Level Up Your Health

with

Health Up! ™

A SingHealth community programme

Hello there! ☺

I'm your Wellbeing Coordinator and I will journey with you towards better health!

WBC

KEEP WELL | GET WELL | LIVE WELL

Health Up! is a SingHealth initiative that aims to encourage individuals to adopt healthy lifestyle habits and complete age-appropriate health screenings.

Start Your Journey to Better Health in 4 Simple Steps

STEP 1 | Complete an Onboarding Survey

To help us understand your health status and lifestyle habits.

STEP 2 | Receive a Health Action Plan Personalised for You (H.A.P.P.Y)

A plan that outlines screening and lifestyle recommendations tailored to your current needs and lifestyle habits.

STEP 3 | Go for the Recommended Health Screenings

Regular screening is important as many medical conditions are "silent" in the early stages – you may have the condition but still feel completely well. Regular screening can also help you detect medical conditions early, allowing for earlier treatment and management.

Conditions that you can get screened for *(at subsidised rate if eligible)*
- Diabetes
- Hypertension
- Hyperlipidaemia
- Obesity
- Colorectal cancer
- Cervical and breast cancers **(For females only)**

STEP 4 | Get Connected to Various Resources and Activities to Better Your Health!

Your Wellbeing Coordinator will connect you to activities you can participate in with your family and friends, right in your neighbourhood.

Receive regular health tips for healthier lifestyle.
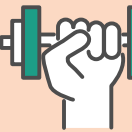
Wish to take control of your health but not sure how to begin?

This is where Health Up! can support you

Our friendly Wellbeing Coordinator will partner and support you in your journey to better health. You will be connected to appropriate resources and activities so that you are well-equipped with the necessary knowledge and skills to improve your health and fitness.

40 Years Old and Above

Health Up! is open to Singapore Citizens and PRs, aged 40 years and above and living in the East.

Do I have to Pay?

There are no fees involved to join Health Up!

However, you may need to pay for
- Any activity that you choose to participate in outside of Health Up!
- Subsidised health screening; and/or
- Expenses arising from follow-up doctor consultations if you have abnormal health screening results

How to Sign Up?

Register online by scanning this QR code
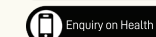
Join Health Up!

Visit our Website for more information
www.singhealth.com.sg/rhs/health-up

For any Enquiries
Email **health.up@singhealth.com.sg**
or scan the QR code to get in touch with your Well Being Coordinator

Enquiry on Health Up!

This programme is proudly brought to you by:

SingHealth
Defining Tomorrow's Medicine

提升您的健康

Health Up!™

A SingHealth community programme

您好!

我是您的保健协调员。
我会伴您一起迈向
较健康生活!

WBC

KEEP WELL | GET WELL | LIVE WELL

由新保集团推行的健康向上!计划,旨在鼓励居民接受合适的身体检查,并且迈向更健康的生活方式。

开启您的健康之旅
只需4个简单步骤

步骤1 | 完成问卷

帮助我们了解您的健康状况和生活习惯

步骤2 | 获取行动计划

您将获取一份根据您的健康状况所设计的行动计划 (H.A.P.P.Y)

步骤3 | 参加所推荐的身体检查

许多疾病在早期阶段都没有症状,定期的身体检查可以更早的发现健康状况并尽早治疗。
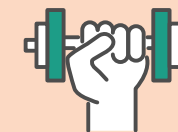
若有需要,以受津贴的价格来接受以下疾病检测
• 糖尿病   • 高血压   • 高胆固醇   • 肥胖症   • 结肠癌
• 子宫颈癌和乳癌(只限女性)

步骤4 | 继续维持您的健康生活方式

您的保健协调员会分享社区内的相关活动,让您和家人保持活跃。

定期获取保健讯息,迈向更健康的生活方式。

想掌控您的健康,但不知如何开始?

这就是健康向上!计划可以帮助您的地方。

我们亲切友善的保健协调员将伴您一起迈向较健康生活。我们也会推荐合适的资源和社区活动,让您获取相关的知识和技能,改善您的健康和体能。

40岁及以上

健康向上!计划开放给40岁及以上,并且居住在东部地区的新加坡公民或永久居民参加。

我需要付费吗?

参加健康向上!计划是免费的。

不过以下项目可能需付费,例如
• 健康向上!计划以外的活动
• 健康体检
• 检测出异常,需要医生的跟进而产生的费用

如何报名?

扫描以下二维码报名

现在就报名!

欲知更多详情,请浏览我们的网站
www.singhealth.com.sg/rhs/health-up

如果您有任何询问
请电邮至 health.up@singhealth.com.sg
或扫描二维码与我们联系

询问详情

主办机构: **SingHealth**
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