

Well+ - unlocks your true wellness

If you want to live your ideal life, you need to build financial resilience, protect yourself and your loved ones for the future while taking control of your health. As long as your body and mind are properly taken care of, nothing can stop you from achieving your life goals.

Everyone wants to live a healthy life, but how do you get there? To reach your life goals, you need to actively manage each component of your lifestyle! That's why HSBC is introducing the Well+ wellness reward programme to help you make small progress along your journey to improve the health of your body, money and mind.

We'll be your guide and companion as you complete a series of simple activities and earn rewards for your efforts in fulfilling your promise to live a healthy lifestyle.

Tapping into the insights of behavioural science, we have designed Well+ as a series of games, quizzes and activities, complemented with tips for better living to help you change your lifestyle habits and upgrade your all-round health!

Well+, a wellness reward programme.

By completing the Body, Money and Mind challenges, you will not only earn all 3 badges and level up, but also can potentially earn up to \$2,000 RewardCash in the process!

Well+ is available to all HSBC HK Mobile Banking app customers for free. Just open your HSBC HK Mobile Banking app and register for membership with a few taps. No other app download is needed.

Each level consists of fitness challenges and fun activities for Body, Money and Mind. You will need to complete all of them to earn the three badges, level up and unlock the RewardCash.

Register for Well+ now to embrace holistic wellness and earn up to \$2,000 RewardCash!