

**“Orange” Segment – Active Health Targeted Programmes by SportSG**

Programme	Target group	Referral Criteria	Programme Description	Rates/ Subsidies
<b>Manage Obesity with Exercise (SportSG)</b>	Well, Pre-DM, well-controlled chronic conditions	<ul style="list-style-type: none"> <li>BMI 27.5-37.4 and/or</li> <li>Waist circumference of &gt;90cm for men and &gt;80cm for women. Referral recommended.</li> </ul>	<ul style="list-style-type: none"> <li>Community-based physical activity programme comprising of fitness and health assessments and exercises workshops.</li> <li>Nutrition-related resources will also be provided.</li> </ul>	Prevailing charges apply
<b>Manage Diabetes with Exercise (SportSG)</b>	Well, T2DM, well-controlled	<ul style="list-style-type: none"> <li>HbA1c &lt; 8%</li> <li>No hypoglycemic episodes in the past 3 months of medical screen</li> <li>Not suitable for individuals on insulin-related medication, with diabetic complications or orthopedic issues limiting the ability to use exercise equipment without pain or amputees. Referral recommended.</li> </ul>	<ul style="list-style-type: none"> <li>This programme combines the fundamentals of exercise prescription and health coaching. Individuals will learn the principles of frequency, intensity, time and type (FITT) of exercise for Type 2 Diabetes Mellitus (T2DM) plus the special safety considerations when designing their own exercise routines for a safe and enjoyable experience for them and loved ones.</li> </ul>	Prevailing charges apply
<b>Manage Osteoarthritis (OA) with Exercise (SportSG)</b>	Well, Individuals with OA	<ul style="list-style-type: none"> <li>OA of grade 3 and below using the Kellgren and Lawrence classification system. Referral recommended.</li> </ul>	<ul style="list-style-type: none"> <li>This programme empowers individuals to exercise in a safe and confident way.</li> <li>The programme combines health coaching with the fundamentals of exercise prescription.</li> <li>Individuals will learn about the principles of frequency, intensity, time and type (FITT) in exercise for osteoarthritis along with special considerations to note when exercising to ensure a pain-free, safe and enjoyable movement experience.</li> </ul>	Prevailing charges apply

Programme	Target group	Referral Criteria	Programme Description	Rates/ Subsidies
<b>Manage Hypertension with Exercise (SportSG)</b>	Well, Pre-DM, individual with hypertension, well-controlled chronic conditions	<ul style="list-style-type: none"> <li>Consistent elevated BP &gt; 139/89 at rest. Referral recommended.</li> </ul>	<ul style="list-style-type: none"> <li>This programme enables participants to find out how lifestyle modifications such as regular exercise can lower their blood pressure.</li> <li>This programme will empower them with the fundamentals of exercise prescription through the principles of frequency, intensity, time and type (FITT), learning the types of exercise that are recommended for each participant, along with special considerations you should take note of when exercising.</li> </ul>	Prevailing charges apply