

ABOUT HEALTHIER SG

Healthier SG aims to support Singaporeans in improving their health, by visiting the same family physician clinic regularly for all their care needs and to discuss their health goals. These include completing key preventive care actions, addressing risk factors early and discussing how to live healthier lives.

One Family Physician and One Health Plan for Everyone

We want all Singaporeans to have a trusted and lifelong relationship with their family physician.

The family physician will work with them to develop a personalised health plan. Based on the individual's profile, they will be encouraged to go for nationally recommended health screenings and vaccinations.

Individuals will be encouraged to visit their chosen family physician regularly for all their care needs and discuss their health goals.

Across every stage of their life, their chosen family physician will discuss their health condition with them and address any health concerns they may have.

An Ecosystem of Support for Better Health

The three regional health clusters – SingHealth, National University Health System and National Healthcare Group will work towards developing an integrated health and social ecosystem within their region.

They will partner agencies such as the Health Promotion Board (HPB), Agency for Integrated Care (AIC), People's Association (PA), Sports SG, National Parks Board (NParks) and social and community partners to support health goals of individuals.

For a start, Singaporeans would be able to access more physical activities and healthier diets, and choose the activities that suit them best.

For those who are older, the regional health clusters and their family physicians will advise them on how they can attend healthy activities and programmes, such as at the local eldercare centre.