

## **HPB AND COMFORTDELGRO BRING HEALTHCARE INITIATIVES TO THE DOORSTEPS OF TAXI DRIVERS**

**24 June 2014, Singapore** – The Health Promotion Board (HPB) has partnered with ComfortDelGro to bring innovative workplace health initiatives to taxi drivers at the ComfortDelGro Taxi Service Centre.

As part of the initiatives to keep mature workers healthy and active in the workplace, HPB and ComfortDelGro have introduced a 10-month “*One for One: Check Car, Check Body!*” Health Screening and Intervention Programme. This programme will provide taxi drivers with health screening, and a seven-month long health counselling and coaching programme that is customised to their health conditions. To make it more convenient for taxi drivers, the programme is carried out at the ComfortDelGro Taxi Service Centre so that taxi drivers can participate in the programme whilst they wait for their cars to be serviced. The key thrust of the programme is to motivate drivers to adopt good health behaviours by allowing them to better understand their health status. They can then take simple and manageable steps to keep themselves healthy at the end of the programme.

Dr Amy Khor, Senior Minister of State for Health, who chairs the Tripartite Oversight Committee on Workplace Health, said, “Mature workers are an integral part of our workforce. It is important to help them remain healthy so that they can continue to work if they want to. However, many mature workers have difficulties finding time to participate in health programmes. Hence, we are finding creative ways to bring the health programmes to their workplaces to make these more convenient and accessible. We are starting first with the taxi drivers, as many of them are mature workers, and we intend to expand such programmes to more sectors. We hope that

these customised health programmes will encourage our mature workers to take good care of their health even as they work hard.”

Mr Yang Ban Seng, ComfortDelGro CEO (Taxi Business), shared the reason why the company embarked on this initiative, “We want our drivers to be aware of how to better manage their health. By collaborating with HPB, we will have complimentary health checks and follow up health coaching sessions over seven months. Our drivers will not feel inconvenienced as the health checks are scheduled during the drivers’ monthly preventive maintenance service.”

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### **The Health Promotion Board (HPB)**

The Health Promotion Board was established as a statutory board under the Ministry of Health, Singapore, in 2001 with the vision of building “A Nation of Healthy People”. HPB aims to empower the people of Singapore to attain optimal health, increase the quality and years of healthy life and prevent illness, disability and premature death. As the key driver of national health promotion and disease prevention programmes, HPB spearheads health education, promotion and prevention programmes as well as creates a health-supportive environment in Singapore. It develops and organises relevant health promotion and disease prevention programmes, reaching out to the healthy, the at-risk and the unhealthy at all stages of life – children, youths, adults and older Singapore residents. Its health promotion programmes include nutrition, mental health, physical activity, smoking control and communicable disease education. HPB also promotes healthy ageing, integrated health screening, and chronic disease education and management.

### **ComfortDelGro**

ComfortDelGro is one of the world’s largest land transport companies with a total fleet size of 46,100 buses, taxis and rental vehicles. Headquartered in Singapore, the Group also has operations in China, the United Kingdom, Ireland, Australia, Vietnam and Malaysia. ComfortDelGro operates about 16,600 Comfort and CityCab taxis in Singapore.

**“One for One: Check Car, Check Body!” Health Screening  
and Intervention Programme**

**Background**

The health screening and intervention programme aims to allow the drivers to better understand their health status and to adopt good health behaviours through simple and manageable steps to keep themselves healthy. The programme is piloted at the ComfortDelGro’s service centre along Loyang Drive. By expanding an existing health corner from 2012, the service centre was recently refurbished to include a 400 sq feet health check centre.

There are three phases to the programme.

**Phase One - Pre-intervention Health Risk Assessment.** During the first two months of the project, all drivers will go through a health screening for blood glucose, blood cholesterol, blood pressure and measure their Body Mass Indexes (BMI). They will also complete a lifestyle survey for individualised health profiling. The results of the health screening and lifestyle survey will facilitate the assessment of the type of health coaching and counselling needed by the drivers.

**Phase Two - Health Coaching and Experiential Health Workshops.** Phase two starts from the 2<sup>nd</sup> month onwards, for a period of seven months. Based on the results of the health screening and lifestyle survey, the driver will receive a one-to-one health coaching session with the nurses. In consultation with the taxi drivers, the nurses will work out health plans with simple goals so that the drivers can achieve better health outcomes after seven months. Besides individualised health coaching from the nurses, the drivers can also join any of the lunchtime health management workshops that will be organised twice a week at the health check centre. One of the workshops available is on the ergonomics of driving where nurses will be able to demonstrate to the drivers the correct sitting posture to adopt while driving, using a mock driver seat. Other workshops available for the taxi drivers include fatigue

management (including eye care), nutrition, physical activity, mental wellbeing (including healthcare financing) and smoking cessation.

**Phase Three - Post- intervention Health Risk Assessment.** At the end of seven months, drivers will undergo a second health screening and lifestyle survey, to determine if there is any improvement to their health status after going through the programme.

Over 375 drivers participated in the health programme since the programme started on 16 June.

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