

HEALTHIER YOU, WITH HEALTHIER SG

WHAT IS HEALTHIER SG?

Healthier SG is a long-term, multi-year strategy to empower Singapore residents to become healthier and improve their quality of life as we take Singapore Forward. Working together with our residents, the Ministry of Health (MOH) is partnering healthcare providers and community partners, to support everyone to take charge of their own health and enjoy more years of healthy life.

Healthier SG will be launched in the second half of 2023.

WHY HEALTHIER SG?

Our population is ageing quickly, with one in four expected to be 65 years and above by 2030. As people get older, they are more likely to fall sick or suffer from chronic illnesses.

The prevalence of chronic diseases has risen over the years and will cause significant health, emotional and financial burden on individuals and families in the coming years.

Preventive health is important to live long and live well.

FIVE KEY FEATURES OF HEALTHIER SG

FAMILY DOCTORS



Family doctors will provide more holistic care, focused on prevention and improved chronic care, and build a stronger long-term relationship with residents. Our healthcare clusters – National Healthcare Group (NHG), National University Health System (NUHS), and SingHealth (SHS) – will partner with them to help residents on their Healthier SG journey.



HEALTH PLANS

Family doctors and residents will develop a health plan together, which includes lifestyle adjustments, regular health screenings and recommended vaccinations. Progress on the health plan will be monitored through regular check-ins with their family doctor.



COMMUNITY PARTNERS

Residents will be connected to activities provided by community partners such as the Health Promotion Board (HPB), People's Association (PA), and Sport Singapore (SportSG). Seniors will benefit from additional support from Eldercare Centres.



NATIONAL ENROLMENT PROGRAMME

Residents will be invited to enrol with a clinic of their choice. They will receive benefits such as a free first onboarding health consultation at their enrolled clinic.



KEY ENABLERS

Healthcare IT and data infrastructure, manpower and financing policy are key enablers to allow the healthcare clusters, family doctors and community partners to serve residents better.



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MINISTRY OF HEALTH
SINGAPORE

COME 2023 - YOUR HEALTHIER SG JOURNEY IN FOUR EASY STEPS



ENROLMENT*

- Receive an SMS from MOH to enrol
- Open your **HealthHub app**
- Choose your **preferred clinic**
- Schedule your first (free) health consultation

**Enrolment will start for those aged 60 and above in the second half of 2023. There will be helplines and on-site support to help enrolment nearer date of implementation.*



FIRST VISIT

- Doctor will discuss your health goals and medical history
- Develop personalised **health plan** (e.g. health screenings, lifestyle adjustments) with you



TAKE CHARGE OF YOUR OWN HEALTH

- Follow your health plan on **HealthHub app**
- Join community programmes to stay healthy and active
- Track your physical activity on **Healthy 365 app**



CHECK-IN WITH DOCTOR

- Discuss progress in your health plan with your family doctor
- Doctor may check in with you digitally or when you visit the clinic for other checks

KEY BENEFITS UNDER HEALTHIER SG



Support at every step of your health journey

- Fully-subsidised health consultation for your first visit at enrolled clinic
- Earn Health Points for staying active
- Access more community activities through Healthy 365
- Island-wide network for Eldercare Centres for seniors



Greater affordability at your enrolled clinic for Singapore citizens

- Fully-subsidised national health screenings and vaccinations
- CHAS cardholders can benefit from subsidies similar to that in polyclinics for common chronic drugs
- More MediSave usage by removing cash co-payment requirement*

**Also applicable to Permanent Residents*



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