

Am I eligible for SingHealth HSG Teams' Services?

Access to SingHealth HSG Teams' services is open to:

- Singapore Citizens or Permanent Residents; and
- Residing within SingHealth's region

If you are not residing within SingHealth's region but wish to enrol with a SingHealth HSG Team, we may enrol you on a case-by-case basis, depending on the care team's assessment.



What are the fees for SingHealth HSG Teams' Service?

SingHealth HSG Team services are currently fully subsidised* and will be provided at no cost if you are found suitable.

However, you may be required to pay for your own healthcare expenses arising from:

- Visits to the doctor (including your regular medical appointments at your Primary Care Provider and/or any Specialist Outpatient Clinic)
- Transitional care services after your discharge from hospital
- Services by third party health and social care providers whom our care team refers you to
- Purchase of medical and assistive devices, medications and consumable items
- Additional healthcare services not provided by the SingHealth HSG team

*Co-payment may be levied in future and the fees will be kept affordable.

Locate our Community Health Posts



Our SingHealth HSG Teams are conveniently sited at various locations in the community.

Scan the QR code to find a SingHealth Community Health Post near you.

Contact SingHealth HSG Team

Have any queries? Contact our SingHealth HSG Teams directly!

Northeast Region

Precincts:

- Sengkang
- Punggol

✉ NE.HSG.Teams@skh.com.sg

☎ 9643 1062



East Region

Precincts:

- Bedok North
- Bedok South
- Tampines East
- Tampines North/West
- Pasir Ris-Changi
- Geylang East

✉ E.HSG.Teams@cgh.com.sg

☎ 6936 5861

Southeast Region

Precincts:

- Bukit Merah
- Chinatown
- Kallang-Kampong Glam
- Katong
- Rochor
- Tiong Bahru
- Telok Blangah

✉ SE.HSG.Teams@sgh.com.sg

☎ 9651 3786

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Be WELL[✓]

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An Introduction for Residents:

SingHealth Healthier SG Teams

About SingHealth Healthier SG Teams

SingHealth has reorganised our community care teams into Healthier SG (HSG) Teams to better support your care needs in the community. The multi-disciplinary SingHealth HSG Teams comprise Community Nurses and Wellbeing Coordinators, who work closely with the Primary Care Providers and Community Care Providers to provide you with place-based integrated care and empower you to achieve your health goals.



SingHealth HSG Teams can support you in the following areas:

1

Preventive health

is important to keep well and live well



Weight Management

Establish health goals, advise on diet and physical/lifestyle activities



Smoking Cessation Counselling

Level 1 counselling and monitor compliance for Nicotine Replacement Therapy (NRT) and non-NRT pharmacotherapy



Fall Screening and Prevention

Level 1 and 2 fall risk screening and interventions



Advance Care Planning (ACP)

Introduction of ACP, General ACP



2

Empowerment

to take charge of chronic conditions to get well



Health & Geriatric Assessment

Comprehensive Geriatric Assessment for residents aged 60 and above



Chronic Disease Management

Health coaching and education, vital signs monitoring, etc.



Medication Management

Medication compliance monitoring, consolidation, etc.



Case Management & Coordination

Connect with centre-based, home or long-term care services if required



Social Prescription

Assess and link up residents to community activities/services to meet your wellbeing needs



Caregiver Training and Support

Reinforce care management and provide caregiver support



Advance Care Planning (ACP)

Preferred Plan of Care

