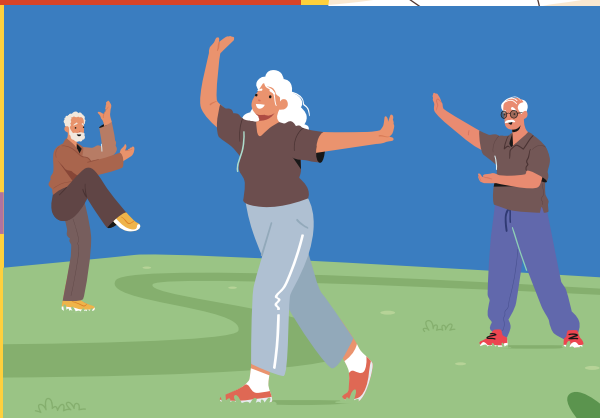


In support of



Live the healthier way

with Healthy 365



Content

- 01** Getting Started
- 03** Staying Active
- 04** Eating Healthy
- 06** Living Healthier
- 18** Sleeping Well
- 19** Quitting Smoking
- 20** 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.

Healthy 365 offers you a personalised experience to achieve holistic health with a variety of fun programmes, challenges, and resources.

- a)** Set and track your progress towards physical activity and sleep goals.
- b)** Earn rewards through fun programmes.
- c)** Join workout classes and health workshops with friends and family.
- d)** Access recommended resources and programmes.
- e)** Redeem Healthpoints for various lifestyle rewards.



Download the app at go.gov.sg/gethealthy365

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 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)

If you have chronic conditions such as diabetes, please check with your doctor for an individualised diet plan.

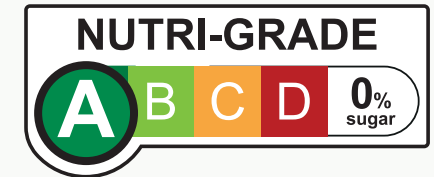
(B) Choose healthier food and beverages

Choose food and beverages with the **Healthier Choice Symbols**.



Eat All Foods in Moderation

Choose healthier drinks labelled **Nutri-Grade "A" or "B"**.



(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

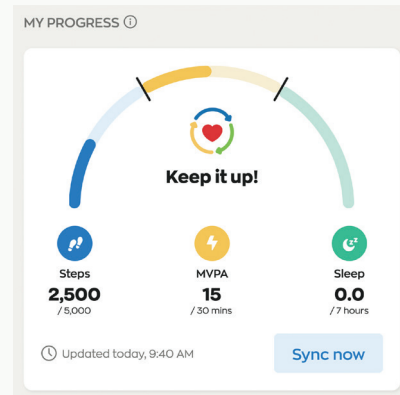


Programmes and features

on Healthy 365

(A) Goal setting and milestone-based challenges

Set your personal goals for steps, Moderate to Vigorous Physical Activity (MVPA), sleep, and track your progress towards these goals with a compatible fitness tracking device.



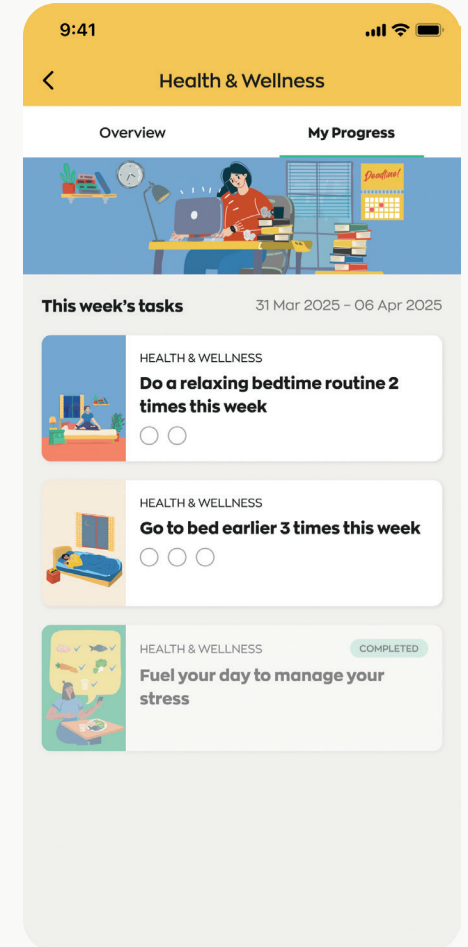
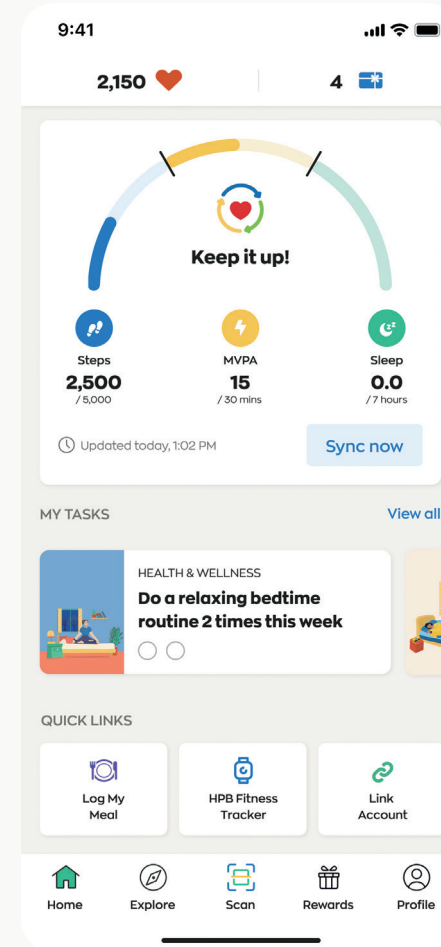
Achieve challenge milestones and be rewarded



Learn more at:
go.gov.sg/healthy365website

(B) Health & Wellness

Your personalised guide to achieving holistic health. This feature recommends relevant activities and interactive content to motivate you to take small, achievable actions towards a healthier lifestyle.



Learn more at:
go.gov.sg/healthy365website

Need a fitness tracker?

You can conveniently collect your free HPB fitness tracker at vending machines located across the island!

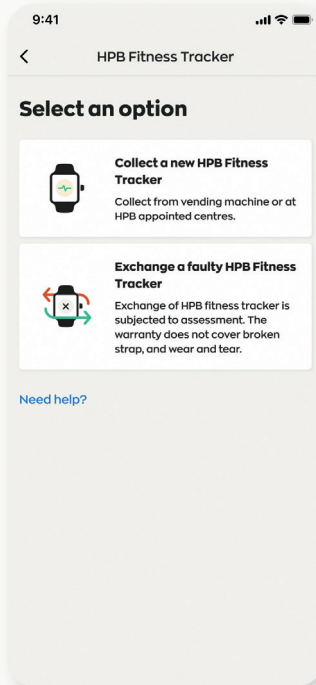
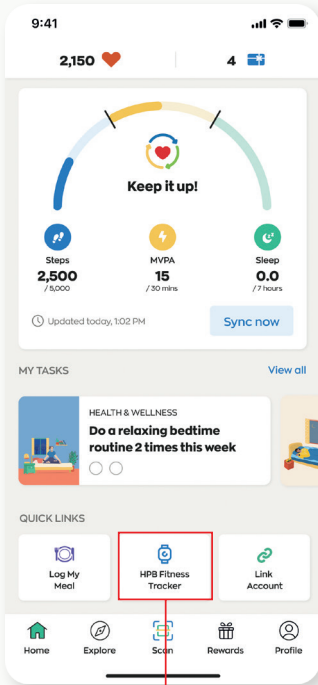


(C) Eat, Drink, Shop Healthy Challenge

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.






Check your eligibility and find out how to collect your fitness tracker or make an exchange:
go.gov.sg/healthy365-fitness-tracker-features




Click on "HPB Fitness Tracker" to collect or exchange a tracker



Take part in 3 simple steps:

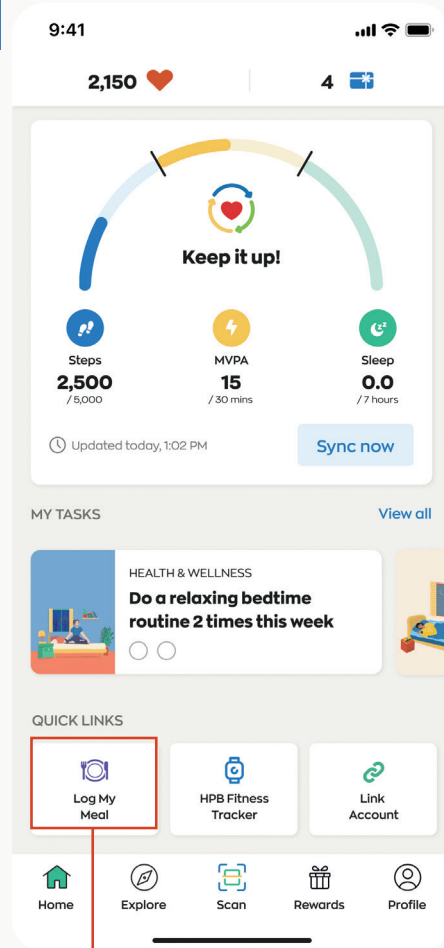
- 
1 Buy Healthier Choice items
Eat All Foods in Moderation
- 
2 Scan QR receipts with Healthy 365
- 
3 Redeem Rewards



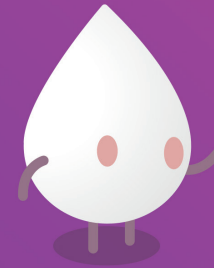
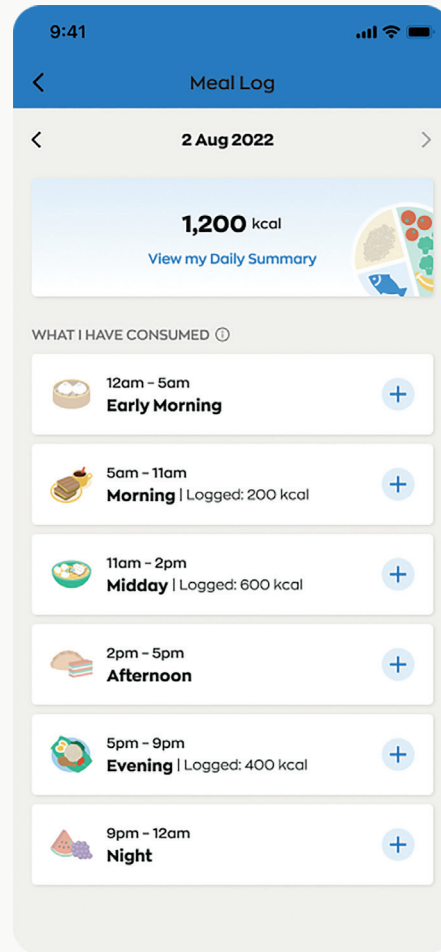
Visit go.gov.sg/edsh to find out more!

(D) Know your daily calorie intake

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



Click on "Log My Meal" to start logging your meals



LUMI HEALTH

Embark on a Health Adventure – with Just Your iPhone

Getting healthier just got easier and more fun! Dive into an exciting health programme packed with even more rewards and benefits, with just your iPhone. Enjoy simpler gameplay and fun challenges, while earning up to triple the coins as you level up your health. Got an Apple Watch? Pair it with LumiHealth to unlock even more features. Let's get started!



Visit lumihealth.sg to learn more!



lumihealth.sg



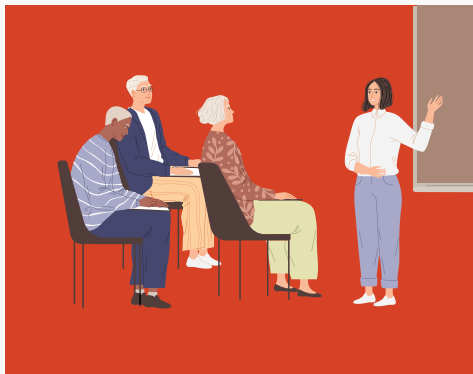
(E) Join programmes specially designed for adults aged 50 and above

In-person Programmes



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.



Live Enriched & Live Happy Workshops

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



Rolling Good Times*

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



Healthy Ageing Promotion Programme for You (HAPPY)*

Join to learn simple exercises to improve your strength and balance, and dual-tasking activities to keep your mind active.



Steady Lah*

Grow stronger and feel 'steady lah'! Learn exercises to strengthen your muscles and tips for a nutritious diet!



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

**LIVE WELL
AGE WELL** 



Visit go.gov.sg/aacdirectory or head to any Active Ageing Centre near you to learn more about how to sign up!

*Individuals will need to pass a suitability check to participate in the programme

Digital Programme

Age Strong

Take your first step towards a healthier body and mind with Age Strong – a holistic digital health programme designed for anyone aged 50 and over, to power up your health, one simple task a day!



Look forward to quizzes and customised workouts. Be rewarded in more ways than one as you complete tasks and hit milestones.

Kick-start your Age Strong journey today!

AGESTRONG

Take part in 3 simple steps:

1

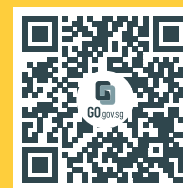
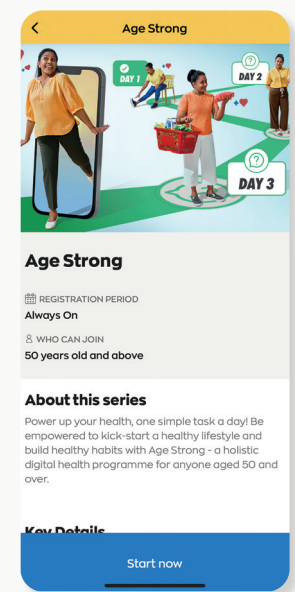
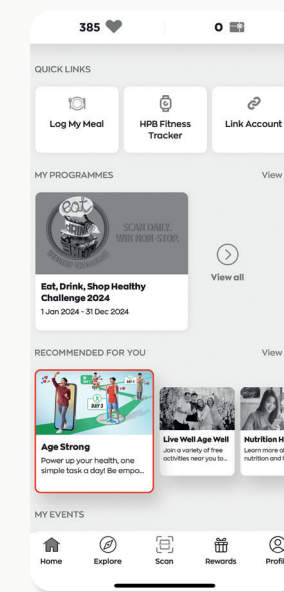
Download and open Healthy 365

2

Go to “Recommended for You” and select “Age Strong”

3

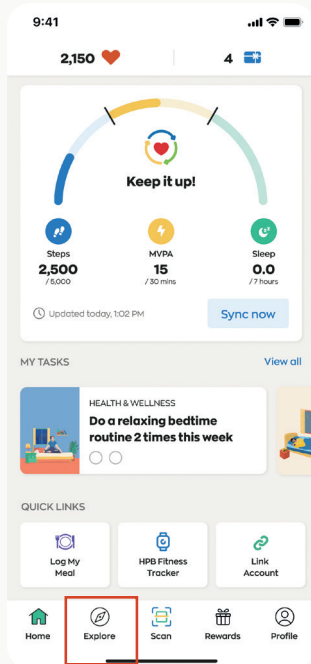
Click “Start now”



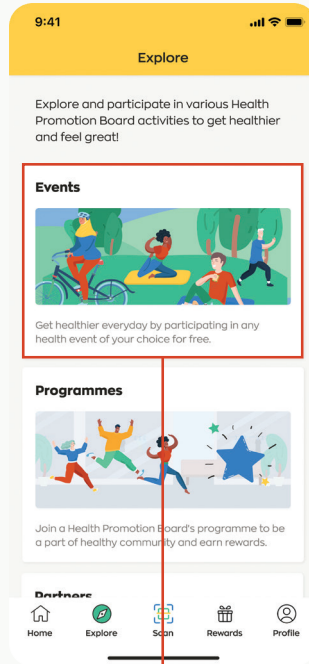
Visit go.gov.sg/agestrong to learn more

AGESTRONG

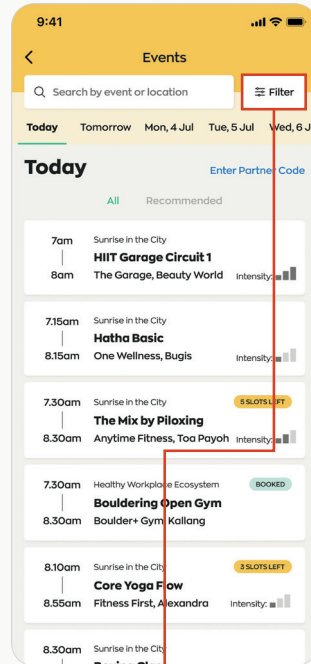
(F) Find more community events on Healthy 365



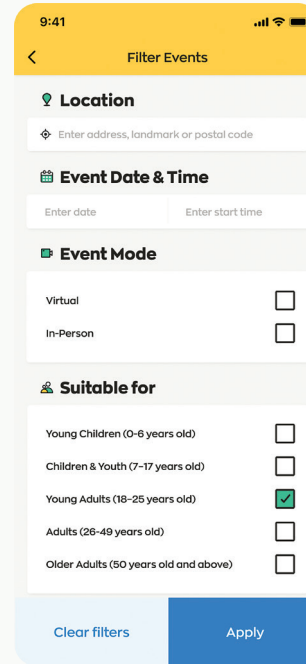
Step 1
Click
“Explore”



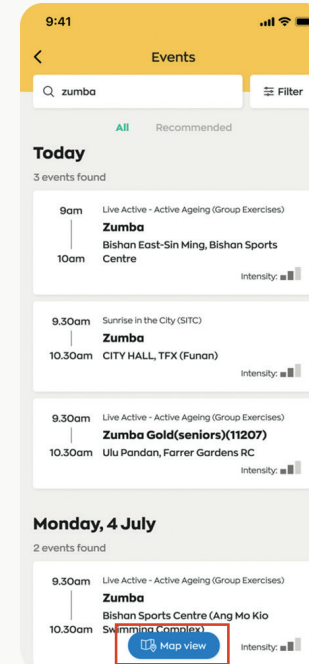
Step 2
Click
“Events”



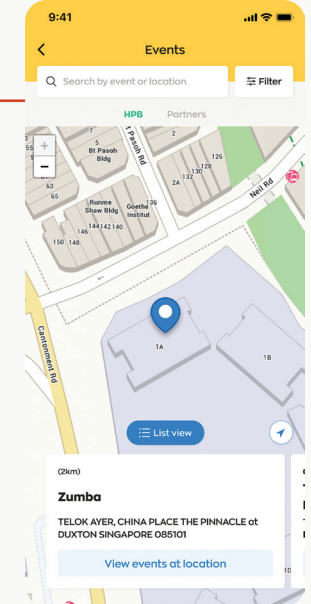
Step 3
View the
listed events
and filter for
preferred
activities



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



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



Have sufficient sleep daily

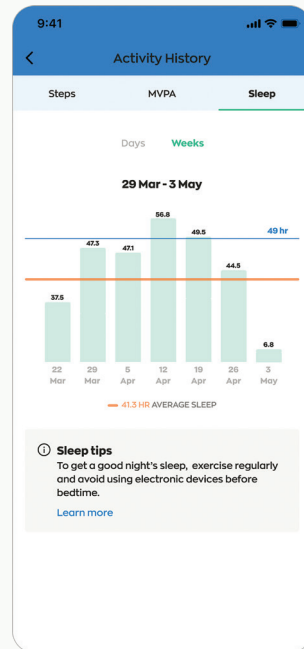
to feel refreshed and alert the next day

As part of a healthy lifestyle, aim for about **7 to 9 hours of sleep daily** for:



Tips to sleep better:

- Stick to a regular bedtime
- Avoid evening naps
- Put aside devices with screens (e.g. phones) 1 hour before bedtime
- Unwind through a relaxing bedtime routine
- Stay away from caffeine and alcohol at night

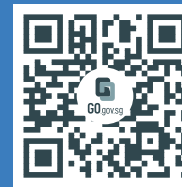


Visit go.gov.sg/sleep-gp for more sleep tips!

Stay nicotine-free today

if you are a smoker or vaper

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 today

Enjoy subsidised* Healthier SG Screening# at Community Health Assist Scheme (CHAS) GP clinics and polyclinics when your recommended screening tests are due.

*Eligible Singapore Citizens and Permanent Residents will enjoy subsidies for Healthier SG Screening#, with special subsidies for Healthier SG-enrolled Singapore Citizens at their enrolled clinics.

#formerly known as Screen for Life

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

^Women aged 40 to 49 years old and 70 years old and above may be offered Healthier SG Screening based on their risk profile in consultation with their doctor.



Visit
go.gov.sg/healthiersg-screening-h365
to learn more!



**Scan for
online copy**

 1800 223 1313*

 HPB_Mailbox@hpb.gov.sg

*Airtime charges apply for mobile calls to 1800 service lines.