

Enjoy fully-subsidised nationally recommended screenings and vaccinations with Healthier SG (for Singapore Citizens)

Vaccinations

Vaccine	40-64 years	≥ 65 years
Influenza (INF)	1 dose annually or per season	1 dose annually or per season
Pneumococcal conjugate (PCV13)	1 dose	
Pneumococcal polysaccharide (PPSV23)	1 or 2 doses (depending on indication)	1 dose
Tetanus, reduced diphtheria and acellular pertussis (Tdap)	1 dose during each pregnancy	
Hepatitis B (HepB)	3 doses	
Measles, mumps and rubella (MMR)	2 doses	
Varicella (VAR)	2 doses	

 Recommended for adults who meet age requirement
 Recommended for adults with specific medical condition or indication
 Recommended for adults who have not been previously vaccinated, or lack evidence of past infection or immunity

To Screen For

Male and Female	Frequency (40-49 Years)	Frequency (≥ 50 years)
Diabetes Screening Test: HbA1c ¹ or Fasting blood glucose ¹	Once every 3 years	
Obesity Screening Test: Waist Circumference with Body Mass Index (BMI)	Once a year	
High Blood Pressure Screening Test: Blood Pressure Measurement	Once every 2 years	
High Blood Cholesterol Screening Test: Lipid Profile ¹	Once every 3 years	
Colorectal Cancer Screening Test: 2-day Faecal Immunochemical Test (FIT)		Once a year
Female Only		
Breast Cancer Screening Test: Screening Mammogram ² :	Once a year	Once every 2 years
Cervical Cancer Screening Test³: HPV Test ⁴	Once every 5 years	

Note: Screening can start at an earlier age or be done more frequently if you have risk factors for the disease. Please discuss this further with your doctor.

¹ Check with your doctor to find out more.

² Women aged 40 to 49 years and 69 years and above may be offered screening based on their risk profile in consultation with their doctor.

³ Women who have had a total hysterectomy need not go for cervical cancer screening. Check with your doctor to find out more.

⁴ For females who have ever had any sexual activity.

Make your health a priority now



Step 1: Eligible for Healthier SG? Enrol if you're 40 and above

Download the HealthHub app



Choose your preferred Healthier SG clinic from this list



Step 2: Create your Health Plan

- Develop a Health Plan with your doctor
- First consultation and subsequent Health Plan check-ins are fully subsidised



Step 3: Follow your Health Plan

Download the Healthy 365 app and participate in a wide range of activities



Complete your annual Health Plan check-ins and visit the same doctor for your ongoing care needs for continuity of care

Live for tomorrow, *today.*



Singaporeans above 40 are more likely to have chronic illnesses, needing long-term medical care.

But it doesn't have to be this way. Make your health your priority now.

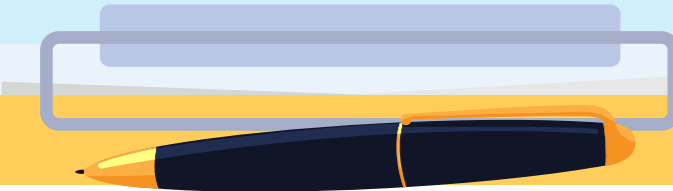


An initiative of



Your health journey begins with a Health Plan

Start your health journey with care from your preferred family doctor who understands your medical history, and will create a personalised Health Plan for you. Your doctor will guide you on preventive care and explain how you could manage your existing chronic conditions (if any).



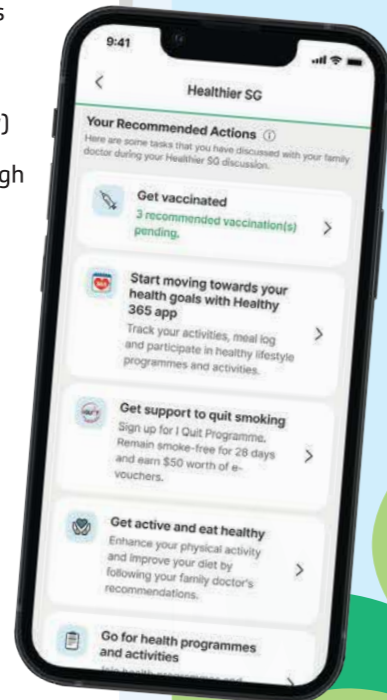
Your Health Plan is a simple overview of your health journey.

It shows your state of health now and sets health goals for where you want to be. You'll work with your doctor on what steps you can take to keep healthy for years to come.

With your Health Plan, you can:

- ✓ Stay on track with your health goals over the years
- ✓ Access and keep up to date with fully-subsidised nationally recommended screenings and vaccinations (Subsidies for Singapore Citizens only)
- ✓ Follow up with other care providers/services through your doctor's referrals which may be subsidised
- ✓ Manage chronic conditions
- ✓ Schedule regular follow-up checks to manage your health or chronic conditions
- ✓ Review your progress during the fully-subsidised annual check-ins* with your doctor
- ✓ Participate in a wide range of fun programmes, challenges and workshops to stay healthy through the Healthy 365 app

*Prevailing fees for services outside the scope of Healthier SG will apply.



Enhanced subsidies for patients with chronic conditions at Healthier SG GP clinics



CHAS, Pioneer Generation, and Merdeka Generation cardholders can receive subsidised referrals to public Specialist Outpatient Clinics



Benefit from enhanced subsidies on selected chronic medications at Healthier SG GP clinics, at prices comparable to polyclinics



Use MediSave to fully cover treatment costs for chronic conditions listed under the Chronic Disease Management Programme, up to the relevant MediSave withdrawal limit



Consult your Healthier SG doctor on your eligibility for the subsidies.

Managing chronic conditions: How Healthier SG supports your journey

Step 1: Detection through subsidised health screenings

Danial, 45, has some chronic conditions - diabetes mellitus, high blood pressure and high cholesterol.

Step 2: Treatment and medication

Danial can get medications for his chronic conditions at his enrolled Healthier SG GP clinic, at prices comparable to those at polyclinics, under the Healthier SG Chronic Tier.

He can also use his MediSave to cover his treatment costs at his enrolled GP clinic.

Step 3: Follow-ups with his dedicated GP

Besides providing personalised dietary and exercise guidance, Danial's GP also recommends and schedules screenings and vaccinations for Danial, as well as tests to monitor his condition and specialist referrals*, if needed.

*Referrals can be to public or private healthcare specialists.

Step 4: If disease complications arise

If complications arise from Danial's chronic conditions, his CHAS card entitles him to subsidised treatment at public healthcare institutions.

