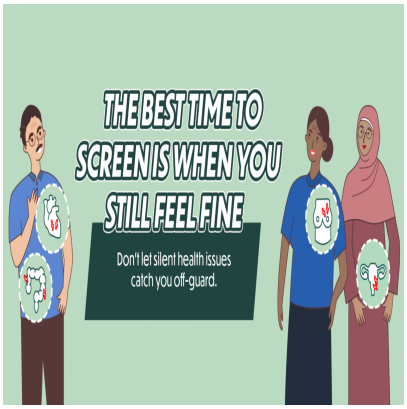

Diabetes screening in Singapore: S$5 or less for citizens aged 40 and above

Description

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Diabetes screening in Singapore costs Singapore citizens between S$0 and S$5 per visit under the Healthier SG Screening programme, and most adults over 40 who have never been diagnosed qualify. The reminder came at the World Diabetes Day Festival on 14 November 2026, where Senior Minister of State Tan Kiat How also announced a subsidy for advanced Type 1 diabetes technology.

The theme this year was â??Early Action on Diabetesâ?•, and Diabetes Singapore marked its 55th anniversary. If you have been putting off a check-up, the numbers below are a decent nudge.



Source: HealthHub (Ministry of Health)

Who qualifies for subsidised diabetes screening in Singapore

HealthHub lists the cardiovascular screening as open to people aged 40 or above with no prior diagnosis of high blood pressure, diabetes or high cholesterol. You also should not have been screened in the last three years. No invitation letter is needed.

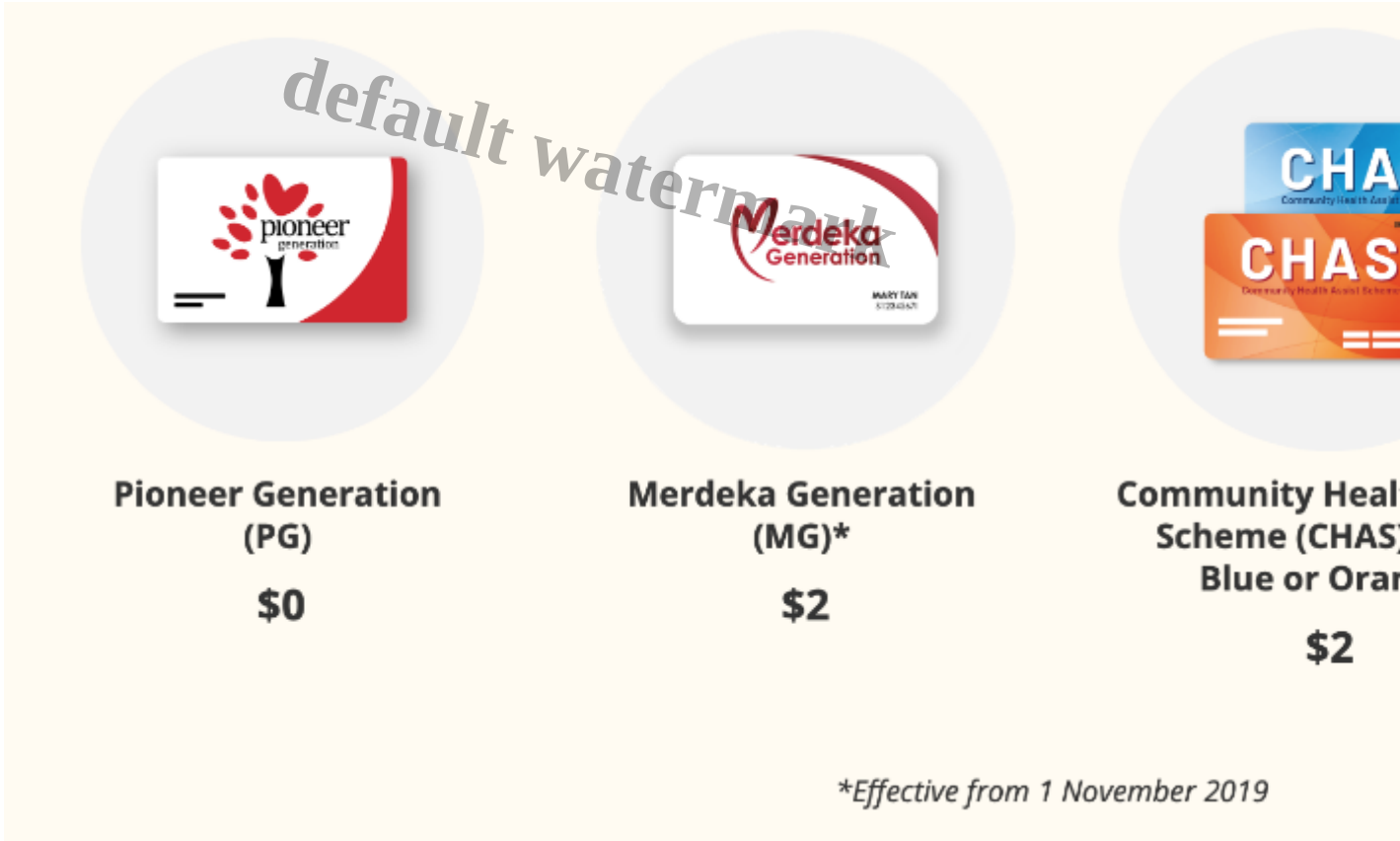
The visit covers BMI and waist measurement, blood pressure, and a fasting or non-fasting blood test. If everything is normal, the interval is three years.

Younger adults have a different route. A self-administered Diabetes Risk Assessment is available for ages 18 to 39, and those assessed as higher risk receive an email about subsidised screening if eligible.

What you pay per visit

Prices below are per screening visit at participating CHAS GP clinics for Singapore citizens, as listed on HealthHub. Permanent residents should ask their chosen clinic for rates. Citizens enrolled in Healthier SG may get special subsidies at their enrolled clinic.

- Pioneer Generation: S$0
- Merdeka Generation, or CHAS Blue or Orange: S$2
- Other eligible citizens, or CHAS Green: S$5



Source: HealthHub

MOH also notes that a post-screening consultation, if you need one, is available at any CHAS GP clinic for a low fixed fee. The amount is not stated on the page, so ask the clinic when you book.

How to book

Book through the Health Appointment System at book.health.gov.sg/healthiersg-screening. You choose the clinic, date and time. Screening is offered at participating CHAS GP clinics island-wide.

If you are already enrolled with a Healthier SG clinic, you can also ask your doctor when your screening is next due. For a fuller breakdown of cancer screening ages and intervals, see our Healthier SG screening eligibility and frequency map.

What the latest national figures show

In his speech, Mr Tan cited the National Population Health Survey: diabetes screening among residents aged 40 to 74 rose from 76.7% in 2023 to 82.5% in 2025. Singaporeans also ate about two and a half teaspoons less sugar a day in 2025 than in 2018, according to the National Nutrition Survey.

The less cheerful part is that refined carbohydrate intake has gone up. Only slightly more than one in three Singaporeans do enough muscle-strengthening exercise. If you are sorting out a routine, our guide on how to warm up and cool down is a gentle place to start.

New Type 1 diabetes subsidy from 1 March 2027

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From 1 March 2027, children and adults with Type 1 diabetes who meet the relevant clinical criteria can receive subsidies for advanced hybrid closed-loop systems. These combine continuous glucose monitoring, an insulin pump and automatic insulin adjustment based on glucose readings.

The speech does not state the subsidy amount or spell out the clinical criteria. Families who think they may qualify should ask their diabetes care team closer to the date.

Do not skip the eye and foot checks

For people already living with diabetes, the speech also encouraged regular check-ups that include eye and foot screening, so complications are caught early. HealthHubâ??s Diabetes Hub, built on MOH material, organises its advice into â??3 Beâ??sâ?•: Be Aware, Be Healthy and Be Proactive. Its core message is to eat sensibly, get active and take your medication regularly.

Screening is quick, cheap and kiasu in the best way. Pick a clinic near your MRT station, book a slot, and tick it off before the year-end rush.

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