

“Orange” Segment – Active Health Targeted Programmes by SportSG

Programme	Target group	Referral Criteria	Programme Description	Rates/ Subsidies
Manage Obesity with Exercise (SportSG)	Well, Pre-DM, well-controlled chronic conditions	<ul style="list-style-type: none"> BMI of 27.5 to 37.4 kg/m² and/or Individuals with waist circumference of > 90cm for men and > 80cm for women. 	<p>Active Health's Targeted programmes are specially curated to help individuals learn about their condition (diabetes, obesity, hypertension, or osteoarthritis) and safety considerations to start exercising in a safe manner. Each programme consists of:</p> <ul style="list-style-type: none"> 6-Week community-based sport-inspired exercises with principles of frequency, intensity, time, type, volume, and progression (FITTVP), sports science-based education, and health coaching support. Baseline and post-programme (end of Week 6 and on Week 18) measurement of body composition and functional performance. Post-programme nudges and tips from Week 7 to Week 18. 	Prevailing charges apply
Manage Diabetes with Exercise (SportSG)	Well, T2DM, well-controlled	<ul style="list-style-type: none"> Individuals with well-controlled T2DM and no hypoglycemic episodes in the past 3 months 		Prevailing charges apply
Manage Hypertension with Exercise (SportSG)	Well, Pre-DM, individual with hypertension, well-controlled chronic conditions	<ul style="list-style-type: none"> Suitable for individuals with well-controlled hypertension, blood pressure readings of <160/100 at rest (stable hypertensives) <p>Note: Individuals with systolic blood pressure readings of 200mmHG and above or diastolic pressure of 110mmHG and above will not be allowed to engage in any of the exercise components during the programme.</p>		Prevailing charges apply
Manage Osteoarthritis (OA) with Exercise (SportSG)	Well, Individuals with OA	<ul style="list-style-type: none"> Individuals with mild to moderate knee/hip osteoarthritis diagnosis made by medical doctor with no acute swelling or morning stiffness lasting longer than 30 minutes <p>and/or</p> <ul style="list-style-type: none"> Individuals who are able to climb 1 flight of stairs and sit-to-stand 5 times without pain and support. 		Prevailing charges apply