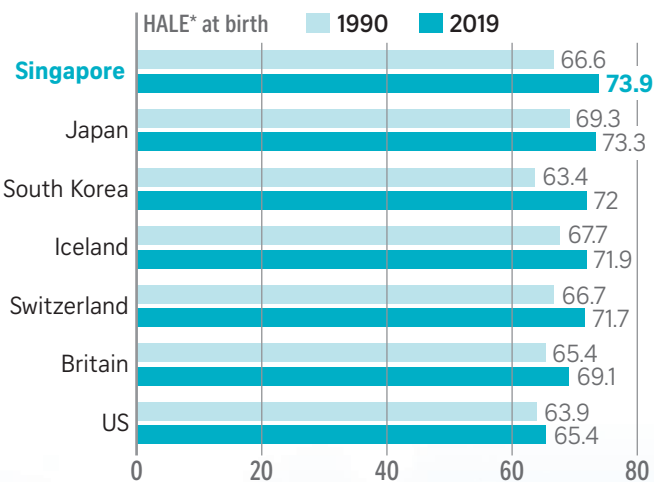


# Towards better health

## SINGAPOREANS AMONG THE HEALTHIEST IN THE WORLD

Singaporeans can expect to live **73.9 years** in good health – the longest in the world.



\*Healthy Life Expectancy (HALE) is the average number of years that a person is expected to live in good health by taking into account years lived in ill health.

Over the last 30 years, **about seven years** have been added to this number – one of the biggest increases globally.

Singaporeans have among the longest life expectancies in the world but staying healthy is equally if not more important. Experts say more than a third of diseases can be prevented through lifestyle changes and early detection. **Clara Chong** looks at the health facts.

## TOOLS TO STAY HEALTHY

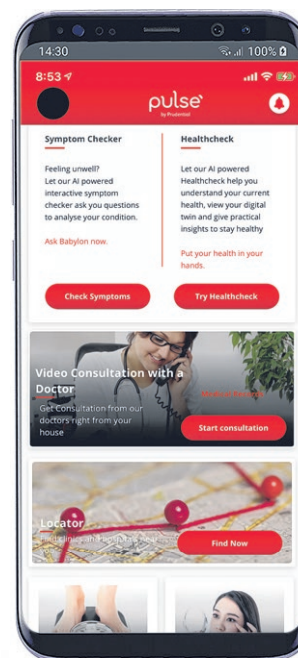
### Pulse by Prudential

• A digital health and wellness app, launched in April, has seen downloads by more than 120,000 people. Users do not have to pay a subscription fee. It has three main functions.

- 1 Healthcheck:** Creates a health report and offers insights into potential long-term disease risks based on the user's inputs to a digital questionnaire.
- 2 Symptom Checker:** The artificial intelligence (AI) powered chatbot that provides users a better understanding of worrying symptoms and directs them when best to seek further advice from healthcare professionals.
- 3 Video consultation with a doctor.**

• More functions have been added, such as a body mass index recorder and a wrinkle mirror index.

NOTE: Healthcheck and Symptom Checker are not intended for detection and diagnosis of diseases and should not be used in a medical emergency or by those with long-term medical conditions or disabilities. Both AI features are also not suitable for pregnant women, and children below 18.



## The National Steps Challenge by the Health Promotion Board

• Participants track their steps and accumulate points that can be exchanged for shopping vouchers.

**1.7 million Singaporeans**

have participated in the National Steps Challenge.

**Over 800,000 people**

are part of the Eat, Drink, Shop Healthy Challenge which rewards participants when they buy healthier foods from participating outlets such as FairPrice supermarkets.



## STAYING AWAY FROM DISEASES



More than a third of diseases can be prevented by eating right, exercising and not smoking. It is also important to control high blood pressure, diabetes and cholesterol levels.



It is never too late to start prevention.



The most common cause of kidney failure in Singapore is diabetes.

