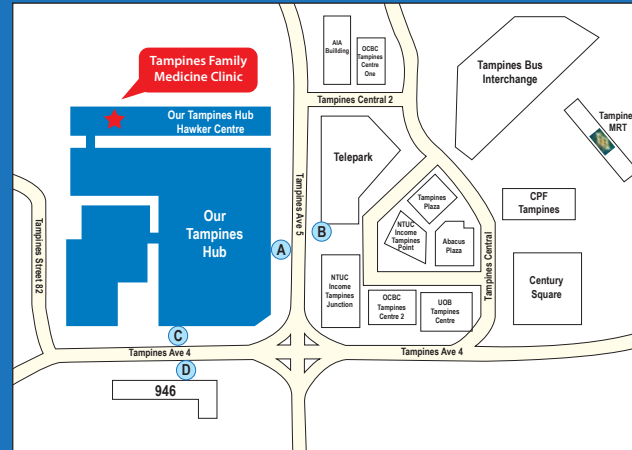


Quality and affordable chronic disease care management

Our medical team is experienced in managing patients with chronic diseases. These include:

- Diabetes mellitus
- Hypertension (High blood pressure)
- Lipid disorders (High cholesterol)
- Asthma
- Stroke
- Chronic obstructive pulmonary disease (COPD)
- Osteoarthritis
- Anxiety
- Benign prostatic hyperplasia
- Nephrosis/Nephritis
- Osteoporosis
- Osteoarthritis e.g knee
- Anxiety and depression
- Chronic kidney diseases (Nephritis, Nephrosis)
- Eczema
- Allergic rhinitis
- Hives
- Pimples
- Gout
- Weight management
- Smoking cessation
- Thyroid disorders
- Dementia



Tampines Family Medicine Clinic

1 Tampines Walk, Our Tampines Hub, #03-34, Singapore 528523

Telephone: 6702 6022

Located on Level 3, right above the Hawker Centre. Use lift lobby A or escalator in front of lobby A.

Operating Hours:

Monday to Friday 9:00am to 5:00pm
Saturday 9:00am to 1:00pm

Nearest MRT Station

Tampines MRT

By Bus

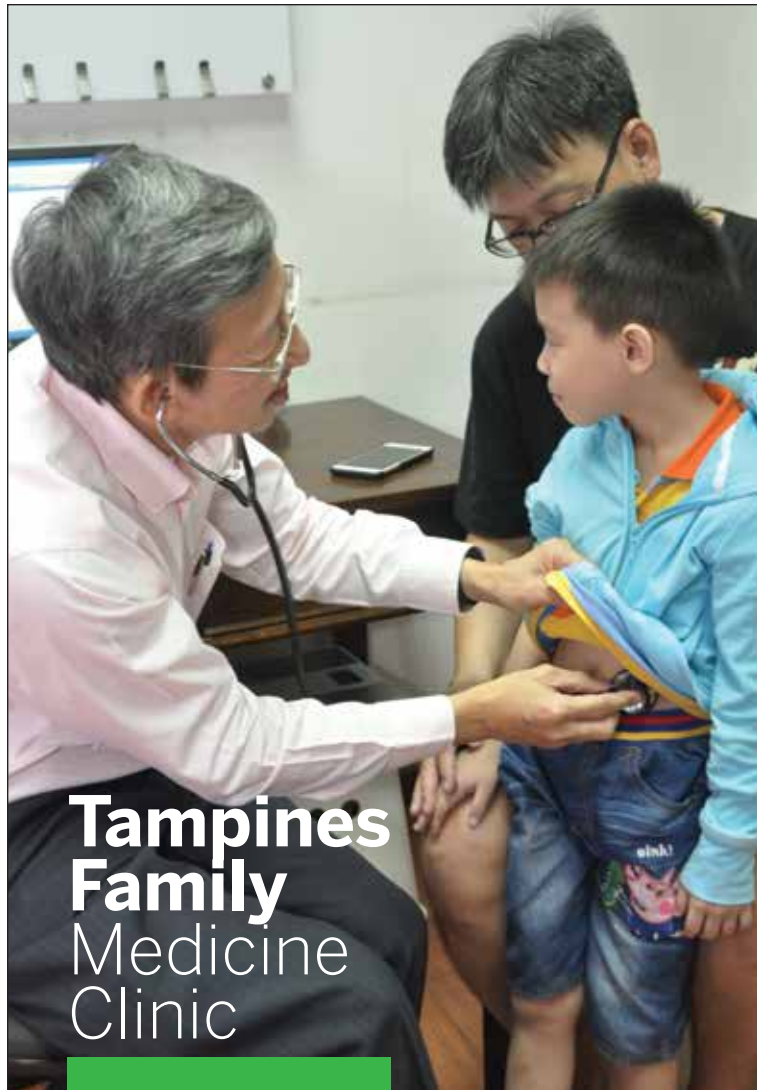
Bus Services A and B:
3, 10, 20, 22, 23, 31, 34, 39, 65, 67, 292, 293

Bus Services C and D:
22, 129, 293

All information is valid at the time of printing (Aug 2017) and subject to revision without prior notice



TAMPINES
FAMILY MEDICINE
CLINIC



Tampines Family Medicine Clinic

Tampines Family Medicine Clinic (Tampines FMC), a multi-doctor general practice, provides a wide range of healthcare services conveniently located under one roof. Led by a team of experienced Family Physicians, the clinic provides doctor's consultation for both acute conditions and chronic diseases for children, adults and the elderly.

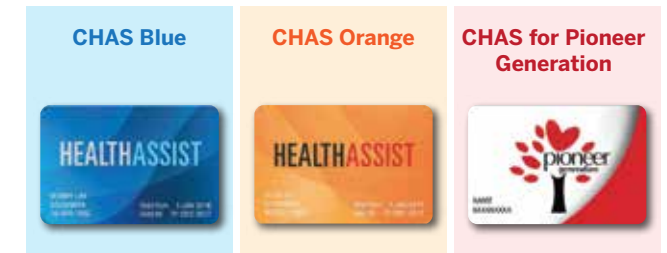
The Tampines FMC offers personalised, comprehensive, continuing and preventive medical care. Patients are encouraged to make an appointment to see a doctor and they can choose to see the same doctor for their subsequent visits.

Services include:

1. Acute care eg fever, cough, diarrhoea, vomiting, skin conditions, painful/itchy conditions, STDs, etc
2. Chronic disease management
3. Health screening
4. Home care service
5. Children and adult vaccinations including HPV, flu, chickenpox
6. Travel vaccination and advice
7. Onsite laboratory tests e.g. dengue, HbA1c, cholesterol, glucose
8. Women's health eg. menstrual conditions, menopause, contraception, pap smear
9. Men's health eg. andropause, impotence, prostate conditions, hair-loss, etc
10. Minor surgery
11. Statutory Medical Examinations e.g. application for work permit or foreign domestic worker, driver's license, outward bound school (OBS), pre-enrolment for Polytechnic and University etc



Enjoy Subsidies from CHAS



Subsidies for Common Illnesses

Up to \$18.50 per visit	Not applicable	Up to \$28.50 per visit
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Subsidies for Chronic Conditions

Up to \$120 per visit and up to \$480 per year	Up to \$75 per visit and up to \$300 per year	Up to \$135 per visit and up to \$540 per year
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Use of Medisave for your Healthcare

You can use your family member's or your own Medisave, of up to S\$400 per Medisave account a year.

The Chronic Disease Management Programme (CDMP) allows Medisave use for the following 19 chronic diseases and vaccinations: -

Diabetes, hypertension (high blood pressure), lipid disorders (eg, high cholesterol), stroke, asthma, chronic obstructive pulmonary disease (COPD), schizophrenia, major depression, bipolar disorders, dementia, osteoarthritis, anxiety, benign prostatic hyperplasia, parkinson's disease, nephrosis/nephritis, epilepsy, osteoporosis, psoriasis or rheumatoid arthritis.

Vaccinations include childhood vaccines, hepatitis B and cervical cancer vaccinations, influenza and pneumococcal vaccinations.

Flexi-Medisave for the Elderly

If you are 65 years old and above, you may claim up to \$200 per year on top of existing subsidies, for treatment at Tampines FMC.

Please refer to MOH website for the updated Medisave uses and withdrawal limits.