

Recommendations by the HealthySG Taskforce

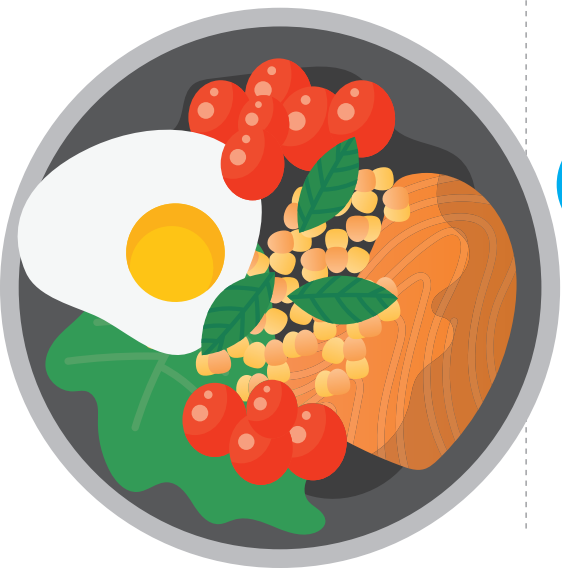
To come up with the recommendations, the task force engaged nearly 300 Singaporeans aged 18 to 60 from diverse backgrounds, including professionals in public health, health technology and behavioural insights.

Q3 2019



More hawker stalls with at least two healthier options

- To add 400 more stalls in the next two years, up from the current 3,500.



Q4 2019



Launch of Healthy Precinct Toolkit pilot

- Empower the community to shape its social and physical environment for healthy living.
- To be piloted first in Jurong Spring, followed by Woodlands and other precincts.



Physical activity pilot programmes for young working adults and seniors

- Conduct physical activity assessments for professionals, managers, executives and technicians aged 25 to 40.
- Raise awareness of strength, balance and flexibility exercises for seniors.
- Aim to get about 200,000 people to stop being sedentary and engage in occasional or regular physical activities by 2024.



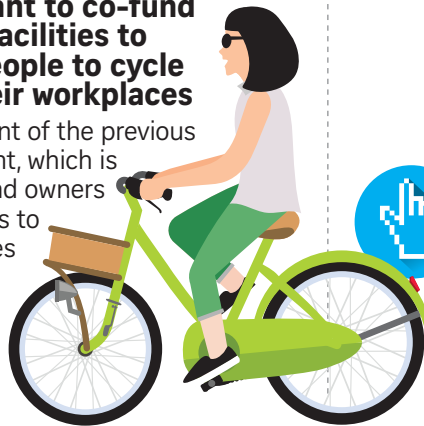
Launch of e-health coaching

- Wearable devices to provide 24-hour view of users' lifestyle, like heart rate, stress levels and quality of sleep.
- Users will receive tailored health advice and programmes.



Launch of grant to co-fund provision of facilities to encourage people to cycle or walk to their workplaces

- An enhancement of the previous Travel Smart Grant, which is for developers and owners of office buildings to construct facilities like showers, lockers and drying stations.



Q1 2020



Enhanced training for health volunteers

- Volunteers to receive training for health and soft skills.
- Health Promotion Board's (HPB) Health Ambassadors network to be integrated with public hospital volunteers.



Launch of smoking cessation pilots

- The Ministry of Health is investing \$5 million to lower smoking prevalence to less than 10 per cent and reach out to 10,000 smokers over the next two years.
- Subsidised nicotine replacement therapies to be included.

Q2 2020



Launch of HealthySG programme for disadvantaged families

- To provide incentives for healthy living activities.
- HPB Health Ambassadors to support these families.



Launch of one-stop facilities booking portal and incentives exchange project

- Booking for sports and community facilities to be made seamless.
- Healthpoints to be converted to ActiveSG credits.

Q3 2020 and beyond



Implementation of Inter-agency Physical Activity and Sport Calendar Portal

- Users can view and choose programmes offered by Sport Singapore and HPB.



Subsidies for National Adult Immunisation Schedule vaccines

- For Singaporeans and permanent residents.
- To improve take-up rates and reduce incidence of vaccine-preventable diseases.

Q4 2020



First version of the Lifelong Virtual Health Booklet to be launched

- To act as a personal health repository.
- Provides a personalised dashboard with an individual's health status, information based on health needs and reminders for medical appointments.
- Those aged 40 to 59 are the first users.

