the operation of the Challenge by fraud, cheating, deception, dishonest means or otherwise manipulating the mechanics of the Challenge including without limitation the unauthorised use of profiles not belonging to the Participant, in which event, the Participant may be referred to the relevant law enforcement agencies for investigation; or
 - ii. Participant's participation status and any accumulation of rewards/prizes were earned fraudulently; and/or
- f) Participant has received any rewards and/or entitlement under the Challenge pursuant to a glitch or technical error or malfunction of the system.

The Terms & Conditions shall be governed by the laws of Singapore. The Terms & Conditions shall constitute the entire understanding and agreement between the Organisers, HPB and the participants. The Terms & Conditions are not intended to confer rights on any third-party cap, whether pursuant to the Contracts (Rights of Third Parties) Act (Cap. 53B) or otherwise, and no third party shall have any right to enforce any provision of the Terms & Conditions.

If any term or provision of the Terms & Conditions is held to be illegal or unenforceable, such term or provision shall be deemed to be deleted from the Terms & Conditions. The validity or enforceability of the remainder of the Terms & Conditions shall remain in full force and effect. The Organisers or HPB's failure to enforce at any time the provisions of the Terms & Conditions or any rights in respect thereto shall in no way be considered to be a waiver of such provisions, rights, or elections or in any way affect the validity of the Terms & Conditions.

In the event of any inconsistency between the Terms & Conditions and any brochure, marketing or promotional material relating to challenge, the Terms & Conditions shall prevail. The Organisers and HPB reserve the right to use the names and photographs of the participants and reward/prize recipients for any promotional, marketing or publicity purposes in any media.

CONTACT DETAILS

For enquiries, please contact AngusKnight Singapore Pte Ltd at HWE@akgsingapore.sg. Operating hours are Mondays to Fridays, 9.00am to 6.00pm



ANNEXES

1.1 LIST OF INCENTIVE PRIZES

Quarter period	Item name	Method of Collection
First Quarter	\$10 eCapitaVoucher	e-Voucher via Email
Second Quarter	\$10 eCapitaVoucher	e-Voucher via Email
Third Quarter	\$10 eCapitaVoucher	e-Voucher via Email
Fourth Quarter	\$10 eCapitaVoucher	e-Voucher via Email