



An initiative of  
**MINISTRY OF HEALTH**  
 SINGAPORE



# Step into a Healthier You

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



## Community Partners



Each resident will belong to a healthcare Cluster, which will integrate care and healthcare services in a region, and match them with the support that they need across healthcare settings.



**AIC:**  
 • Active Ageing Centres  
 • Silver Generation Office

Reaches out to caregivers and seniors with information on staying active and ageing well and connecting residents to services they need.

Silver Generation Ambassadors from the Silver Generation Office will assist residents who need help with HSG enrolment through home visits.

Active Ageing Centres provide support to seniors living nearby through recreational activities and resources for social- and health-related matters. They also provide opportunities for seniors who wish to give back to the community.



### Health Promotion Board

Encourages healthy living via Healthy 365 app which enables access to personalised health and wellness information and programmes.



### People's Association

Connects the community through various programmes, health and wellness lifestyle activities, interest groups and courses.



### Sport Singapore

Offers various sports and fitness programmes, facilities, and resources for residents of all ages and abilities to lead a more active lifestyle.



### Infocomm Media Development Authority (IMDA)

Learn how to download and access Singpass, HealthHub, Healthy 365 mobile apps, and more from Infocomm Media Development Authority's SG Digital Office Digital Ambassadors at selected Community Clubs and public libraries island wide.



### The Smart Nation and Digital Government Office (SNDGO)

Supports the HSG initiative by mobilising Smart Nation Ambassadors (SNAs) to assist residents in the use of Healthier SG-related apps.



### Integrated Health Information Systems (IHIS)

Empowers residents to manage personal and loved ones' health with convenient access to health e-Services and content on HealthHub.



**HealthHub:**  
 Manage your personal and loved ones' health, all in one place

- Enrol to HSG and choose your preferred clinic
- Schedule your appointments
- Access your personalised Health Plan
- View records of your health screenings and immunisations
- Keep track of your health goals



**Healthy 365:**  
 Explore Healthy Lifestyle Programmes

- Register for healthy lifestyle programmes and activities near you
- Track your physical activity and diet
- Earn Healthpoints by staying active
- Redeem Healthpoints with a catalogue of lifestyle rewards



For enquiries / feedback:

6325 9220

[www.moh.gov.sg/feedback](http://www.moh.gov.sg/feedback)



**PROPRIETARY/CONFIDENTIAL HSG Residents Brochure**

Date & Time: 28-4-2023, 10am	Job No: MOH-003-T23	Client: MOH	Media: Brochure	Colour: 4C	Insertion Date:	AD: Eunice Tan	GH/CD: Dawn, Benson	Product / Prices Grid / Logos usage Terms & Conditions Promo	System No: <b>00000000-0</b>
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## Highlights of Healthier SG

- Prevention or management of chronic conditions and complications
- Holistic team-based care from your family clinic
- Co-create your Health Plan for better health
- Enhanced healthcare subsidies and benefits

## When can Singapore Residents enrol?

### From May 2023...

- HSG-registered GPs will start pre-enrolling patients who are regular patients aged ≥40 years with two or more visits for chronic conditions to the clinic in the past calendar year

### From July 2023...

- Singapore Residents aged ≥60 years will be progressively invited via SMS to enrol
- SMS invitations will also be sent progressively to those aged 40 to 59 years

## How will you benefit from Healthier SG?

### From July 2023:

Co-create a personalised Health Plan to prevent chronic diseases, or better manage existing conditions to reduce disease complications, for more cost savings in the long-term.



Earn \$20 worth of Healthpoints after your first Health Plan consultation.



Get free nationally-recommended screenings and vaccinations (for Singapore Citizens).



Full list of screenings:  
<https://go.gov.sg/rec-screenings-list>

Full list of vaccinations:  
<https://go.gov.sg/rec-vaccines-list>

### From 2024:

CHAS, MG and PG patients with high drug bills can access whitelisted chronic drugs similar to those at polyclinics at comparable prices, under the new Healthier SG Chronic Tier.



Use MediSave without cash co-payment for the treatment of chronic conditions.



## Three easy steps to start on your Healthier SG Journey!

### Step 1 Register

- Sign up when you receive MOH's SMS invitation
- Download HealthHub app
- Choose your preferred HSG-registered clinic



### Step 2 See your doctor

- Schedule your first free Health Plan consultation
- Complete Onboarding Questionnaire via HealthHub
- Co-create your Health Plan with your family doctor during the first consultation



### Step 3 Participate

- Follow your personalised Health Plan
- Participate in activities on Healthy 365 app
- Check-in with your family doctor at least once a year



PROPRIETARY/CONFIDENTIAL\_HSG Residents Brochure

Date & Time: 27-4-2023, 3.30pm	Job No: MOH-003-T23	Client: MOH	Media: Brochure	Colour: 4C	Insertion Date:	AD: Eunice Tan	GH/CD: Dawn, Benson	Product / Prices Grid / Logos usage	System No: 00000000-0
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