

Learn more about Healthier SG...



1



Holistic care from a trusted family doctor.

Empowerment to take charge of your own health at every life stage.



2

3



All-rounded support to lead healthier lifestyles and see better health outcomes.

1

Holistic care from a trusted family doctor

Find out about your health status with a free first Health Plan discussion with your family doctor*.

- Co-create a personalised Health Plan to:
 - Stay healthy, address potential health issues and prevent the onset of chronic diseases.
 - Manage existing chronic conditions to prevent deterioration.
 - Reduce specialist clinic and A&E visits, hospital admissions as well as save costs.
- Enjoy convenient access to health services recommended by your family doctor.
- Receive health coaching and guidance on activities to join, and take part in structured programmes to manage your chronic conditions.

**consultation charges may be applied for other medical issues brought up during the session.*

2

Empowerment to take charge of your own health

- Enrol in Healthier SG and choose your preferred family clinic.
- Commit to see your trusted family doctor for better health outcomes.
 - Free first Health Plan discussion.
 - Co-create and adhere to your Health Plan.
 - Go for fully-subsidised nationally-recommended health screenings and vaccinations.
- Keep track of your health goals through the HealthHub and Healthy 365 apps.
- Get active with a wide range of community programmes.

3

All-rounded support to lead healthier lifestyles and see better health outcomes

- Chronic diseases are driven by lifestyle factors such as physical activity and diet.
 - With a personalised Health Plan, improve your health goals such as weight/body mass index, cholesterol, and blood sugar levels, to prevent the onset of chronic diseases.
 - Individuals with chronic diseases already visiting a Healthier SG-registered clinic can receive care with the same clinic to better manage and prevent your condition from deteriorating.
- Enhanced subsidies and benefits available for individuals with high medication needs under the Healthier SG Chronic Tier.
- Scaled-up team-based care comprising family doctors, nurses, care-coordinators, pharmacists and allied health professionals as well as telemedicine.
- Ease in joining healthy programmes offered by community partners, plus support and guidance for seniors through Active Aging Centres.

