

# Supporting Singaporeans in adopting a Healthier Lifestyle

Engaging our community to promote a healthier lifestyle

## Customised support programme for disadvantaged groups

- Healthy Living Passport Scheme to encourage lower income families to participate in healthy living activities
- Health Ambassadors to engage and support lower income families to adopt a healthier lifestyle
- Full programme to launch in Q2 2020

## Enhanced community activation and quality engagements for health volunteers

- Integrate, cross-train and deploy HPB Health Ambassadors and public hospital volunteers in the community
- Integrated volunteer programmes to be implemented across public hospitals by Q1 2020



## Integrated SportsSG and HPB programmes

- For young working adults: Programmes that focus on physical activity, health and fitness assessments
- For seniors: Initiatives that promote strength, balance and fitness exercises to prevent falls and improve functional fitness
- Programmes to roll out from Q4 2019

## One-stop service platforms for seamless access to public services

- One-stop facilities booking portal to launch from Q2 2020
- Healthpoints can be converted to ActiveSG credits from Q2 2020
- Joint physical activity calendar for SportSG and HPB programmes to roll out by Q3 2020

