

## Am I eligible for SingHealth HSG Teams' Services?

Access to SingHealth HSG Teams' services is open to:

- Singapore Citizens or Permanent Residents; and
- Residing within SingHealth's region

If you are not residing within SingHealth's region but wish to enrol with a SingHealth HSG Team, we may enrol you on a case-by-case basis, depending on the care team's assessment.



## What are the fees for SingHealth HSG Teams' Service?

SingHealth HSG Team services are currently fully subsidised\* and will be provided at no cost if you are found suitable.

However, you may be required to pay for your own healthcare expenses arising from:

- Visits to the doctor (including your regular medical appointments at your Primary Care Provider and/or any Specialist Outpatient Clinic)
- Transitional care services after your discharge from hospital
- Services by third party health and social care providers whom our care team refers you to
- Purchase of medical and assistive devices, medications and consumable items
- Additional healthcare services not provided by the SingHealth HSG team

\*Co-payment may be levied in future and the fees will be kept affordable.

## Locate our Community Health Posts



Our SingHealth HSG Teams are conveniently sited at various locations in the community.

Scan the QR code to find a SingHealth Community Health Post near you.

## Contact SingHealth HSG Team

Have any queries? Contact our SingHealth HSG Teams directly!

### Northeast Region

**Precincts:**

- Sengkang
- Punggol

✉ NE.HSG.Teams@skh.com.sg

☎ 9643 1062



### East Region

**Precincts:**

- Bedok North
- Bedok South
- Tampines East
- Tampines North/West
- Pasir Ris-Changi
- Geylang East

✉ E.HSG.Teams@cgh.com.sg

☎ 6936 5861

### Southeast Region

**Precincts:**

- Bukit Merah
- Chinatown
- Kallang-Kampong Glam
- Katong
- Rochor
- Tiong Bahru
- Telok Blangah

✉ SE.HSG.Teams@sgh.com.sg

☎ 9651 3786

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**Be WELL** with SingHealth



An Introduction for Residents:

# SingHealth Healthier SG Teams

## About SingHealth Healthier SG Teams

SingHealth has reorganised our community care teams into Healthier SG (HSG) Teams to better support your care needs in the community. The multi-disciplinary SingHealth HSG Teams comprise Community Nurses and Wellbeing Coordinators, who work closely with the Primary Care Providers and Community Care Providers to provide you with place-based integrated care and empower you to achieve your health goals.



SingHealth HSG Teams can support you in the following areas:

### 1 Preventive health is important to keep well and live well

- Weight Management**  
Establish health goals, advise on diet and physical/lifestyle activities
- Smoking Cessation Counselling**  
Level 1 counselling and monitor compliance for Nicotine Replacement Therapy (NRT) and non-NRT pharmacotherapy
- Fall Screening and Prevention**  
Level 1 and 2 fall risk screening and interventions
- Advance Care Planning (ACP)**  
Introduction of ACP, General ACP

### 2 Empowerment to take charge of chronic conditions to get well

- Health & Geriatric Assessment**  
Comprehensive Geriatric Assessment for residents aged 60 and above
- Chronic Disease Management**  
Health coaching and education, vital signs monitoring, etc.
- Medication Management**  
Medication compliance monitoring, consolidation, etc.
- Case Management & Coordination**  
Connect with centre-based, home or long-term care services if required
- Social Prescription**  
Assess and link up residents to community activities/services to meet your wellbeing needs
- Caregiver Training and Support**  
Reinforce care management and provide caregiver support
- Advance Care Planning (ACP)**  
Preferred Plan of Care

