

## **LAUNCH OF HEALTH UP! PROGRAMME ON 27 NOVEMBER 2021, SATURDAY, 12.30PM TO 1.30PM AT OUR TAMPINES HUB**

### **Speech Pointers for:**

**Dr Sabrina Wee,  
Clinic Director (Designate), Tampines North Polyclinic  
Programme Co-lead, Health Up!**

### **Introduction**

1. Minister Masagos, SMS Dr Koh, distinguished guests and residents of Tampines, a good Saturday afternoon to everyone! Welcome and thank you for joining us at the launch of Health Up! @ Tampines.

### **Genesis of Health Up!**

2. After months of hard work, we are excited to be able to bring this programme to our residents here in Tampines.
3. A National Health Survey in 2019 showed that those aged 40-49 years old were less likely to be screened for chronic diseases like Diabetes, Hypertension and High Cholesterol.
4. Our recent survey of Tampines residents that was conducted between February and May 2021 also showed that while there was some readiness towards adopting a healthy lifestyle, residents cited challenges in sustaining it, such as the lack of energy and motivation, and concerns that a healthier lifestyle would be expensive to maintain.

### **Why Preventive Health is important**

5. These surveys highlighted the importance of enhancing preventive health in the community.
6. Through activities like regular health screening, immunisation, and regular physical exercise, residents will be able to prevent or better manage their chronic conditions so that they can continue to enjoy a good quality of life.

### **Why SHP wants to do this**

7. Health Up! is a community wellness programme initiated by SingHealth Polyclinics to help the individuals and their families to increase their health knowledge, identify and close screening gaps, and eventually adopt and sustain a healthier lifestyle.

8. By doing that, we hope to empower residents with the necessary knowledge and skills, and link them to available platforms for which they can participate in age-appropriate health screening and physical activities to attain better health and wellness, physically, mentally and socially.
9. However, we recognise that we will not be able to achieve this on our own, as we do not have the necessary resources and networks to implement such a programme.
10. We are therefore grateful to be able to tap on the expertise and resources of our colleagues at Changi General Hospital through their community screening events, our local GP partners with their clinics in your neighbourhoods, and our community partners including the People's Association, Sport Singapore, and the Health Promotion Board. These partners have strong roots in the Tampines precinct to ensure more effective resident engagements, and long-term sustainability of healthy lifestyle habits in the community.
11. Residents enrolled into Health Up! will be assigned a Wellbeing Coordinator. He or she will be the one constant link, recommending age-appropriate health screening and linking up the resident to a customised SportSG 6-week exercise programme. The Wellbeing Coordinator will also reach out to participants regularly, to nudge and to follow up on their journey to better health.
12. The Health Up! pilot programme, which is targeting to recruit 250 participants, is now open to Tampines residents who are Singapore Citizens or Permanent Residents (PR) aged between 40 to 60 years old. Interested residents can sign up for the programme by visiting our SingHealth Polyclinics website, or scanning the QR Code on the exhibition panels in the event arena. Alternatively, you can look for the Health Up! team who will be here in Our Tampines Hub till 10/12/21.

## **Closing**

13. I would like to take the opportunity to express our appreciation to the Ministry of Health, and the SingHealth Regional Health System for their strong support to this pilot programme.
14. I would also like to further thank Changi General Hospital, our GP partners, People's Association, Health Promotion Board and Sport Singapore for believing in this vision of keeping well, getting well and living well in the community, and working together to bring this idea to reality.
15. Special thanks also to Minister Masagos, SMS Dr Koh and our Tampines Grassroots Advisers for gracing the event with your presence.
16. Thank you and I wish you a great afternoon ahead.