

HEALTH CONCEPTS AND MEASUREMENTS - HEALTHIERSG LTD

About Us

Our Vision

- To redefine a healthy way of life
- To cultivate and lead in mindset growth towards health concepts
- To realise a life worth living

Our Mission

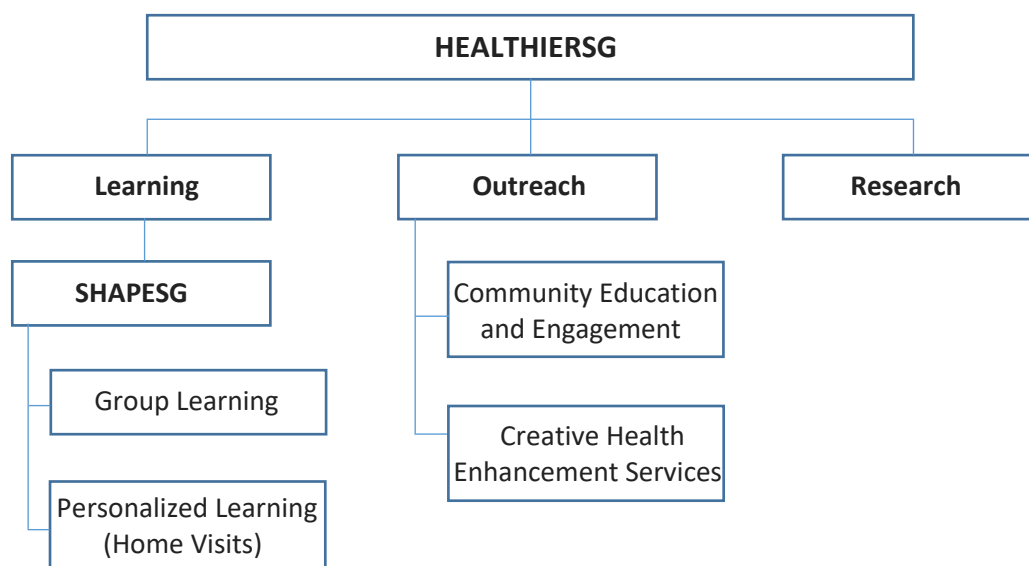
- HealthierSG uses a multiprong, multidisciplinary, upstream model of health to strengthen physical and biological health, psychological and emotional health, social and spiritual health, lifestyle and habits.

Purpose / Objects

- To be an integrated resource and learning hub which provides specialist-driven health promotion and therapeutic programs, working collaboratively with community partners
- To reach out and engage vulnerable individuals in need of knowledge and guidance on how to improve their health
- To impart practical know-how to strengthen understanding of health concepts with an aim to apply this knowledge to individual conditions of health, daily-living and well-being
- To employ research-based strategies and evaluative measures to improve service deliveries and optimise health outcomes

Background & Programme

- Global phenomenon of population aging
- Changes in family trends and smaller family sizes; increasing number of seniors-only households
- WHO: Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity (1948). Health is ... a resource for everyday life, not the objective of living. Health is a positive concept emphasizing social and personal resources, as well as physical capacities (1986).
- With a busy city-living routine to balance, we often seek quick and short solutions that frequently affect long-term health concerns/consequences
- Importance of mental health



- HealthierSG Health Resource Specialists conduct :
 - (a) **SHAPESG** programme which consists of 12 weekly group learning sessions and personalized homevisits,
 - (b) **Community Education and Engagement Outreach** programme to reach out to, identify and assess needs of the community(ies),
 - (c) **Creative Health Enhancement Services Outreach** programme to promote continuous engagement and deeper learning, and
 - (d) **Research & Development** to evaluate and ensure the effectiveness of our programmes and services.

These specialists are trained in areas such as Nursing, Psychology, Occupational Therapy (OT), Sports Science, Physiotherapy (PT).

- To promote a holistic and pro-active self-care engagement among the beneficiaries, these specialists converge integral aspects of health knowledge and resources to address health needs, and lifestyle habits from a bio-psycho-social-spiritual perspective.
- One of the key elements HealthierSG advocates for is to enhance health literacy and sustain health efforts among individuals. Thus, we aim to assist individuals in need of knowledge and guidance on how to improve their health. These individuals will be identified through our outreach efforts and referrals from community partners/organisations e.g. social service organisations, social service offices and constituencies.

Overview

Health Concepts and Measurements – HealthierSG Ltd (UEN. 202004085K) was established as a company limited by guarantee, incorporated in 4th February 2020 and domiciled in the Republic of Singapore. The registered office of the Company is located at 116B Rivervale Drive, #12-30, Singapore 542116.

The Company has a Constitution as its governing instrument and is guided by the key principles and guidelines under the Code of Governance for Charities on best management practices and good board governance established by the Charity Council.

The principal activities of the Company are those of community health promotion programs, training, research and development, and learning and resource centre in multidimensional biopsychosocial health concepts.

Board of Directors:

Chairman	- Prof Tay Boon Keng	(appointed on 15 March 2020)
Vice Chair	- Mdm Yeo Siok Peng	(appointed on 15 March 2020)
Treasurer	- Mdm Ong Siew Koon @ Ong Siew Khoon	(appointed on 15 March 2020)
Director/CEO	- Ms Hong Wee Tin	(appointed on 4 February 2020)

Registered Members:

Ms Hong Wee Tin	(since 4 February 2020)
Dr Seah Betsy	(since 4 February 2020)
Ms Teo Fangqi, Krystle	(since 4 February 2020)

Governance:

Two meetings were held during the financial year, with full attendance by all directors and members. No directors and members are remunerated for their services in the financial year.

Auditor:	Baker Tilly TFW LLP
Company Secretary:	YTK Corporate Secretarial Pte. Ltd.

Highlights of the Year

During this financial period, the Company has not yet commenced operations.

The Company submitted its application for Charity Status registration on 16th April 2020 and is pending the approval of Ministry of Health (MOH). [Afternote: The Company was notified by MOH on 19th April 2021 that its application has been approved and it has been registered as a charity under the Charities Act (Cap 37).]

The Plans Ahead

The Company seeks to apply for the National Council of Social Service (NCSS) membership, the VWOs-Charities Capability Fund (VCF) Consultancy Grant, and the Institution of a Public Character (IPC) status.

HealthierSG aims to start the operation of its programmes and services in 2022.