

"Red Segment" –Tertiary-Based Weight Management Programmes in PHIs

Programme	Target group	Referral Criteria	Programme Description	Rates/ Subsidies
NUH Centre for Obesity Management and Surgery	At risk, chronic disease	<ul style="list-style-type: none"> • Obese with co-morbid (including pre-DM) • BMI ≥ 37.5 without co-morbid • BMI 27.5 -32.4 • Adults and adolescents 	<ul style="list-style-type: none"> • Multi-disciplinary services including: <ul style="list-style-type: none"> ○ Lifestyle modification (LSM) programme inclusive of 6 months dietary and exercise-based intervention - anchored by in-clinic dietician and physio therapist with specialist consultation. ○ Medications ○ Endoscopic intervention including balloon placement, ellipse balloon, sleeve gastropasty. ○ Bariatric - Metabolic surgery 	Prevailing charges apply
NTFGH Weight Management Programme	At risk, chronic disease	<ul style="list-style-type: none"> • Age 18-65 • Motivated to lose weight and make lifestyle changes • Physically able to participate in moderate intensity physical activity. • Willing to commit to at least 12-16 weeks of obesity treatment • BMI ≥ 32.5 kg/m² with comorbidities* like T2DM • BMI ≥ 37.5kg/m² • Patients will not be accepted if they have the following: <ul style="list-style-type: none"> ○ Patient has poorly controlled Diabetes Mellitus (DM) with HbA1c > 8% ○ Patient is on insulin ○ Patient is on sulfonylurea-based therapy - Please consider Referral to Endocrinology- NUHS instead - for both DM control and consideration of GLP RA based therapy if deem necessary. 	<ul style="list-style-type: none"> • 16 week multi-disciplinary (Dr, dietitian, OT) including group exercise with PT, coach. • Patients may be referred for consideration of bariatric surgery if unable to achieve sustained weight loss by end of program or at outset if keen with BMI ≥ 37.5 (or BMI ≥ 32.5 & CHD risk factors) • Surgical procedures offered include laparoscopic gastric banding, sleeve gastrectomy, and gastric bypass surgery 	Prevailing charges apply

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KTPH Integrated Care for Obesity and Diabetes	At risk, chronic disease	<ul style="list-style-type: none"> • Age 18 years and above • BMI ≥ 32.5 with obesity related co-morbidities. • BMI ≥ 37.5 without co-morbidities • Referral from healthcare professional not required but patient would be private status if self-referred • Patients outside these referral criteria can still be referred and will be considered on a case-by-case basis (i.e., referring doctor can justify) 	<ul style="list-style-type: none"> • Physician-led, multi-disciplinary approach involving physician, surgeons, nurse, dietitian, PT, psychologist, Medical Social Worker (MSW). 	Prevailing charges apply
TTSH Weight Management Service	At risk, chronic disease	<ul style="list-style-type: none"> • BMI $\geq 32.5\text{kg/m}^2$ with obesity-related complications OR • BMI $\geq 37.5\text{kg/m}^2$ without obesity-related complications • Those not fitting into above criteria and with severe complications of obesity • Those who require intensification of treatment (e.g. metabolic bariatric surgery, obesity medications, cognitive behavioural therapy, very-low calorie diet) 	<ul style="list-style-type: none"> • Interdisciplinary model of care in a one-stop setting for obesity care. The healthcare team includes bariatric physicians (endocrinologists, bariatric surgeons, gastroenterologists, and internists), physiotherapists, psychologists, dietitians and nurses. 	Prevailing charges apply
Woodlands Health Obesity & Metabolic Clinic (OMC)	At risk, chronic disease	<ul style="list-style-type: none"> • BMI $\geq 32.5\text{kg/m}^2$ with obesity-related complications OR • BMI $\geq 37.5\text{kg/m}^2$ without obesity-related complications • Those not fitting into above criteria and with severe complications of obesity • Those who require intensification of treatment (e.g. metabolic bariatric surgery, obesity medications, cognitive behavioural therapy, very-low calorie diet) 	<ul style="list-style-type: none"> • Interdisciplinary model of care in a one-stop setting for obesity care. The healthcare team includes bariatric physicians (endocrinologists, bariatric surgeons, gastroenterologists, and internists), physiotherapists, psychologists, dietitians and nurses. 	Prevailing charges apply

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CGH Sports and Exercise Medicine Weight Management Clinic	Chronic disease	<ul style="list-style-type: none"> BMI > 23, without comorbidities or well controlled comorbidities 	<ul style="list-style-type: none"> A multi-disciplinary team led programme, by Sport and Exercise Medicine physician, Nurse coordinator, Dietician and Exercise physiologist. 	Prevailing charges apply
SGH Obesity Centre weight management intervention	Chronic disease	<ul style="list-style-type: none"> BMI \geq 32.5, or BMI \geq 27.5 in presence of obesity related complication 	<ul style="list-style-type: none"> A multidisciplinary setup involving dietitian, exercise Physiotherapist, Clinical Coordinator, Endocrinologist, Bariatric Surgeon, Psychologist, Gastroenterologist, Internal Medicine Physician, Nurse, and Pharmacist. 	Prevailing charges apply
SWITCH (Sengkang Weight Improvement Therapy & Complete Health)	At risk, chronic disease	<ul style="list-style-type: none"> Motivated to make lifestyle changes and willing to participate in moderately intensive physical activity and BMI \geq 32.5 kg/m² OR BMI \geq 27.5 kg/m² with any of the following co-morbid conditions: <ul style="list-style-type: none"> Diabetes Coronary heart disease Hypertension Dyslipidemia (low HDL/high LDL/high TG) Diagnosed obstructive sleep apnea Non-alcoholic steatohepatitis Polycystic ovarian syndrome 	<ul style="list-style-type: none"> The SWITCH Programme is run by a multidisciplinary team (Endocrinology, Bariatric Surgery, Dietetics, Physiotherapy and Psychology) to provide weight management care to help individuals improve their health status and reduce weight. The comprehensive services include dietary modification advice, exercise and physical activity, behavioural modifications, medical therapy and bariatric metabolic surgery. 	Prevailing charges apply

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KKH Child and Adolescent weight management Clinic	Intrahospital referrals from medical and surgical disciplines seen in KKH. GP/Polyclinic/School health Service referrals on a case-by-case basis	<ul style="list-style-type: none"> Multidisciplinary program primarily targeted at children 6-17 years old with BMI percentile above 90th. 	<ul style="list-style-type: none"> A multidisciplinary team comprising adolescent Physicians, general Paediatricians, Dieticians, Psychology, Medical Social Workers (MSW) and Advanced Practice Nurse. Collaboration with Sports Medicine for exercise prescription and exercise sessions. Specialist-based; SOC; Working hours only; doctor/ nurse 	Prevailing charges apply