

Active Health

Chia Vye Rern

Manager, Planning & Capability Development

Active Health



1 The Active Health Vision & Journey

2 Strengthening Healthier SG

3 Partnering You for a Healthier SG

4 Active Health Footprint

SCOPE OF PRESENTATION

1. **ACTIVE HEALTH** VISION & JOURNEY

- *Relevant & Holistic Content to Support Citizens* -



Our mission is to design integrated evidence-based programmes as a strategy to strengthen our sport ecosystem, transform the health and wellness mindset of community, catalyse a culture of care and inclusivity, and fortify social compact and national identity.



Active Health seeks to create a national movement to encourage personal ownership in health

Launched in 2017, Active Health aims to Inspire Singaporeans to Live Better



Official Opening of Active Health Lab at Heartbeat@Bedok by PM Lee (Feb 2018)

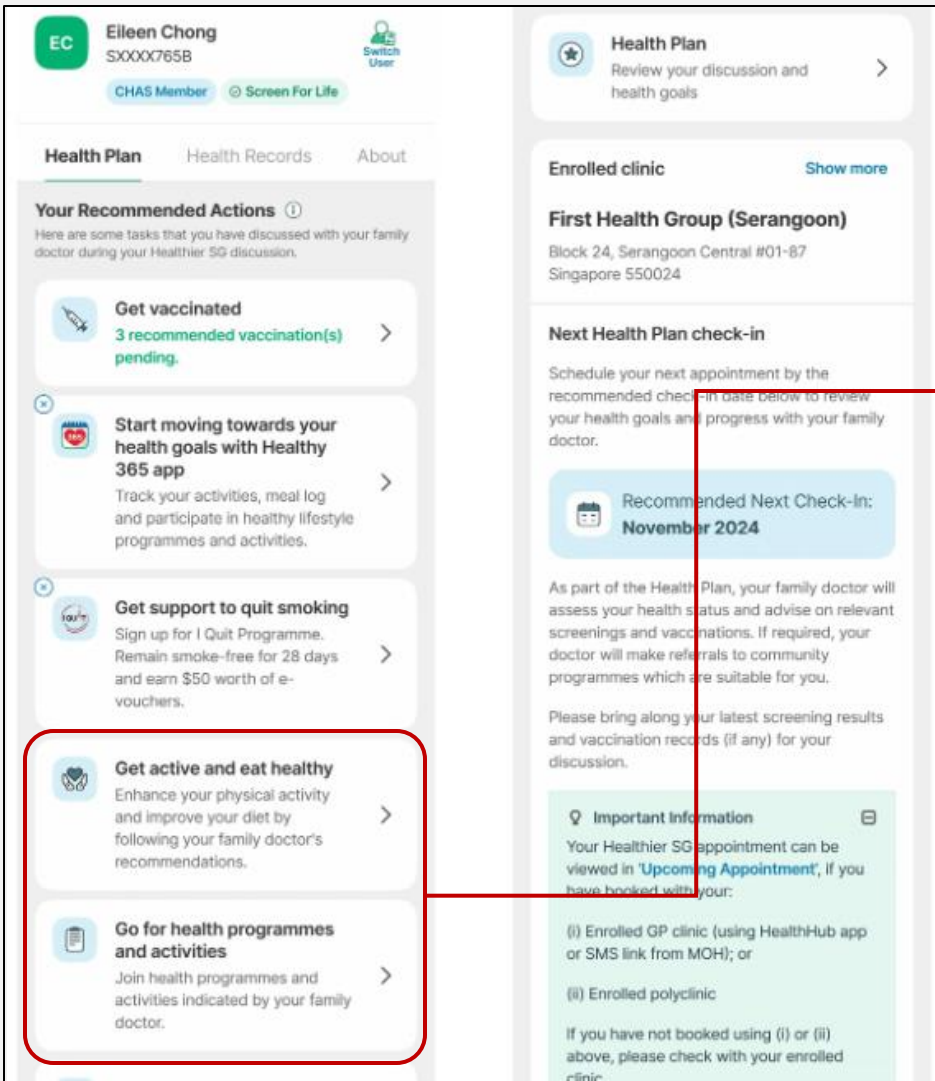


Active Health, A “Social-Health” Experiment, Anchoring the “Last Mile”

Healthier SG

<https://www.healthiersg.gov.sg/>

“... a national initiative by the Ministry of Health (MOH) focusing on preventive health.”



“Your enrolled Healthier SG clinic will create your **personalised Health Plan** during your first Health Plan consultation at the clinic.”

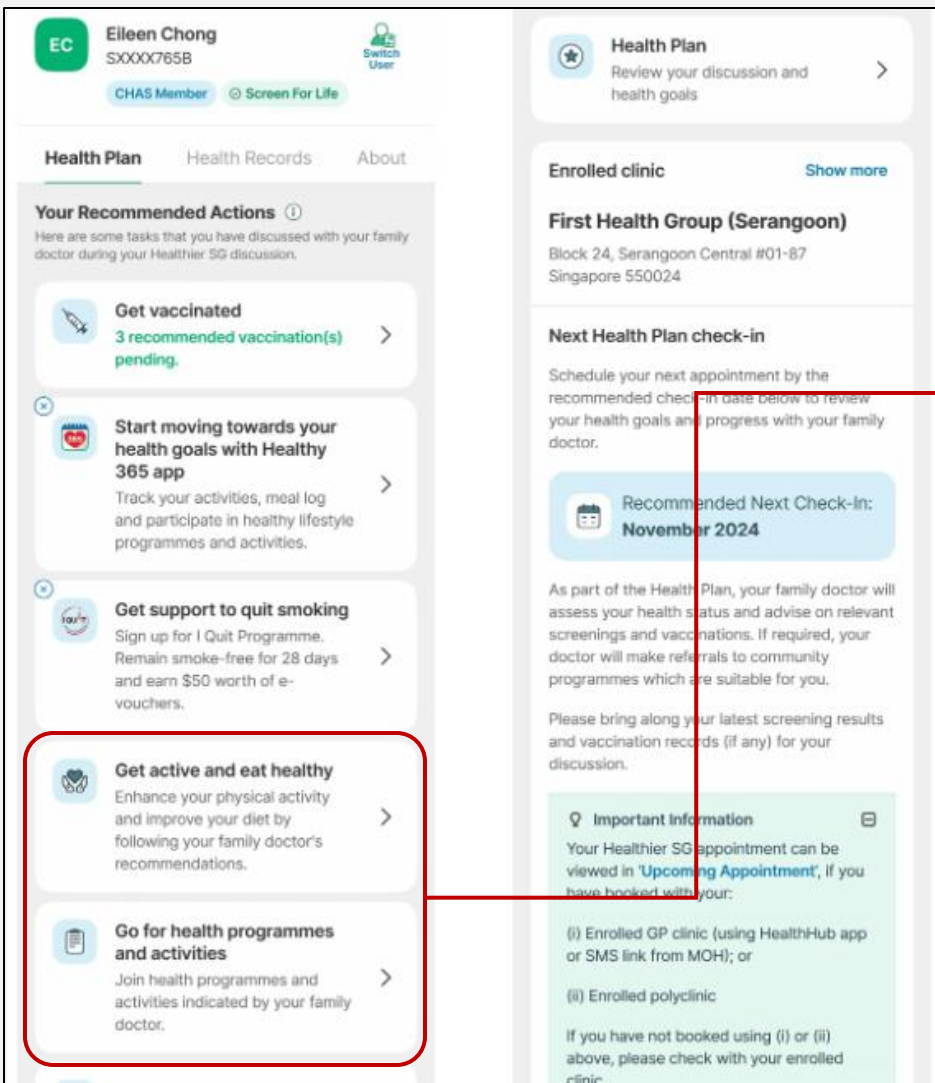
“Your Health Plan will display diet and **exercise recommendations by your doctor** with resources available to guide you in your health journey.”



Healthier SG

<https://www.healthiersg.gov.sg/>

“... a national initiative by the Ministry of Health (MOH) focusing on preventive health.”



“Your enrolled Healthier SG clinic will create your **personalised Health Plan** during your first Health Plan consultation at the clinic.”

“Your Health Plan will display diet and **exercise recommendations by your doctor** with resources available to guide you in your health journey.”



2. STRENGTHENING **HEALTHIER SG**

- *Active Health & Singapore Physical Activity Guidelines* -


**This list of programmes is not exhaustive.*


Sport & Exercise Science Programming Alongside Coaching Support

→ Unsure of where to begin

→ Understand baseline health and fitness status


→ **Fitness & Health Assessment**





→ For more a in-depth understanding of aerobic fitness

→ **Submaximal Aerobic Watt Bike Fitness & Health Assessment**




ASSESSMENT WORKSHOPS

MOVE BETTER WORKSHOPS PROGRAMMES

→ Generally well and looking to self-sustain

→ **Balance & Muscular Fitness**

→ **Cardio Jam**



→ Those who are prefer structured 6/8-week programmes

Age 40 – 59

→ **Stronger at 40**

Age ≥ 60

→ **Combat Age-Related Loss of Muscle (CALM 1.0 & 2.0)**



→ Individuals who wish to manage their conditions with exercise

→ **Manage Diabetes with Exercise**

→ **Manage Hypertension with Exercise**

→ **Manage Obesity with Exercise**

→ **Manage Osteoarthritis with Exercise**



TARGETED PROGRAMMES

Active Health Targeted Programmes (6 weeks)



- Diabetes
- Obesity
- Hypertension
- Osteoarthritis

Key Design Features of Programmes



Pre & Post Assessments



Health Coaching



Sport Inspired Exercises



Promo: \$48/Pax for 6-weeks
*Relevant subsidies apply

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 18
Measurements *Benefits of PA	Aerobic Ex. 1	Strength Ex 1: Lower Body	Aerobic Ex. 2	Strength Ex 2: Upper Body	Check-In + Commitment for weeks 7 to 18	3 month check-in
Wellness Vision	Health Coaching Dialogue					Review your Journey!
Knowing your baseline	Practical Experience				Celebrate small wins!	

Combat Age-Related Loss of Muscle (CALM)

- Raise awareness of the importance of lean muscle tissue and its impact on daily functioning as seniors age
- Provide practical strategies to maintain/increase lean muscle tissue and optimise daily function and performance (exercise, nutrition and sleep)

CALM 1.0

\$60/Pax (Subsidies apply)

Week 1	Weeks 2 – 7	Week 8
Orientation Programme & Assessment	<u>Weekly Workshops</u> Strength Training <ul style="list-style-type: none">• Resistance Band / Free Weights Domain Sharings <ul style="list-style-type: none">• Move / Eat / Rest Better	Check-In

CALM 2.0

\$60/Pax (Subsidies apply)

Weeks 1 – 5	Week 6
<ul style="list-style-type: none">• Effective Strength Training• Progressive Overloading• Training Formats• Recovery	Gym Orientation
Free Weights Strength Training	Gym Machines

Stay CALM for this BUNDLE

CALM 1.0

+

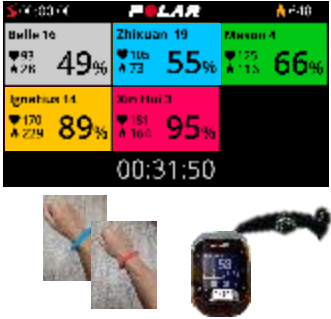
CALM 2.0

=

14 weeks at \$60/per pax

Our Protocols for Your Patients

Small Group Sizes
5 to 8 participants to allow for close supervision by **EIMS and CPR-AED certified** Active Health Coaches



Heart Rate Monitoring & Safety Wristbands

Wireless heart rate monitoring and coloured wristbands to ensure **appropriate exercise intensities**

**RPE used for individuals on hypertensive medications*



Participant Safety

1. Name (Full Name)

2. Participant ID (or NRIC/Passport)

3. Sex

4. Age

5. Email Address (optional)

Pre-Participation Screening

- Cardiovascular, metabolic or renal disease signs & symptoms
- Current level of physical activity
- Desired exercise intensity

**Valid for 3 months*

Should an individual require medical clearance based on PPS and wishes to continue, individual will be monitored to undergo only **low intensity exercise** & encouraged to visit a healthcare professional

3. **PARTNERING YOU** FOR A HEALTHIER SG

- *Active Health (Medical) Referral Process* -

Active Health Medical Referral Process Endorsed by MOH

GP Helpline: 6632 1199

Calendar of Events

News & Publications

Contact Us

Member Login

PRIMARY CARE PAGES

Healthier SG > Schemes & Programmes > Circulars > Healthier SG > Professional Development >

Home / Healthier SG / Healthier SG Care Protocols / Preventive Health Care Protocols

Body Mass Index (BMI) Control

Overview

Care Protocols

Preventive/Acute

Adult Vaccination

Body Mass Index (BMI) Control

Cancer Screening

Cardiovascular Risk Assessment

Last updated on 18 December 2023

Recent key changes:

Updated management se template.

Updated referral criteria Integrated Care for Obese

Previous Referral Criteria - Puat Hospital Integrated Ca and Diabetes

Age 18-65 years old

BMI 32.5 to <37.5 with c


Prescriptions docume


Physical Activity

Figure 1 below provi programmes that can their profile. (Some pr

For patients above 65 years old, GPs may examine the history of weight change over their patient's lifetime to gain a more complete understanding of their risk profiles³ (e.g. recent,

"Orange" segment

As patients in this group have risk factors that may predispose them to cardiovascular events during physical activity, **exercise pre-participation assessment by their enrolled doctor is recommended.** Refer to the Physical Activity Recommendation Process (PARP)  workflow.

Given the need for patient education on exercise, diet, and other lifestyle changes for chronic disease management, GPs may **consider referring their patients to structured weight management programmes.** Patients with well-controlled chronic diseases can be referred to Active Health Targeted Programmes managed by SportSG and run by accredited Exercise is Medicine trained coaches. Click [here](#) for the list of available "orange" segment programmes. GPs are encouraged to complete a [referral form](#). Patients should book and attend the recommended programmes so that the Active Health Coach can tailor and directly proceed with the exercise recommendation with them. More details on SportSG's referral workflow are available here .

Refer Your Patients to Us via Our MOH Endorsed Medical Referral Process

1. Referral Form via FormSG (< 1min)



Active Health Targeted Programme Referral Form

GO.gov.sg

Referrer's Details
(to be filled in by medical personnel)

1. Email of Referring Clinician/Clinic
(A confirmation email will be sent to this email as provided)

2. Name of Referring Hospital / Polyclinic / Institution
GPs - please select the "Others at the bottom of the list"

3. Name of Referring Clinician

4. What is the referring clinician's role?

☐ Doctor
☐ Physiotherapist
☐ Nurse
☐ Others

5. Recommended Active Health Targeted Programme for your patient

6. Important points for Active Health Coaches to take note when patient is exercising (e.g. side effects from medication)
A response is required

2. (Optional) Sign Up Form for Patient

Active Health

TARGETED PROGRAMME SIGN UP FORM

Consult our Exercise & Medicine® Singapore – Certified Active Health Coaches to manage your condition with exercise through a safe and enjoyable programme!

Patient Name: _____

Recommended Programme (Please tick only 1):

☐ Manage Diabetes with Exercise ☐ Manage Hypertension with Exercise
☐ Manage Obesity with Exercise ☐ Manage Osteoporosis with Exercise

Clearance for Activity:

☐ Patient is cleared to participate in light to moderate activities only
☐ Patient is cleared to participate in unrestricted activity

Healthcare Professional / Physician's Name: _____

Clinic: _____

Referral Date: _____

Special Precautions: (If any) _____

Book your targeted programme before heading down to the Active Health Lab!

Healthier SG | In partnership with Sport SINGAPORE | Exercise is Medicine Singapore

Check out our Active Health website for more details on programmes and labs.

GO.gov.sg/activehealth

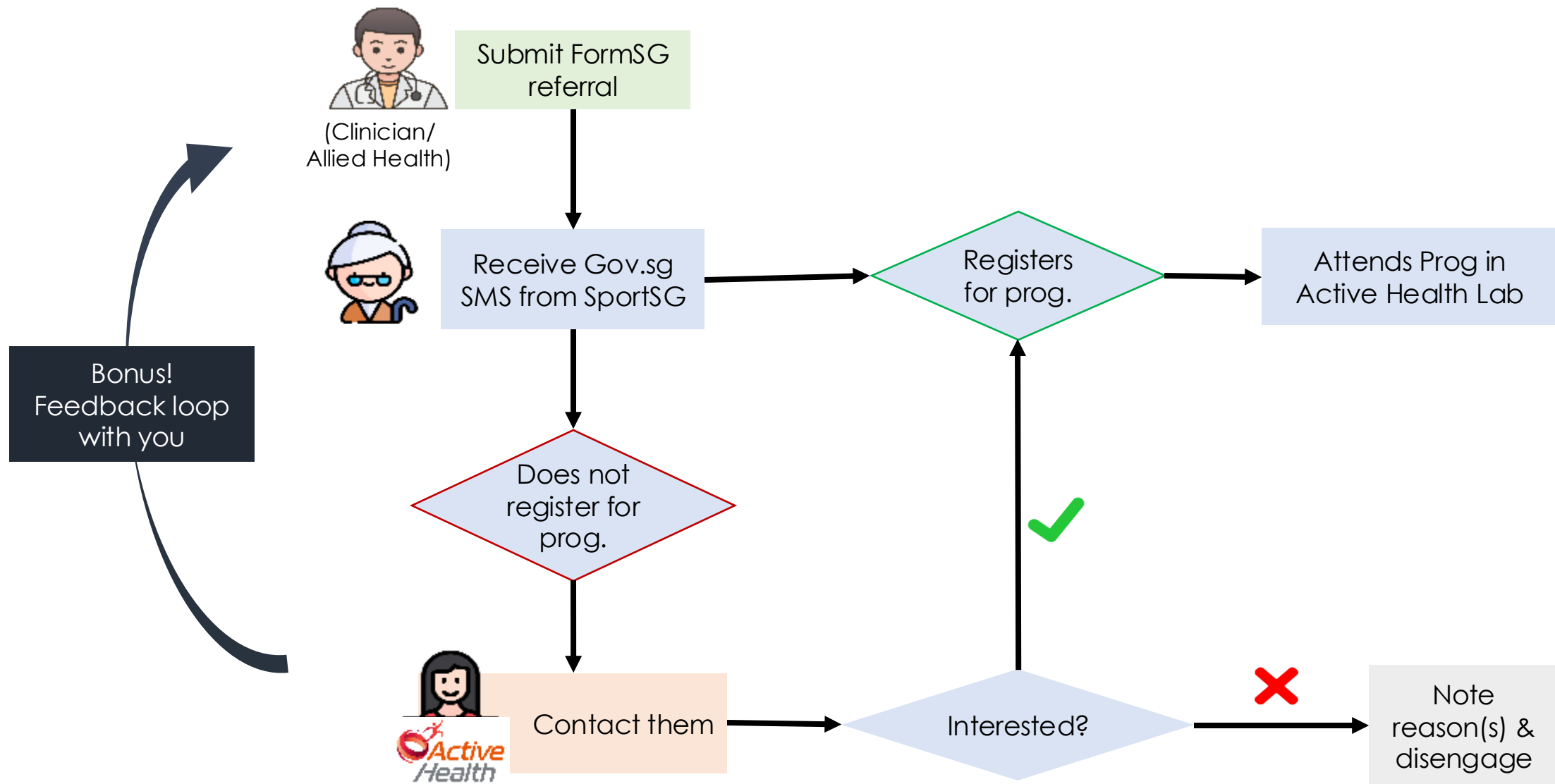
Active Health SG

OUR HEALTHY LAB!

1. Desalithon Singapore Lab
2. Toa Payoh Integrated Development
3. Bishan Swimming Complex
4. Delta Sports Complex
5. Jurong Hub
6. Jurong East Sport Centre

Active Health Labs | Coming Soon

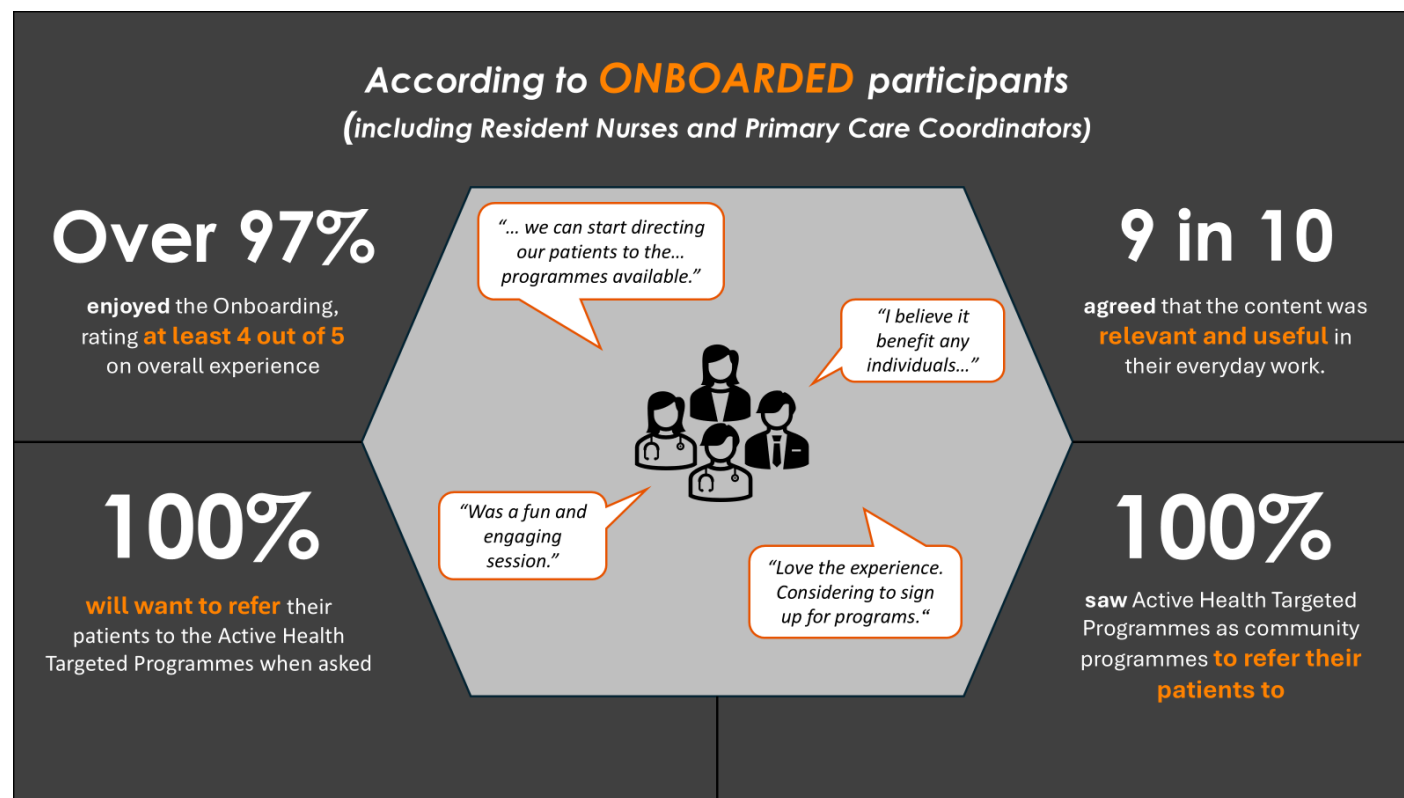
What Happens to Your Referred Patients?



AH Medical Referral ONBOARDING Programme for Healthcare Partners – YOU!



- **EXPERIENCE** the sport-inspired activities curated by our coaches and learn about the safety measures in place
- **UNDERSTAND** the Targeted Programmes' programme structure
- Learn and **FAMILIARIZE** with our Active Health Medical Referral process recognized by Ministry of Health (MOH)



4. ACTIVE HEALTH **FOOTPRINT**

- Bringing Active Health to the Community & Precincts -

Island-wide connected Learning, Experiential and Social spaces



Active Health Labs

- 1 Woodlands Sport Centre
- 2 Bukit Canberra
- 3 Sengkang Sport Centre
- 5 Our Tampines Hub
- 6 Heartbeat@Bedok
- 7 Decathlon Singapore Lab
- 9 Bishan Swimming Complex
- 10 Delta Sport Complex
- 12 Jurong East Sport Centre

Coming Soon


- 4 Punggol Regional Sport Centre
- 8 Toa Payoh Integrated Development
- 11 Jurong Hub



SCAN TO CLAIM CREDITS

ActiveSG members* will receive
\$100 SG60 ActiveSG Credits

Log in to MyActiveSG+
from now to 31 December 2025

 go.gov.sg/myactivesgplus

*For Singaporeans and PRs. T&Cs apply.



Here are some ways to use your credits:



Offset up to 60% of School Holiday Programme** fees

Sign the kids up for sport programmes and workshops, and use your credits to offset up to 60% of the fees! Just search for "SHP60" on MyActiveSG+.

**Remaining amount payable by debit/credit card or PayNow.

SG60
SPECIAL

SG60
SPECIAL

Go all-in on Active Health

From fitness and health assessments to workshops and structured programmes conducted by our Active Health Coaches, these are 100% redeemable with credits.



Book courts, gyms & pools

Book your favourite facility or grab gym/swim passes, all using your credits at any ActiveSG sport centre near you.

Visit go.gov.sg/sg60asgcredits to find out more

Measure Up



Visit your nearest Active Health Lab for your **Fitness & Health Assessment**

Be Onboarded



Get **ONBOARDED** to kickstart your patients' health and wellness journey

Partner Us



Refer patients who are:

- i. Well and looking to take ownership of their health and wellness
- ii. Medically-at-risk looking to start being active



01

WHO Active Health is

There are **Safe** and **Endorsed** programmes for your patients.

01

02

WHAT Active Health has to support your patients

Prevention is better than cure.
Prescription can be easy.

02

03

HOW to refer your patients

You can **start referring** your patients to Active Health **today!**

03

Active Health Targeted Programme Referral Form

3 mins estimated time to complete

Active Health's 6-Week Exercise is Medicine-based Programmes: Diabetes, Hypertension, Obesity and Osteoarthritis

For more details, please visit <https://go.gov.sg/activehealth-targetedprogramme>

Instructions & Declaration

Please provide your patient's particulars and medical information to facilitate the referral.

By filling up this form, I declare the following:

1. The patient is able to exercise independently at low-moderate intensity

2. The patient has given his or her consent:

a) for the collection, use and disclosure of his or her personal data for the purposes of this referral, including but not limited to the registration of the patient for the Active Health programme, the monitoring of the patient's progress as well as service evaluation purposes

b) to allow Sport Singapore / Active Health personnel to contact the patient directly for any necessary follow-up in relation to this referral



A6 Sized Brochure on Active Health Targeted Programmes

Be supported by our Exercise is Medicine® Singapore - Certified Active Health Coaches in your Health & Wellness journey!

Benefits of the programme

- Craft your health and wellness vision
- Build confidence in using exercise to manage your condition
- Experience sport inspired activities
- Make new friends and connect socially

Better Your Health & Wellness
with exercise, and coaching tips!

In partnership with

Healthier SG

Sport SINGAPORE

Active Health

This resource is developed by Sport Singapore. All rights reserved. Copyright© 2023 Sport Singapore.

Check out our Active Health website for more details on programmes and labs.
go.gov.sg/activehealth

Active Health

"Want to know the secret to managing your medical conditions, staying healthy and aging well?"

IT'S EXERCISE!"

Active Health Targeted Programmes

Diabetes | Obesity | Hypertension | Osteoarthritis

Manage Your Condition Better
with our 6-week
Exercise is Medicine® Singapore - Backed Programme!

Simply book your programme of choice or seek your doctor's referral.

Key Design Features of Programmes
Conducted in small group classes to ensure safety and maximise participant engagement.

Pre & Post Assessments

Measure up to understand your fitness and health status and track your progress through a detailed body composition analysis and functional assessments.

Health Coaching

Receive health coaching support and tips to help wellness vision setting, goal setting from our coaches, as you work towards your health and fitness goals.

Sport-Inspired Exercise Workshops

Learn about the RITEVP principles of exercise along with special considerations when exercising to ensure a safe and enjoyable movement experience.

Your Journey with Active Health

Scan now to register!

01 Week 1, assess your fitness and health levels through simple assessments and determine your exercise intensity with our pre-participation screening.

02 From Week 1-6, craft your health and wellness vision and set your goals as you exercise your way through the 6-week programme.

03 Week 6, track your progress and sign up for suitable Active Health and ActiveSG programmes and sport interest groups as recommended by your Active Health Coach.

04 Stay active and sustain your journey through sports and recommended physical activities.

05 Return on Week 18 to review your progress with Active Health Coach.

Exercise is integral to achieving a healthy BMI. EIMS's collaboration with Active Health will give our population enhanced access to exercise facilities and supervision, so that everyone can exercise safely and effectively to achieve their health goals.

Adj A/Prof Benedict Tan, Chairman, Exercise is Medicine Singapore, Head, SingHealth Duke-NUS Sport and Exercise Medicine Centre, and Senior Consultant, Sport and Exercise Medicine, Chang General Hospital

Who Will Benefit from the Programmes?

Manage Diabetes with Exercise

- Individuals with well-controlled Type 2 Diabetes and no hypoglycemic episodes in the past 3 months.
- Not suitable for individuals on insulin-related medication with diabetic complications (i.e. neuropathy, nephropathy, retinopathy), with orthopaedic issues limiting the ability to use exercise equipment without pain, or amputees.

Manage Hypertension with Exercise

- Individuals with well-controlled hypertension, blood pressure readings of <160/100 at rest (stable hypertension).
- Individuals with systolic blood pressure readings of 200 mmHg and above or diastolic pressure of 110 mmHg and above will not be allowed to engage in any of the exercise components during the programme.

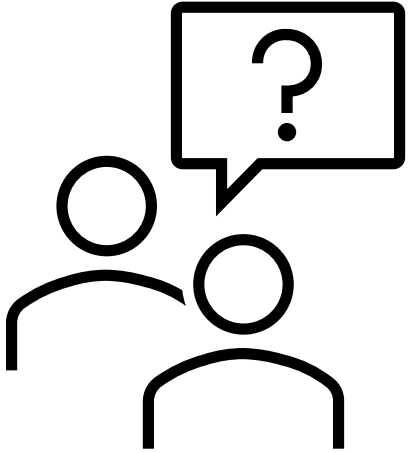
Manage Obesity with Exercise

- Individuals with BMI between 27.5 - 37.4 kg/m² and/or Individuals with waist circumference >90 cm for men and >80 cm for women.

Manage Osteoarthritis with Exercise

- Individuals with mild to moderate knee/hip osteoarthritis diagnosis made by a medical doctor with no acute swelling or morning stiffness lasting longer than 30 minutes and/or individuals who are able to climb 1 flight of stairs and sit-to-stand 5 times without pain and support.

Note that the programmes have been designed for optimal efficacy for the groups of individuals stated above.



HELP US!



Digitalise the form into your systems

by referring your patients to

