WHAT IS HEALTHIER SG?

Healthier SG is a national programme to help you stay healthy, detect health issues early and manage existing conditions with a trusted family clinic.

Key Highlights

- Receive dedicated care from your preferred Healthier SG clinic
- Create your personalised Health Plan with your family doctor
- Prevent or manage chronic conditions and complications
- Enjoy enhanced healthcare subsidies and benefits
- Connect to a wide range of healthy lifestyle activities

Key Benefits

From 2023:

- A free onboarding consultation to create a personalised Health Plan that includes personal health goals, advice on lifestyle changes and treatment, regular health screenings and vaccinations
- $20 worth of Healthpoints after your first free health plan consultation
- Fully-subsidised nationally-recommended screenings and vaccinations (for Singapore Citizens)

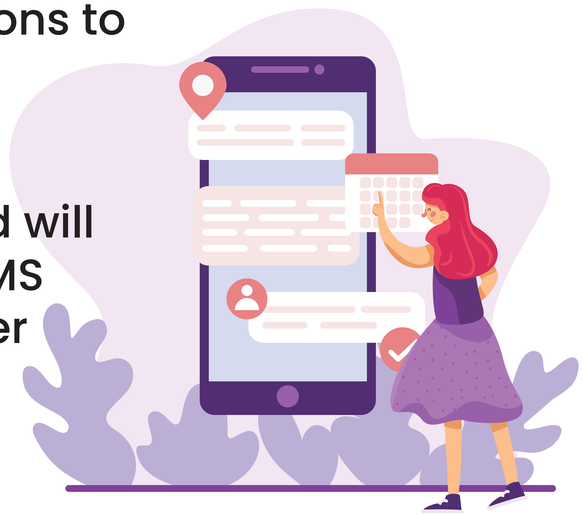
From 2024:

- Healthier SG Chronic Tier: CHAS, Merdeka and Pioneer Generation patients can get common chronic drugs from their enrolled Healthier SG GP clinics at prices comparable to polyclinics
- Use MediSave without cash co-payment for the treatment of chronic conditions

Are You Eligible?

Singapore residents ≥ 60 years old will receive MOH's SMS invitations to enrol

40 to 59 years old will receive their SMS invitations later



WHAT IS A HEALTH PLAN?

At your first consultation, you will create a Health Plan with your family doctor.
Your Health Plan could include:

1. Personal health goals, for example –

- Reach or maintain your target body weight of 65kg in 3 months
- Quit smoking by 31 Dec 2023
- Reach or maintain your target blood pressure of <140/90 mmHg in 6 months
- Engage in exercise 3 day(s) a week
- Participate in the following programme(s):
  i. Smoking Cessation Programme

2. Recommended health screenings and vaccinations

3. Recommended next check-ins with your family doctor to review progress

4. Record of discussions with your family doctor

5. Recommended health articles and programmes on HealthHub and Healthy 365 apps

Step into a Healthier You

Bringing together health and community partners for more integrated care

National Healthcare Group
Adding years of healthy life

NUHS
National University Health System

SingHealth
Defining Tomorrow's Medicine

Press to start your Healthier SG journey in 3 easy steps



Network of Care

Primary Care Network

Family Doctors



RESIDENTS



Support for Seniors and Caregivers

active ageing CENTRE

aic agency for integrated care

SUPPORTED BY MOH AND AIC

Silver generation office

Part of QiC

Promote Healthy Lifestyles

Health Promotion Board

People's Association

Sport SINGAPORE

Active Health

IT support for a smooth journey

INFOCOMM MEDIA DEVELOPMENT AUTHORITY

SMART NATION & DIGITAL GOVERNMENT OFFICE

synapxe

Healthier SG

MINISTRY OF HEALTH
SINGAPORE

Step 1

Register

Enrol on HealthHub app when you receive MOH's SMS invitation



Step 2

See your doctor

Create your first free Health Plan, with your preferred Healthier SG clinic



Step 3

Participate

Follow your Health Plan, and participate in activities on Healthy 365 app



Receive support from nurses and care coordinators at Healthier SG clinics near your home

Under Healthier SG, all participating GP clinics will be part of a Primary Care Network (PCN) to strengthen support for your health plan.

These clinics provide access to:

1. A dedicated team of nurses and care coordinators to
   - Support you in managing your chronic condition(s) and improve your health
   - Provide quality and evidence-based care guided by national frameworks such as the National Diabetes Reference Materials

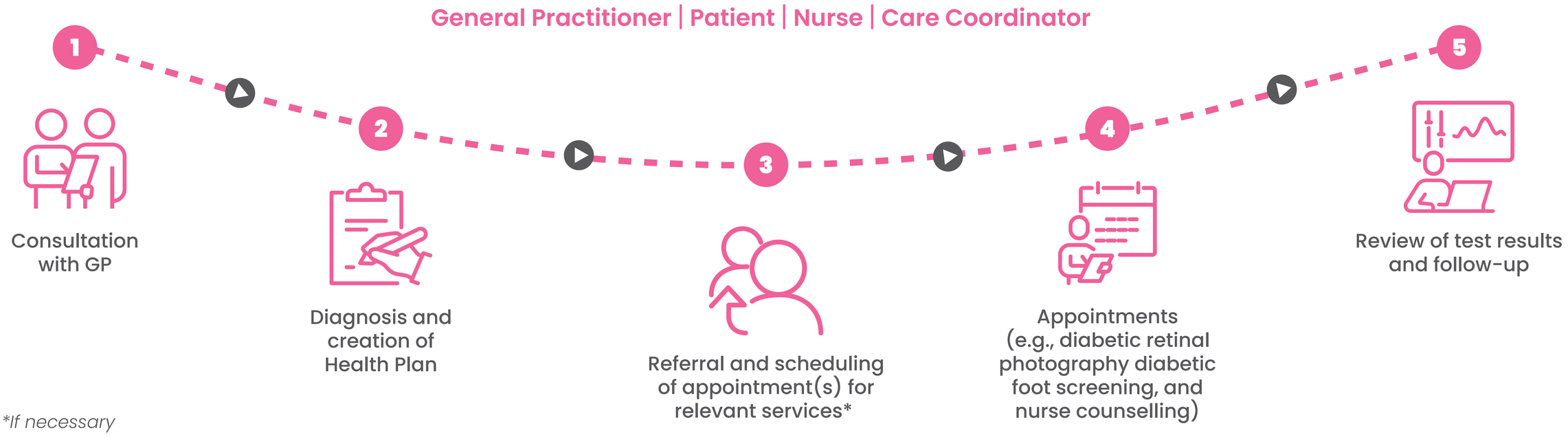
2. Access to ancillary and community partner services
   - Diabetic Retinal Photography
   - Diabetic Foot Screening
   - Structured nurse counselling support

3. Systematic tracking, monitoring and management of your health via the Health Plan on HealthHub

4. Subsidised rates for all Singaporeans (incl. CHAS Blue/Orange/Green, Merdeka Generation (MG) and Pioneer Generation (PG) cardholders for the above ancillary services

Patient-centred care

General Practitioner | Patient | Nurse | Care Coordinator



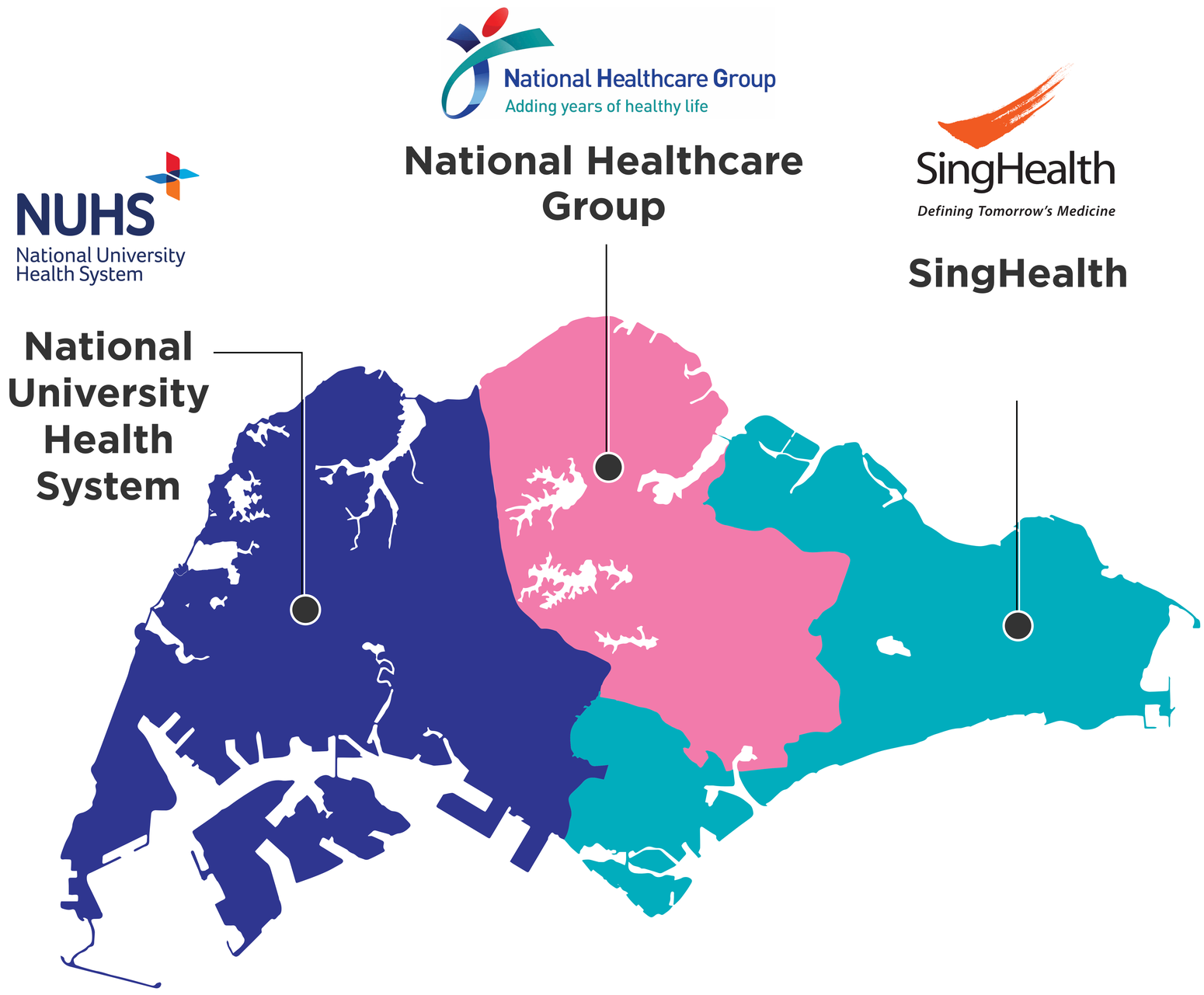
**If necessary*

WHAT ARE REGIONAL HEALTH MANAGERS?

As Regional Health Managers, they will support residents in improving their health and work closely with GPs and community partners to coordinate care to meet their health and social care needs.

Your Regional Health Managers will

- Help you with your health needs
- Match you to local services and programmes
- Partner healthcare and community providers to provide integrated and coordinated services



Affordable and accessible health screening: SCREEN FOR LIFE

With **early detection and appropriate intervention**, you can **prevent or delay** the onset of certain diseases, and complications.

The Screen for Life programme:

- Offers Singapore residents affordable and accessible health screening*
- Available at CHAS family clinics and polyclinics at subsidised rates
- Screens for cardiovascular risk factors (obesity, diabetes, hypertension, hyperlipidaemia), and cervical cancer, colorectal cancer and breast cancer

**** Check with your enrolled Healthier SG clinic on your screening eligibility or the screening you are due for under the Screen for Life programme.***

Scan the QR code to learn more!

GO.gov.sg

https://go.gov.sg/suyww9

Overview

What You Need To Know About Health Screening

Female — To screen for	18 TO 39 YEARS	40 TO 49 YEARS	50 YEARS AND ABOVE
Diabetes Screening Test HbA1c[5] Fasting blood glucose[5]	✓[1]	✓	✓
	Frequency: Once every three years		
Diabetes Risk Assessment Short questionnaire on letsbeatdiabetes.sg/DRA	✓		
	Frequency: Changes to any of the risk factors[2]		
Obesity Screening Test Body Mass Index (BMI)	✓	✓	✓
	Frequency: Once a year		
High Blood Pressure Screening Test Blood pressure measurement	✓	✓	✓
	Frequency: Once every two years		
High Blood Cholesterol Screening Test Lipid Profile[5]	✓[1]	✓	✓
	Frequency: Once every three years		
Colorectal Cancer Screening Test 2-day Faecal Immunochemical Test (FIT)			✓
	Frequency: Once a year		
Breast Cancer Screening Test Screening mammogram			✓
	Frequency: Once every two years		
Cervical Cancer[3] Screening Test Pap Test (25 to 29 years)[4]	✓	✓	✓
	Frequency: Once every three years		
HPV Test (30 years and above)[4]	✓	✓	✓
	Frequency: Once every five years		

Male — To screen for	18 TO 39 YEARS	40 TO 49 YEARS	50 YEARS AND ABOVE
Diabetes Screening Test HbA1c[5] Fasting blood glucose[5]	✓[1]	✓	✓
	Frequency: Once every three years		
Diabetes Risk Assessment Short questionnaire on letsbeatdiabetes.sg/DRA	✓		
	Frequency: Changes to any of the risk factors[2]		
Obesity Screening Test Body Mass Index (BMI)	✓	✓	✓
	Frequency: Once a year		
High Blood Pressure Screening Test Blood pressure measurement	✓	✓	✓
	Frequency: Once every two years		
High Blood Cholesterol Screening Test Lipid Profile[5]	✓[1]	✓	✓
	Frequency: Once every three years		
Colorectal Cancer Screening Test 2-day Faecal Immunochemical Test (FIT)			✓
	Frequency: Once a year		

Find out more about vaccinations at **https://go.gov.sg/hpv-vaccination**

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] Only for those found to be 'At Higher Risk' via the Diabetes Risk Assessment.

[2] Continue practising a healthy lifestyle. You are recommended to re-take the DRA every two years, or as often as there are changes in the variables (e.g. age, weight or high blood pressure history).

[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.

[5] Check with your doctor to find out more.

STAY ONE STEP AHEAD WITH VACCINATIONS

Vaccinate and protect yourselves and your loved ones from vaccine-preventable diseases!

Why Vaccinate?



Be prepared!

When you are vaccinated,

- You strengthen your immune system
- Your body is more prepared to fight against germs that you are exposed to

Vaccines Train Your Body

Your body learns to recognise these germs as if you have caught the disease before. Your immune system will remember how to fight it.

Scan the QR code to learn more!

https://go.gov.sg/vaccinate-hsgroadshow

What vaccinations do you need

Enjoy fully-subsidised vaccinations **recommended under the National Adult Immunisation Schedule (NAIS).**
Check with your enrolled Healthier SG clinic on the vaccinations you need.
Applicable for eligible Singaporeans.







Vaccine	18-26 years	27-64 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		
Human papillomavirus (HPV2 or HPV4)	3 doses (females)		
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

For Healthier SG-enrolled Singapore Citizens, nationally recommended vaccinations under the NAIS will be fully subsidised at their enrolled Healthier SG clinic.

Speak to your doctor about your recommended vaccines.
Visit vaccinesprotect.gov.sg for more information.

What is CHAS?



The Community Health Assist Scheme (CHAS) enables all Singapore citizens with a CHAS card, including Pioneer Generation (PG) and Merdeka Generation (MG) cardholders, to receive subsidies for medical and/or dental care* at participating clinics near their homes.



Convenience
of visting nearby GP/Dental Clinics



Subsidies
for medical and dental care

**Only for CHAS Blue/Orange, MG and PG cardholders*

CHAS benefits with Healthier SG

Enjoy subsidies for medical care at your preferred Healthier SG clinic.

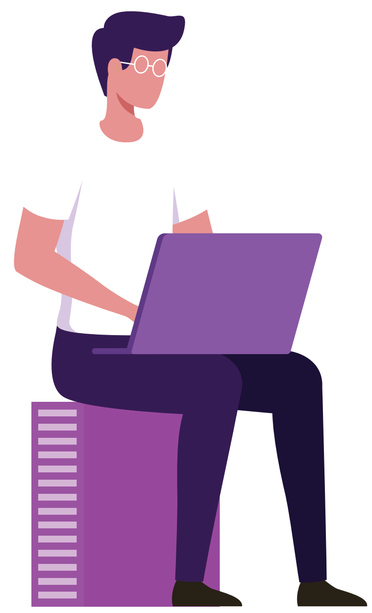
From early 2024 onwards, CHAS cardholders can obtain common chronic drugs from your preferred Healthier SG clinic at prices comparable to polyclinics.



Scan QR code to apply for CHAS

GO.gov.sg

https://go.gov.sg/4ay53u



Singapore Citizens can receive subsidies for:

Screen For Life

Pay **$0 to $5** for each regular health screening visit.



Pioneer Generation (PG)

$0



Merdeka Generation (MG)

$2



CHAS Blue or Orange Card

$2



CHAS Green Card / Eligible Singapore Citizens

$5

Nationally-recommended Vaccinations

Receive subsidies for nationally recommended vaccinations if you meet the age, gender, vaccination history, medical conditions or indications based on the National Adult Immunisation Schedule.

Subsidies for patients with chronic diseases

Subsidised Healthcare Services

Patients referred from CHAS GP clinics can receive subsidised rates for healthcare services such as Diabetic Foot Screening, Diabetic Retinal Photography and nurse counselling at Community Health Centres (CHC) and Primary Care Network (PCN) clinics.



How can CHAS help you to better manage Chronic Diseases?

Access to a Care Team

You will be better supported by a care team, comprising a family doctor, nurses and care coordinators, to keep your chronic conditions under control.



How can CHAS help you to better manage Chronic Diseases?

Referral to public Specialist Outpatient Clinic (SOCs) as a subsidised patient

If you are assessed to require specialist care, you can be referred to a public SOC or public dental National Specialty Centre (NSC).

Subsidies for your treatment at the public SOC will be means-tested. Visit the MOH website or check with the public SOC directly for more information on the subsidies.



Are you eligible for CHAS?



	 CHAS Green	 CHAS Orange	 CHAS Blue	 Merdeka Generation	 Pioneer Generation
Household Monthly Income Per Person *For households with income*	Above $2,000	$1,201 - $2,000	$1,200 and below	All Merdeka and Pioneer Generation cardholders will receive CHAS benefits for MG and PG, regardless of income or annual value of home	
Annual Value of Home *For households with no income*	Above $21,000	$13,001 - $21,000	$13,000 and below		

Are you eligible for CHAS?



Household monthly income per person

(For household with income)

Total gross household monthly income ÷ **Total number of family members living in the same NRIC address** = **Household monthly income per person**

e.g. $8,000 ÷ 4 = $2,000 monthly income per person



Annual Value (AV) of home

(For household with no income)

Annual Value is the estimated gross annual rent of a property if it were to be rented out, excluding the furnishings and maintenance fees. It is determined by IRAS and may be checked via *mytax.iras.gov.sg.*



Please note that the revisions of AVs in 2023 will not affect subsidy eligibility, as AVs of 2022 will be used to determine subsidy levels in 2023.

Subsidies for CHAS/MG/PG cardholders

	 CHAS Green	 CHAS Orange	 CHAS Blue	 Merdeka Generation (MG)	 Pioneer Generation (PG)
Common Illnesses[1]	N/A	Up to **$10** subsidy per visit	Up to **$18.50** subsidy per visit	Up to **$23.50** subsidy per visit	Up to **$28.50** subsidy per visit
Selected Chronic Conditions – **Simple[2]**	Up to **$28** subsidy per visit, capped at **$112** per year	Up to **$50** subsidy per visit, capped at **$200** per year	Up to **$80** subsidy per visit, capped at **$320** per year	Up to **$85** subsidy per visit, capped at **$340** per year	Up to **$90** subsidy per visit, capped at **$360** per year
Selected Chronic Conditions – **Complex[2]**	Up to **$40** subsidy per visit, capped at **$160** per year	Up to **$80** subsidy per visit, capped at **$320** per year	Up to **$125** subsidy per visit, capped at **$500** per year	Up to **$130** subsidy per visit, capped at **$520** per year	Up to **$135** subsidy per visit, capped at **$540** per year

[1] Capped at 24 visits for common illnesses per patient per calendar year, across all CHAS clinics.
[2] "Simple" refers to visits for a single chronic condition. "Complex" refers to visits for multiple chronic conditions, or a single chronic condition with complication(s).

New Healthier SG Chronic Tier subsidies from early 2024

Patients can choose to receive either the new Healthier SG Chronic Tier or the existing CHAS Chronic tier subsidy, at each visit.

CHAS Card	For Patients with CDMP Chronic Conditions		
	Subsidy applicable for all services[1] , and medications not in the Healthier SG Whitelist[2]		Subsidy[3] applicable for medications on the Healthier SG Whitelist
	Simple[4]	Complex[4]	Simple or Complex[4]
 CHAS Green	Up to **$28** subsidy per visit, capped at **$80** per year	Up to **$40** subsidy per visit, capped at **$110** per year	**50%** subsidy, with no dollar cap
 CHAS Orange	Up to **$50** subsidy per visit, capped at **$130** per year	Up to **$80** subsidy per visit, capped at **$210** per year	**75%** subsidy, with no dollar cap
 CHAS Blue	Up to **$80** subsidy per visit, capped at **$210** per year	Up to **$125** subsidy per visit, capped at **$330** per year	**75%** subsidy, with no dollar cap
 Merdeka Generation (MG)	Up to **$85** subsidy per visit, capped at **$230** per year	Up to **$130** subsidy per visit, capped at **$350** per year	**81.25%** subsidy, with no dollar cap
 Pioneer Generation (PG)	Up to **$90** subsidy per visit, capped at **$240** per year	Up to **$135** subsidy per visit, capped at **$360** per year	**87.5%** subsidy, with no dollar cap

[1] "Services" refers to healthcare services provided by the Healthier SG GP clinic, such as consultation and investigations (e.g. blood tests).
[2] The Healthier SG Whitelist will comprise drugs commonly used at the polyclinics for management of CDMP conditions.
[3] Applies to Standard Drug List medications on the Healthier SG Whitelist. Details of the subsidy levels for Healthier SG whitelisted Medication Assistance Fund (MAF) medications will be released subsequently.
[4] "Simple" refers to visits for a single chronic condition. "Complex" refers to visits for multiple chronic conditions, or a single chronic condition with complication(s).