

# Dear Tourist 尊贵的旅客:

if you feel sick 如果您身体感到不适

## **Seriously unwell** 严重不适:

- a) Go to the 24h A&E services of hospitals.
- b) Ask the Concierge for help to the nearest hospital.
- a) 请前往任何医院的24小时急诊部门。
- b) 请向顾客服务部询问关于最靠近的医院的资讯。

## **Mildly unwell** 轻微不适:

- a) A walk-in family medicine (GP) Clinic.  
Ask the Concierge for directions to the nearest clinic.  
Call up before going to check opening hours.
- a) 前往家庭医生 (GP) 诊所。向顾客服务部询问最近的路线。  
请先打电话询问开放时间。
- b) Telemedicine consultation. A list of providers on back page.
- b) 选择远程医疗咨询服务。提供商列表如下。



@Credit to Dr Justinian Zai

**We hope you will get the medical attention  
you need to quickly recover.**

希望您能得到最合适的医疗护理，祝早日康复！



Singapore  
Medical  
Association



## List of Telemedicine providers:

### Careplus (MHC)

1 Commonwealth Lane, #02-13, Commonwealth, Singapore 149544  
Telephone: 6774 5005 URL: <https://mhcasia.com>

### DoctorAnywhere

30A Kallang Place, #11-06, Singapore 339213  
Telephone: 6591 8668 URL: <https://doctoranywhere.com>

### Doctor World

1 Scotts Road, #18-11, Shaw Centre, Singapore 228208  
URL: <https://doctorworld.co>

### HeyAlly

46-2 Commonwealth Drive #01-372, Singapore 140462  
Telephone: 66640266 Email: [ally@heyally.com](mailto:ally@heyally.com)

### HiDoc

1004 Toa Payoh North, #06-03/07, Singapore 318995  
Telephone: 6887 5000 URL: <https://www.hidoc.sg>

### Manadr (+housecall)

2 Venture Drive #07-07 Vision Exchange, Singapore 608526  
Telephone: 8218 7897 URL: <http://www.manadr.com>

### MyDoc

137 Market Street, #02-01, Singapore 048943  
Telephone: 6589 8101 URL: <https://www.my-doc.com>

### Parkway Shenton

20 Bendemeer Road, #05-04/14, Singapore 339914  
Telephone: 6227 7777 URL: <https://www.parkwayshenton.com>

### Sata CommHealth

351 Chai Chee Street, Singapore 468982  
Telephone: 8123 4878 URL: <https://www.sata.com.sg/tele-consultation>

### WhiteCoat

201 Henderson Road, #05-11/12, Apex @ Henderson, Singapore 159545  
Telephone: 6909 6609 URL: <https://www.whitecoat.com.sg>

### Jagame (Housecall only)

79 Ayer Rajah Crescent #01-10 Singapore 139955 Telephone: 6717 3737

### Rescu (Housecall only)

21 Woodlands Close, Primz Bizhub, #07-23, Singapore 737854  
Telephone: 8779 9441 URL: <https://www.rescu.sg>

### Speedoc (Housecall only)

991C Alexandra Road #01-13c Singapore 119971 Telephone: 8180 8948  
URL: <https://www.speedoc.com>

Details of some of these telemedicine providers may be found at: [https://www.moh.gov.sg/our-healthcare-system/licensing-experimentation-and-adaptation-programme-\(leap\)---a-moh-regulatory-sandbox](https://www.moh.gov.sg/our-healthcare-system/licensing-experimentation-and-adaptation-programme-(leap)---a-moh-regulatory-sandbox)