

# HOLISTIC PREVENTIVE CARE PLAN FOR YOUR PATIENTS IN 2 STEPS!

By Agency for Integrated Care and Health Promotion Board



## Step 1: Screening and Follow-up

Screen for Life (SFL) is the national screening programme by the Health Promotion Board (HPB) that aims to encourage Singapore Citizens and Permanent Residents to go for regular screening and follow-up sessions. Under SFL, eligible applicants above the age of 40 may go to GP clinics for subsidised screening tests for chronic diseases (cardiovascular risk), cervical cancer or colorectal cancer.<sup>1</sup>

Currently, over 900 Community Health Assist Scheme (CHAS) GP clinics offer enhanced SFL subsidies, and the scheme has benefitted more than 30,000 Singaporeans as of February 2018.

The scheme enables early detection, long-term follow-up and continuity of care for chronic conditions. In addition, SFL clients can tap on subsidised schemes

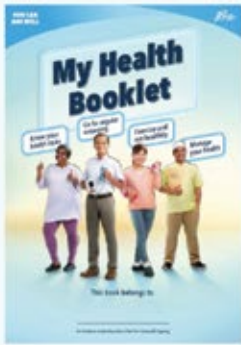
and programmes for affordable screenings and care management. These include subsidies via CHAS for follow-up consultations at GP clinics, and subsidised referrals to Specialist Outpatient Clinics (SOCs) for clients with abnormal cervical cancer or colorectal cancer test results.

## Step 2: Intervention Programmes to Monitor

To complement medical advice given to clients, GPs may also refer them to the following intervention programmes initiated by HPB:

- Health coaching at Community Health Posts (CHPs)
- Lifestyle intervention programmes such as 'Lose to Win' and 'I Quit'

<sup>1</sup> Eligibility for colorectal and cervical cancer tests is further dependent on age and gender - please refer to Primary Care Pages (PCP) for more details.



## COMMUNITY HEALTH POST (CHP)

- CHPs offer SFL clients an avenue for lifestyle-related coaching and follow-up programmes.
- Trained in health promotion and coaching, a health coach works with the client to set lifestyle goals to maintain or improve their health through nutritional, physical activity, mental wellbeing and/or smoking habit intervention. The coach may also share other health topics the client is interested in, such as sleep hygiene or ergonomics, or community health programmes happening around the estate.
- Primary target audience includes SFL clients (typically above the age of 40) with borderline stage diagnosis or who have been diagnosed with chronic diseases.
- Through a referral to CHPs, GPs help to ensure regular lifestyle follow-ups as well as personalised lifestyle tips and goals for clients. Depending on their suitability, clients may be referred to the 'Lose To Win' or 'I Quit' programmes.
- For more information, please call HealthLine at **1800 223 1313**, and refer to HealthHub for a full list of CHPs and their addresses.



## LOSE TO WIN®

- Lose to Win® is a free 12-week weight management programme that aims to help clients manage their weight through regular exercise and healthy eating.
- Clients enjoy free unlimited workout sessions for 12 weeks, which are guided by professional trainers at a progressive intensity.
- Primary target audience includes clients aged 21 to 64 years with a BMI range of 23 to 37.4kg/m<sup>2</sup>.
- Through client referral to Lose to Win®, GPs can expect a safe, structured and supportive environment that encourages patients to live healthily and better manage their weight. With regular participation, clients can expect potential improvement in their health markers.
- For more information, please visit [www.losetowin.com.sg](http://www.losetowin.com.sg), email [hpb\\_losetowin@hpb.gov.sg](mailto:hpb_losetowin@hpb.gov.sg), or call HealthLine at **1800 223 1313**



## I QUIT

- I Quit is a SMS-based intervention designed to assist smokers to quit smoking by sending them motivational text messages daily for the first 28 days.
- Research has shown that a 28-day smoke-free cycle increases one's chances of quitting by five times.
- Also, clients can access other resources such as QuitLine tele-counselling, an online community at [www.facebook.com/iquitclub](http://www.facebook.com/iquitclub), quit-smoking tips on HealthHub, and over-the-counter pharmacist advice (including Nicotine Replacement Therapy information).
- Upon completion of the programme, clients may book an appointment to receive attractive incentives in addition to better health.
- Primary target audience includes Singaporeans and Permanent Residents who are smokers.
- Through referral to I Quit, clients receive support from well-trained counsellors and will potentially see improvement in their health markers.
- For more information, please visit [www.healthhub.sg/iquit](http://www.healthhub.sg/iquit), email [hpb\\_smoking\\_control@hpb.gov.sg](mailto:hpb_smoking_control@hpb.gov.sg), or call QuitLine at **1800 438 2000**

Please contact the Primary Care Engagement team at [gp@aic.sg](mailto:gp@aic.sg) or **6632 1199** if you would like to offer this holistic preventive care plan to your patients.