

“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 \geq 37.5 without co-morbid • BMI 27.5 -32.4 • Adults and adolescents 	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 16-65 • BMI \geq 27.5 - 32.4 • *BMI \geq 32.5 - 37.4 with obesity related comorbidities e.g., Type 2 diabetes mellitus, hypertension, hyperlipidaemia, obstructive sleep apnoea (OSA), fatty liver • *BMI \geq 37.5 • Patients with these BMI categories should be considered for bariatric surgery referral if they have attempted and failed dietary and lifestyle intervention. <p>*Note: Patients' eligibility for this programme may be reviewed on a case-by-case basis to ensure patient safety.</p>	<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 \geq 37.5 (or BMI \geq 32.5 & CHD risk factors) • Surgical procedures offered include laparoscopic gastric banding, sleeve gastrectomy, and gastric bypass surgery 	Prevailing charges apply
KTPH Integrated Care for Obesity and Diabetes	At risk, chronic disease	<ul style="list-style-type: none"> • Age 18 to 65 • BMI \geq 32.5 with obesity related co-morbidities. 	<ul style="list-style-type: none"> • Physician-led, multi-disciplinary approach involving physician, surgeons, nurse, dietitian, PT, 	Prevailing charges apply

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		<ul style="list-style-type: none"> • BMI \geq 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) 	psychologist, Medical Social Worker (MSW).	
TTSH Weight Management Service	At risk, chronic disease	<ul style="list-style-type: none"> • BMI \geq 32.5 with chronic medical conditions, BMI \geq 37.5, referral from OPS/ SOC/ GP 	<ul style="list-style-type: none"> • Specialist based, multi-disciplinary approach 	Prevailing charges apply
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. 	
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 	A multidisciplinary setup involving dietitian, exercise Physiotherapist, Clinical Coordinator, Endocrinologist, Bariatric Surgeon, Psychologist, Gastroenterologist, Internal Medicine Physician, Nurse, and Pharmacist.	Prevailing charges apply

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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
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