



a healthier me begins here



Name:

Community Health Post:

Clinic:

Please bring this booklet for all your appointments with your health care team.



This booklet is for you to organise your thoughts and health information in preparation for an appointment with your health care team. Preparation in this manner can make the care planning conversation with your health care team more personalised and meaningful.

The information in this booklet is for general reference and educational purposes only. The desirable screening ranges indicated are for residents with no known chronic conditions. Do discuss with your health care team to understand what they mean in your specific situation.

Information is accurate as of February 2024.

A Healthier Me Begins Here

1

MY PREPARATION

Before my appointment

Review my most recent health results

Fill in my health results on pages 4-8 (if available)

Write down what matters to me on page 9

2

MY HEALTH PLAN

During my appointment

Discuss and ask questions about my health results

Share what is important to me

Agree on care goals and action plan with my health care team

3

MY ACTIONS & REVIEW

After my appointment

Review progress with my health care team and the support I may need



Check Your Health

My Preparation

How I can obtain my **LDL cholesterol** and **blood glucose** readings from HealthHub

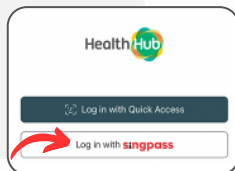
1 Open the HealthHub App

Download the app from App Store (iOS) or Google Play (Android)



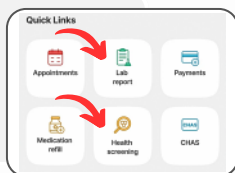
2 Log in with Singpass

Log in with the Singpass app or enter Singpass ID and password



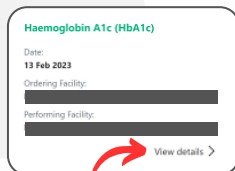
3 Select 'Lab report' or 'Health screening'

Results within the last three years are available on the HealthHub app



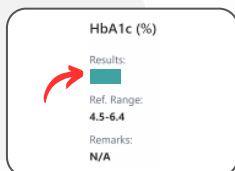
4 Select 'View details'

View more information on the lab tests and/or health screening results



5 Record health results

Record at least two most recent health results on the respective graphs on pages 6 and 7



How I can obtain my **blood pressure** and **body mass index** readings from HealthHub

1

Open the HealthHub App

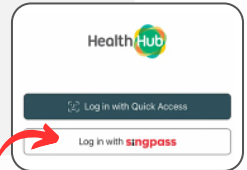
Download the app from App Store (iOS) or Google Play (Android)



2

Log in with Singpass

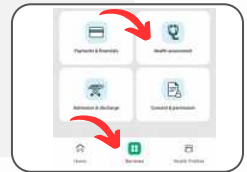
Log in with the Singpass app or enter Singpass ID and password



3

Select 'Services' and 'Health Assessment'

Health risk assessment, Screen for life and Vitals are available on the HealthHub app



4

Select 'Vitals'

Add or obtain your health measurements from your recent visit to the health care team



5

Record health measurements

Record at least two most recent health measurements on the respective graphs on pages 4, 5 and 8.



Blood Pressure

My Preparation

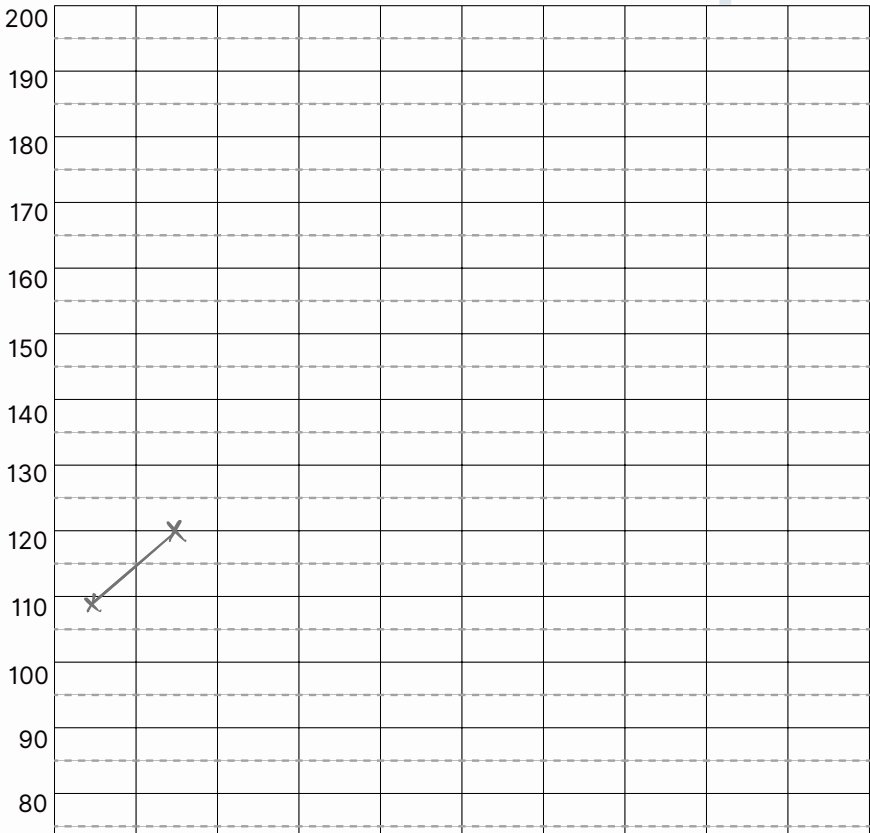
Systolic Blood Pressure

Systolic blood pressure is the pressure in the arteries when the heart contracts.


Refer to the first number (circled) for measurement.



mmHg



Date	Date1	Date2							
mmHg	108	120							

 Your health care team can indicate your target systolic blood pressure value or range based on your health status on the chart.

Refer to your latest health results via HealthHub to plot your graph before the appointment with your health care team.

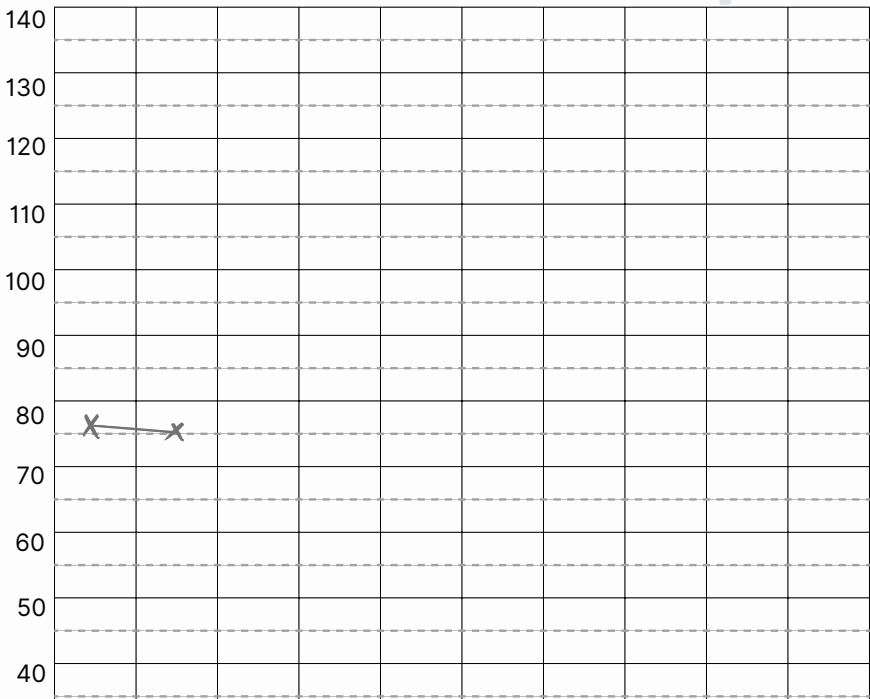
Diastolic Blood Pressure

Diastolic blood pressure is the pressure in the arteries when the heart relaxes.

Refer to the second number (circled) for measurement.



mmHg



Date	Date1	Date2							
mmHg	76	75							

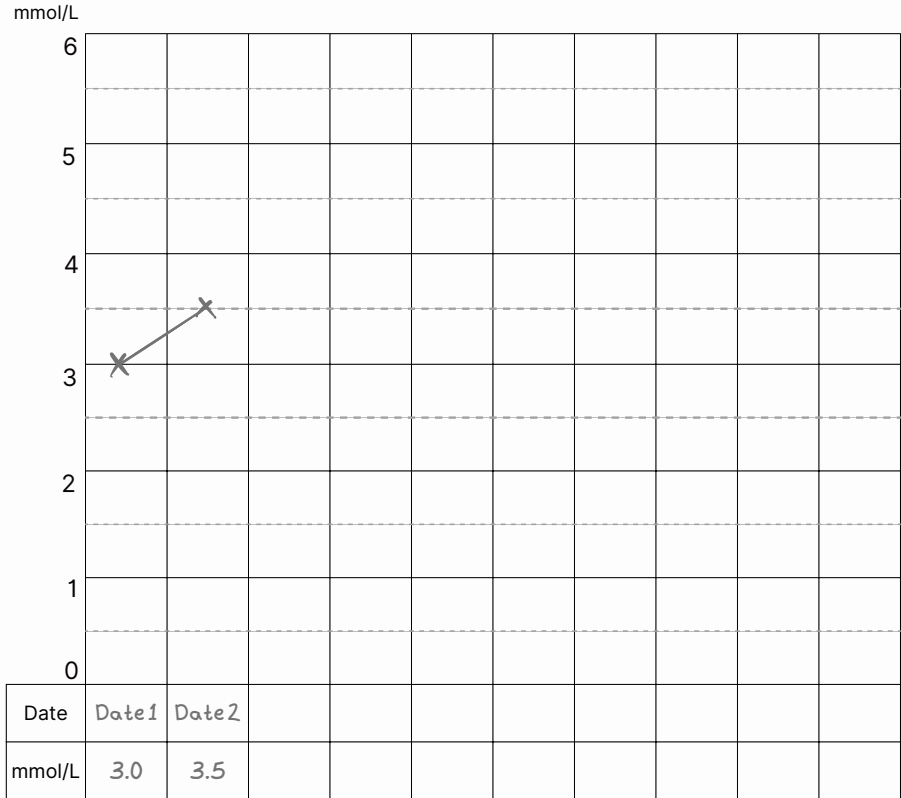
Your health care team can indicate your target diastolic blood pressure value or range based on your health status on the chart.


My questions or thoughts:

LDL Cholesterol

My Preparation

Low-density lipoprotein (LDL-Cholesterol) is commonly known as the 'bad' cholesterol as too much LDL-Cholesterol in your blood can cause your arteries to become narrow and hard.

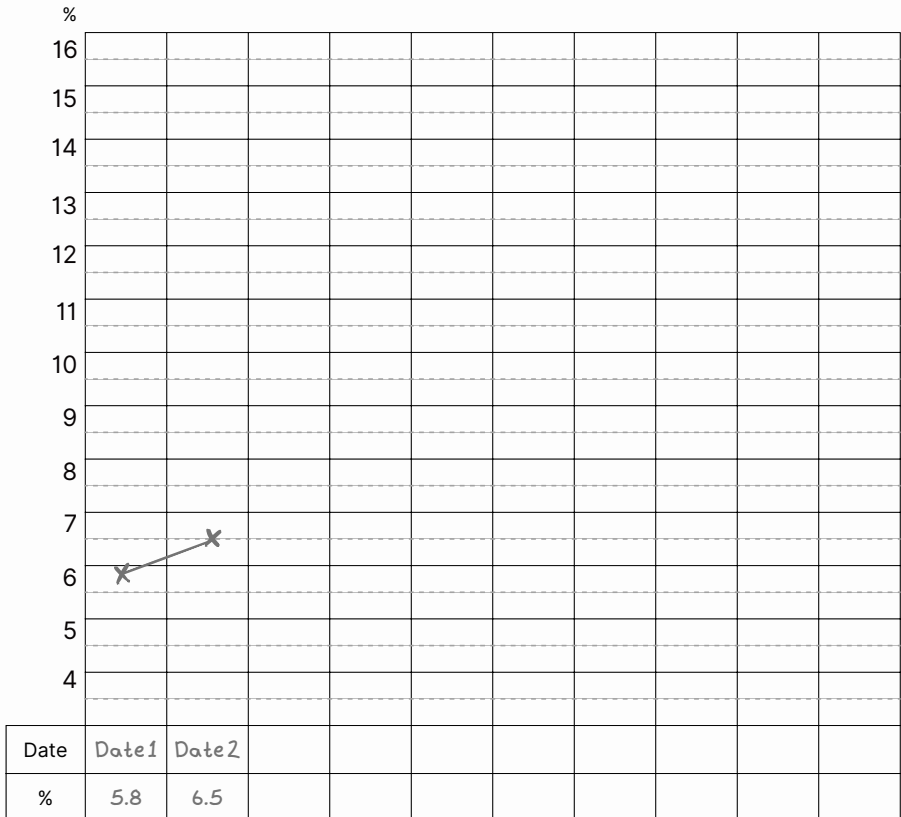


 Your health care team can indicate your target LDL cholesterol value or range based on your health status on the chart.


My questions or thoughts:

Blood Glucose

HbA1c is a blood test that shows your average blood glucose level over the past two to three months.



Note: If HbA1c results are not available, fasting glucose (venous) readings can also be used. Refer to the desirable ranges on page 19.

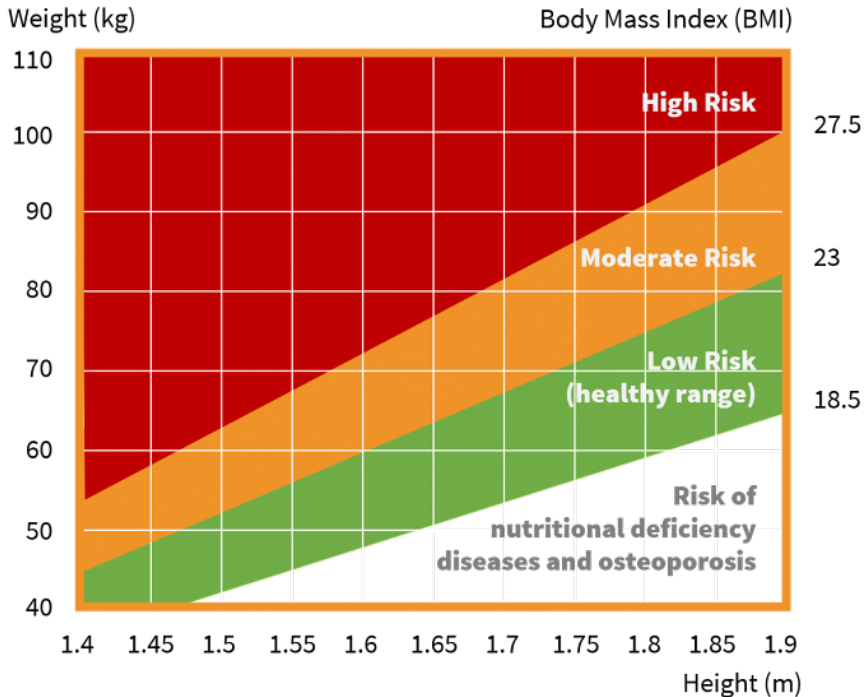
 Your health care team can indicate your target blood glucose value or range based on your health status on the chart.

My questions or thoughts:

Weight

My Preparation

Being overweight increases the risk of many health problems. Maintaining a healthy weight helps with the control of blood glucose, blood pressure and cholesterol.



Body Mass Index (BMI)

$$\text{BMI} = \frac{\text{Weight (kg)}}{\text{Height (m)} \times \text{Height (m)}}$$

- BMI tells us if we are in a healthy weight range.
- BMI should not be used to calculate health risk in pregnant women, people with muscular build and the elderly.
- These BMI ranges also do not apply to youths below 18 years.

Date	Height (m)	Weight (kg)	BMI (kg/m ²)



What Matters To Me

Before your care planning appointment, write down what you would like to discuss with your health care team.

What are the most important things to me at the moment?

What are my concerns that I plan to discuss with my health care team?

Goal Setting



During the appointment, you will discuss your health plan. Write down your goals and action plan on these pages.

What do I want to work on?

Make your goal specific, measurable, achievable, realistic and time-bound.

What do I want to achieve?

I want to achieve _____
(target)

by _____
(date)



How important is this goal to me? Circle it.

Not important 1 2 3 4 5 6 7 8 9 10 Very important



Action Planning

What exactly am I going to do?

What might stop me and what can I do about it?

How confident do I feel? Circle it.

Not confident **1** **2** **3** **4** **5** **6** **7** **8** **9** **10** Very confident

Appointments

Note down the upcoming appointments with your health care team as a reminder.

Date	Time	Location	Remarks

Health Log

My Actions & Review

Use this Health Log to regularly monitor your health measurements.

Date	Time	Blood Pressure	Heart Rate	Random/ Fasting Glucose	Weight	Remarks

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Health Log

My Actions & Review

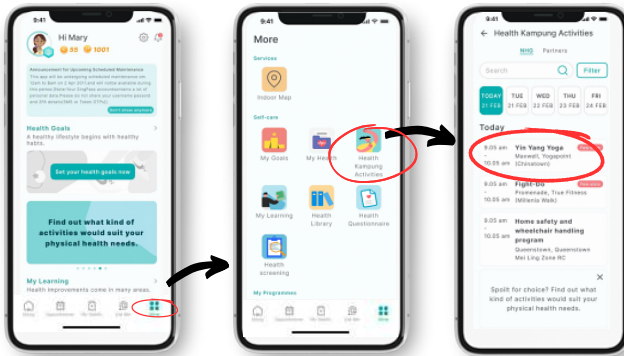
Use this Health Log to regularly monitor your health measurements.

Date	Time	Blood Pressure	Heart Rate	Random/ Fasting Glucose	Weight	Remarks

My Support

My Actions & Review

Managing your health is made easier on the **NHG Cares** app!
Explore the health and social programmes on **Health Kampung**
and find the **Community Health Post** nearest to you!



Programmes that I plan to explore

Programme	Date	Time	Location	Remarks



My Progress

Review the progress of your health plan at the next appointment with your health care team.

Date:

How have I been progressing with my goals?

Date:

How have I been progressing with my goals?

Feedback & Encouragement

Messages from your health care team

**You have done well in these areas!
Congratulations and keep it up!**



**These are areas that need attention and improvement.
Let's work together!**



Notes



My Health Knowledge

Screen for Life

- National Health Screening Programme

MALE AND FEMALE To screen for	18 TO 39 YEARS	40 TO 49 YEARS	50 YEARS AND ABOVE
Diabetes Risk Assessment (DRA) Short questionnaire on: letsbeatdiabetes.sg/DRA	✓		
	Frequency: Changes to any of the risk factors ¹		
Diabetes Screening Test HbA1c ³ Fasting blood glucose ³	✓ ²	✓	✓
	Frequency: Once every three years		
Obesity Screening Test Body Mass Index (BMI)	✓	✓	✓
	Frequency: Once a year		
High Blood Pressure Screening Test Blood Pressure Measurement	✓	✓	✓
	Frequency: Once every two years		
High Blood Cholesterol Screening Test Lipid Profile ³	✓ ²	✓	✓
	Frequency: Once every three years		
Colorectal Cancer Screening Test 2-day Faecal Immunochemical Test (FIT)			✓
	Frequency: Once a year		
FEMALE ONLY To screen for			
Breast Cancer Screening Test Screening mammogram			✓
	Frequency: Once every two years		
Cervical Cancer⁴ Screening Test PAP Test (25 to 29 years) ⁵	✓	✓	✓
	Frequency: Once every three years		
HPV Test (30 years and above) ⁵	✓	✓	✓
	Frequency: Once every five years		

Screening can start at an earlier age or be done more frequently if you have risk factors for the disease. Please discuss this further with your doctor.

Note:

¹ Continue practising a healthy lifestyle. You are recommended to re-take the DRA every two years, or as often as there are changes in the variables (e.g., age, weight or high blood pressure history).

² Only for those found to be 'At Higher Risk' via the DRA.

























³ Check with your doctor to find out more.

⁴ Women who have had a total hysterectomy need not go for cervical cancer screening. Check with your doctor to find out more.

⁵ For females who have ever had any sexual activity.

Desirable Screening Ranges

The screening ranges below are for residents with no known chronic conditions and serve only as a guide. If you have an existing condition, please discuss with your health care team as your targets may vary.

Blood Pressure (mmHg)	Systolic	Diastolic
	 < 100  100-129  130-159  ≥ 160	 < 60  60-79  80-99  ≥ 100
LDL Cholesterol (mmol/L)	 ≤ 3.3	
	 3.4-4.0	
	 ≥ 4.1	
Blood Glucose (HbA1c) (%)	 ≤ 6.0	
	 6.1-6.9	
	 ≥ 7.0	
Fasting Glucose (mmol/L)	 < 4.0	
	 4.0-6.0	
	 6.1-6.9	
	 ≥ 7.0	
Body Mass Index (BMI) (kg/m ²)	 < 18.5	
	 18.5-22.9	
	 23.0-27.4	
	 ≥ 27.5	
Waist Circumference (cm)	Men	Women
	 < 90	 < 80


Sources:
MOH Clinical Practice Guidelines


National Adult Immunisation Schedule


for age 18 years and older

Vaccination Against	18 – 26 Years Old	27 – 64 Years Old	≥ 65 Years Old
Influenza (INF)	1 dose annually		1 dose annually
Pneumococcal conjugate (PCV13)	1 dose		1 dose (if not taken before)
Pneumococcal polysaccharide (PPSV23)	1 or 2 dose(s) (depending on indication)		1 dose (if not taken before)
Tetanus, reduced diphtheria and acellular pertussis (Tdap)	1 dose during each pregnancy		
Human papillomavirus (HPV2 or HPV4)	3 doses (female)		
Hepatitis B (HepB)	3 doses		
Measles, mumps and rubella (MMR)	2 doses		
Varicella (VAR)	2 doses		

Please speak to your doctor about your recommended vaccines.

 Recommended for adults who meet age requirement

 Recommended for adults with specific medical condition or indication

 Recommended for adults who have not been previously vaccinated, or lack evidence of past infection or immunity

Sources:

Nationally Recommended Vaccines (www.moh.gov.sg)
Screen For Life Booklet (healthhub.sg)

your health at your fingertips.

Find out how NHG can support you
as your healthcare cluster at
www.nhgcares.com.sg

or contact NHG Cares Hotline at
6333 1000

Download the NHG Cares app today!



App Store



Google Play

