

HIGHLIGHTS

From the Honorary Secretary

Report by Clinical Asst
Prof Benny Loo Kai Guo

Dr Loo is a paediatrician in public service with special interest in sport and exercise medicine. He serves to see the smiles on every child and athlete, and he looks forward to the company of his wife and children at the end of every day.



SMA IP provider ranking survey 2022

The SMA released the results of the second edition of the SMA Integrated Shield Plan Providers Ranking Survey ahead of print on 16 June 2023, and later published the report in the *SMA News* June issue (<https://bit.ly/5506-Survey>). The survey covered the period from January to December 2022. Various media outlets reported on the survey, highlighting key results drawn. SMA President Dr Ng Chee Kwan also provided his views concerning extended panels in the media reports.

Visit the following links to access said media reports:

1. *8World*: <https://bit.ly/3XpiGel>
2. *Zaobao*: <https://bit.ly/3Jozywl>

SMA comments on updated MOH Fee Benchmarks

SMA provided comments to the media in response to the updated Fee Benchmarks by the Ministry of Health (MOH) released on 14 June 2023. Dr Ng CK commented that the Fee Benchmarks will be useful for both doctors' and insurers' reference.

The Fee Benchmarks can be found at <https://bit.ly/46bYHUW>. To view the details of the changes, please visit <https://bit.ly/4303iGW>.

The media reports can be found at the following links:

1. *8World*: <https://bit.ly/3D2fJ11>
2. *The Business Times*: <https://bit.ly/43SS08P>
3. *Zaobao*: <https://bit.ly/3NJM644> ◆

The Quest for Health

Everyone knows to eat healthily and exercise regularly, but how do **YOU** stay fit? Do you work out at home or in the gym? Is there a special diet or exercise routine you swear by?

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