Healthier SG in 2026: Your Guide to Singaporeâ??s Preventive Care Programme, AI Screening and the Community Push

Description

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Singapore is now officially a **super-aged society**, with more than one in five citizens aged 65 or older. That fact â?? announced by Health Minister Ong Ye Kung earlier this year â?? changes almost everything about how the country will need to manage healthcare over the next decade.

The answer, increasingly, is **Healthier SG**.

Launched as a national preventive-health programme by the Ministry of Health (MOH), Healthier SG is quietly reshaping how Singaporeans interact with their family doctors, how chronic diseases are caught (and kept) in check, and how communities come together around physical activity and healthy ageing. If you havenâ??t taken a close look at Healthier SG in a while â?? or if youâ??ve been putting off enrolling â?? hereâ??s a refresh of everything the programme offers in 2026, plus the new AI-driven chronic disease screening tool MOH has just rolled out.

What is Healthier SG, really?

At its simplest, Healthier SG is three promises to every Singaporean:

1. **One trusted family doctor**, for life. No more bouncing between different GPs every time youâ??re unwell. You pick one family clinic â?? a GP you can build a long-term relationship with â?? and that doctor becomes your primary point of contact for preventive health.
2. **A personalised Health Plan**, written *for* you and *by* you with your doctor. It spells out your risk factors, the screening tests you should get, the vaccinations you should be up to date on, and the lifestyle targets youâ??re working towards.
3. **An ecosystem of support** beyond the clinic â?? from community exercise classes and Active Ageing Centres to mental health referrals and cooking workshops that make healthy eating realistic.

Itâ??s a deliberate shift from Singaporeâ??s traditional *sickness* model (you get sick, you go to the doctor, the doctor fixes you) to a *preventive* model (you stay in touch with a doctor who knows you, and you catch problems before they become expensive and life-altering).

How does enrolment work?

Enrolment is completely **free** and takes a few minutes. You can do it on the HealthHub app or website using Singpass.

The steps:

- Open the HealthHub app and look for the Healthier SG enrolment card.
- Pick a family doctor at a Healthier SG-enrolled clinic near your home, workplace or anywhere convenient for you. There are several hundred participating clinics across Singapore, including CHAS GPs and public polyclinics.
- Confirm your selection. Your enrolment is active immediately â?? but your first Health Plan consultation usually happens at your next clinic visit.

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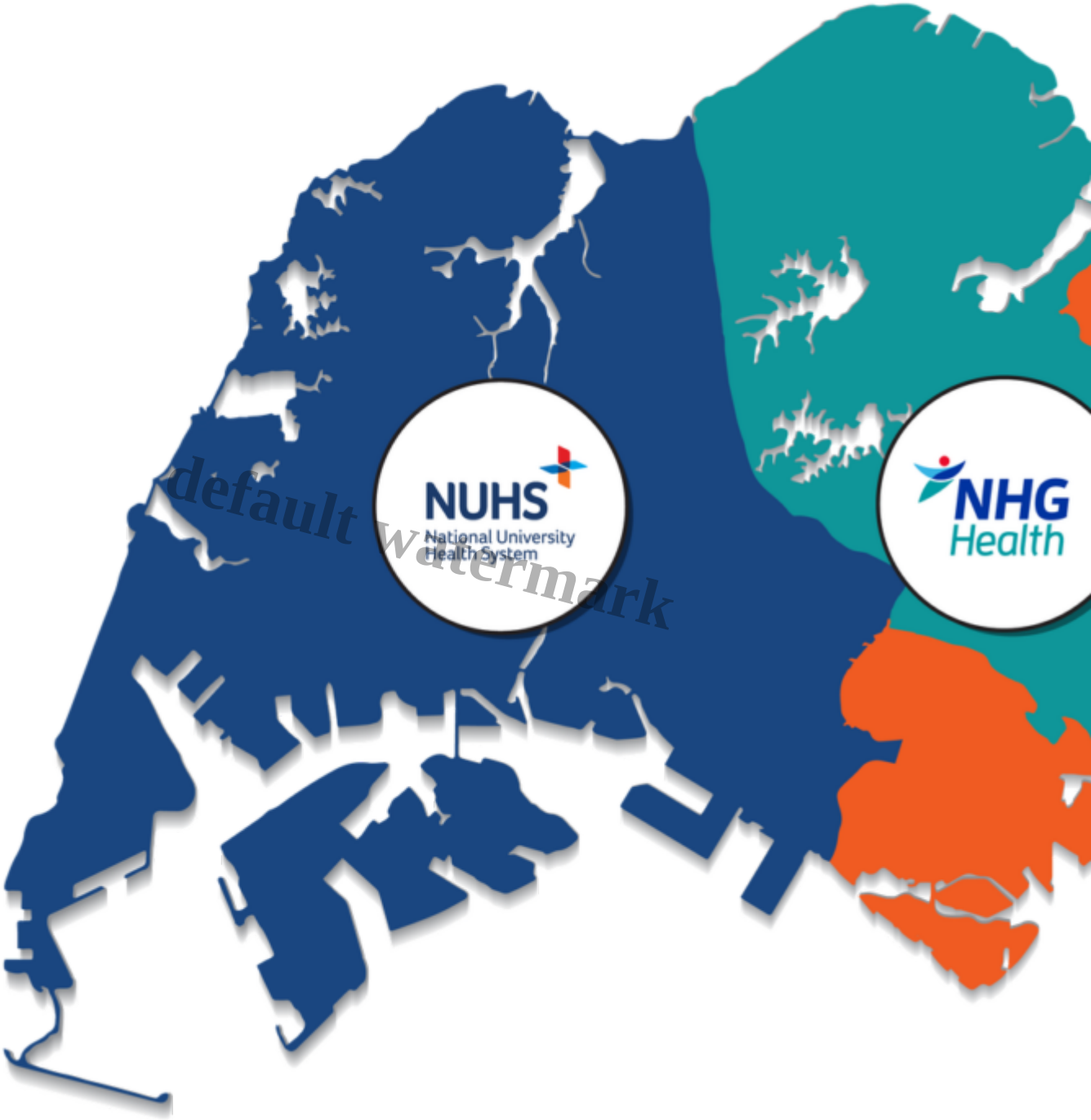
Once youâ??re enrolled, your first Health Plan consultation with your chosen family doctor is **fully subsidised** for Singapore Citizens. Subsequent consultations for chronic condition management and preventive care are also heavily subsidised under the Healthier SG Chronic Tier, with eligible medications capped at **S$5 for two weeksâ?? supply** at Healthier SG clinics. That alone is a meaningful change for households managing conditions like diabetes, hypertension or high cholesterol.



Singaporeâ??s three regional healthcare clusters â?? NHG, SingHealth and NUHS â?? each run Healthier SG in their respective regions, coordinating family doctors, community programmes and hospitals. Image: Healthier SG.

The three regional healthcare clusters

Behind Healthier SG are **three regional healthcare clusters**, each responsible for integrated care in its region:

- **National Healthcare Group (NHG)** â?? covering the Central region, including institutions like Tan Tock Seng Hospital, Woodlands Health, Khoo Teck Puat Hospital and Yishun Community Hospital.
- **SingHealth** â?? covering the East, anchored by Singapore General Hospital and Changi General Hospital.
- **National University Health System (NUHS)** â?? covering the West, anchored by National University Hospital and Ng Teng Fong General Hospital.

From 2025 onwards, these clusters have started reaching out to Healthier SG enrollees directly â?? via app notifications, letters, or phone calls â?? to:

- Remind you when youâ??re due for your annual Health Plan check-in
- Guide you through health milestones (eg. turning 40, which triggers a new set of recommended screenings)
- Nudge you to complete Healthier SG screening tests and vaccinations your doctor has prescribed

The clusters also partner with the Agency for Integrated Care (AIC), the Health Promotion Board (HPB), Peopleâ??s Association, Sport Singapore and Active Ageing Centres to make healthy activities physically closer to where you live.

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Healthier SG Screening: what you get for free or at very low cost

A big part of Healthier SG is making sure Singaporeans actually *do* their screening tests. Under the Healthier SG Screening programme, eligible citizens get subsidised or fully-funded tests based on age, sex and health history. These include:

- **Blood pressure check** â?? for everyone aged 18 and above
- **Diabetes screening** (fasting blood glucose or HbA1c) â?? typically from age 40, earlier if you have risk factors
- **Lipid panel** for cholesterol â?? from age 40
- **Colorectal cancer screening** (FIT kit) â?? annually for those aged 50 and above
- **Cervical cancer screening** (Pap smear or HPV test) â?? for women, typically from age 25
- **Breast cancer screening** (mammogram) â?? for women aged 50 and above

Eligible vaccinations such as influenza, pneumococcal, Tdap (for older adults) and HPV are also available at subsidised rates via your Healthier SG family doctor.

Importantly, results flow back into your HealthHub record, so your family doctor can track them over time and flag rising risk before it becomes a diagnosis.

The new AI chronic disease screening model

One of the most interesting 2026 developments is an **AI model for chronic disease risk prediction** that MOH has developed specifically for Singaporeâ??s population.

The model analyses a patientâ??s existing clinical and screening data â?? blood pressure, glucose, lipids, BMI, age, sex, family history â?? and predicts whether they have a **75% or higher probability** of developing chronic diseases like type 2 diabetes or hypercholesterolaemia within the next three years.

Why does that matter? Because it lets doctors focus on the right patients *earlier*. A borderline reading that looks innocuous in isolation can, when viewed in context with the rest of your profile, trigger a deeper conversation about diet, exercise or medication before you ever cross the threshold into being diagnosed. The intent is the same as every preventive medicine system in the world, but the AI layer allows it to scale across millions of Singaporeans without overwhelming GPs.

Mental health, quietly folded in

One change that hasnâ??t been in the headlines but matters a lot: Healthier SG clinics are increasingly **paired with Community Intervention Team (COMIT) providers**.

COMIT offers psychosocial interventions â?? counselling, therapy, caregiver support â?? in the community rather than in hospitals. By linking Healthier SG family doctors to COMIT, MOH is making it smoother for people with mental health needs to get a warm, non-pharmacological referral without having to ask for it directly or navigate the mental health system on their own.

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If you talk to your Healthier SG GP about stress, low mood, anxiety, sleep problems or caregiver burnout, the GP can now refer you sideways to a COMIT counsellor â?? often within days rather than weeks. For a country that has traditionally been reluctant to openly discuss mental health, this is a meaningful change in the plumbing.

Healthier SG is one of the pillars of the broader Forward SG national agenda to build a healthier, fairer and more sustainable Singapore. Image: Healthier SG.

Community programmes: HPBâ??s role

The Health Promotion Board has been ramping up community sessions in support of Healthier SG and Age Well SG. In 2024 alone, HPB conducted **about 2,100 community sessions** that drew roughly

47,000 participants weekly â?? up sharply from previous years.

For everyday Singaporeans, this translates to:

- **Free or low-cost group exercise classes** â?? weekly sessions at CCs, RCs, parks and Active Ageing Centres
- **Healthy eating workshops** â?? understanding food labels, meal planning, cooking with less salt and sugar
- **Mental wellness programmes** â?? mindfulness sessions, stress-management talks and peer support circles
- **Smoking cessation support** â?? I Quit programmes, 28-day challenges and nicotine replacement referrals via your GP
- **Sleep and screen-time talks** â?? particularly targeted at parents and teens

If youâ??re not sure whatâ??s nearby, your Healthier SG GP can recommend programmes based on your Health Plan. You can also check the Healthy 365 app, which ties everything together with activity tracking, rewards and community event listings.

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Children arenâ??t left out

Healthier SGâ??s focus is adults, but HPBâ??s **School Health Screening programme** is rolling out personalised Health Plans for children too. Starting with Primary 1 to 3 students from January 2025, the expansion to Primary 4 and Primary 5 students is being piloted later in 2025 and considered for full implementation in 2026.

For parents, this means your kids get an age-appropriate Health Plan that covers height/weight tracking, vision, dental, and â?? increasingly â?? lifestyle factors like screen time and sleep. Reports are pushed into HealthHub where caregivers can view them.

What it costs you

The single most compelling thing about Healthier SG is how *little* it costs to participate:

- **Enrolment: free.**
- **First Health Plan consultation: fully subsidised** for Singapore Citizens.
- **Chronic condition consultations:** heavily subsidised at Healthier SG clinics via Community Health Assist Scheme (CHAS) and Healthier SG Chronic Tier.
- **Selected chronic medications: capped at S$5 per two-week supply** at Healthier SG clinics for enrollees on the Chronic Tier medication list.
- **MediSave: higher withdrawal limits** for chronic condition-related expenses for Singaporeans with certain chronic conditions, as announced recently.
- **Community programmes:** mostly free at the point of use, sometimes with Healthpoints incentives via Healthy 365.

For a typical Singaporean household managing even one chronic condition â?? say, a parent with high blood pressure â?? Healthier SG enrolment can easily save several hundred dollars a year on

consultation and medication costs alone.

What to do this week

If you havenâ??t already, hereâ??s a five-minute to-do list for the week:

1. **Enrol in Healthier SG** via the HealthHub app, if you havenâ??t.
2. **Pick a family doctor** near home or work â?? preferably one your spouse or parents can also see, so your householdâ??s care is centralised.
3. **Book your first Health Plan consultation** â?? itâ??s the foundation for everything else.
4. **Link caregivers in HealthHub** â?? so your adult children or parents can help manage appointments and prescriptions for older family members.
5. **Download Healthy 365** and check out the weekly community programmes in your neighbourhood.

Staying healthy in Singapore in 2026 isnâ??t really about expensive supplements or trendy workouts. Itâ??s about enrolling, showing up at your GP once a year, doing the screenings youâ??ve been putting off, and walking more. Healthier SG makes all of that cheaper and simpler than itâ??s ever been â?? the only remaining step is actually doing it.

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For more on preventive health in Singapore, see our recent write-up on Healthpoints rewards for blood donors.

This article is for general information only and does not constitute medical advice. Please consult a qualified healthcare professional for decisions about your personal health.

Date Created
22/04/2026
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