

Now you have double the incentive for being active! Become healthier by staying active and have your efforts rewarded by HSBC Life Well+. It's Hong Kong's first health and wellness programme to be fully integrated into a mobile banking app that can synchronise with Apple Health app.

HSBC Life Well+ provides the accessibility and flexibility you need to achieve better health, while benefiting from fabulous rewards. Here's Andy's story.

Andy has always been a family man and understands that taking care of your family starts with taking care of your own health. That's why he has taken up an HSBC VHIS Flexi Plan, and joined the HSBC Life Well+ programme. As a member, he only needs to walk an average of 9,000 steps per day over a 24-month period to earn an Apple Watch or HSBC RewardCash!

To start his HSBC Life Well+ journey, Andy uses his HSBC credit card to purchase an Apple Watch at a special price through a 24-month interest-free instalment plan, and pays zero up-front. After a simple registration process, he's ready to start earning his rewards, step by step.

Andy synchronises his Apple Health app with the HSBC HK Mobile Banking App. Once done, it is easy for him to use his Apple Watch or iPhone to manage and keep track of his health data!

If Andy chooses an Apple Watch as his health reward, he only needs to hit his monthly activity target while wearing his Apple Watch to start offsetting his paid monthly instalments. If he hits his target, he will earn the watch for free!

According to his Apple Watch, Andy walks about 4,000 steps between home and office on days when he doesn't exercise. To help reach his daily target, he brisk-walks on a jogging trail near his home every night. Andy can also find ways to incorporate some of the 9,000 steps into his daily routine to make the target more easily achievable. He can, for instance, get off the bus two stops early on his way off work, to boost his step count.

Like other members, Andy thinks HSBC Life Well+ is a great programme with fabulous rewards. And it's as easy as a walk in the park! HSBC Life Well+ encourages you to embrace a healthy lifestyle. Take steps to protect your family and take the steps to stay healthy!

Call 2583 8000 or visit our website to learn more about this programme!