

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

Purpose & Objects

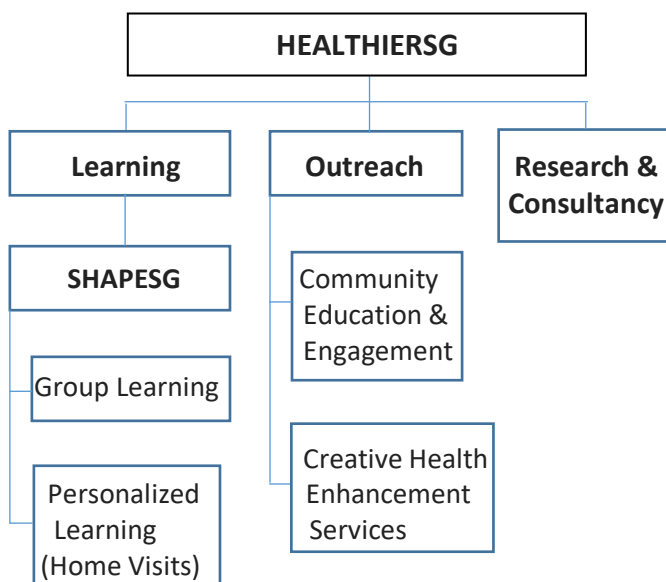
- To be an integrated resource and learning hub which provides specialist-driven health promotion and therapeutic programs, working collaboratively with community partners
- To reach out and engage vulnerable individuals in need of knowledge and guidance on how to improve their health
- To impart practical 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

Our Mission

- To strengthen health and well-being, improve lifestyle and habits through the use of a multi-pronged, multidisciplinary and an upstream model of health.

Background

- 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).
- In balancing a busy city-living routine, we often seek quick and short solutions that frequently affect long-term health concerns/consequences
- Importance of mental health



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.

Programme

HealthierSG **Health Resource Specialists** conduct:

- (a) **SHAPESG** programme which consists of 12 weekly group learning sessions & individualized healthy lifestyle reshaping through home visits,
- (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 & Consultancy**: R&D to evaluate and ensure the effectiveness of our programmes and services. Consulting services to share and provide HealthierSG asset mapping capabilities.

Our specialists are trained in areas such as Nursing, Psychology, Occupational Therapy, Sports Science, Physiotherapy, Gerontology.

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.

Company 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. It was registered as a charity under the Charities Act on 19th April 2021.

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)

Bank: DBS Bank Ltd.

Auditor: Baker Tilly TFW LLP

Company Secretary:
YTK Corporate Secretarial Pte. Ltd.

Governance:

One AGM and Board meeting was held during the financial year, in full attendance of the directors and members. Progressive organizational strategic decisions circulated electronically were made with the full participation of the Board. All directors undertake to declare any conflicts and interests that may arise. No directors and members are remunerated for their services in the financial year.

Highlights of the Year

The charity status registration of Health Concepts and Measurements – HealthierSG Ltd was approved by the Ministry of Health (MOH) on 19th April 2021.

The National Council of Social Service VWOs-Charities Capability Fund Consultancy Grant application for the Charity was accepted on 21st December 2021. This Governance and Management SOP Compliance Project enables the Charity to set in place the management standards and processes for compliance and controls.

An inaugural funding donation of S\$1 million to begin the operations of HealthierSG programmes and services was received from Dr Lee Wei Ling. Dr Lee has given ardent support to this project, formed the courage and inspiration for the founding members and directors to start up this project when the HealthierSG proposal was presented in 2019.

The Year Ahead

The inaugural funding donations received would kick-start the HealthierSG programmes and services in 2022; successively establish the pertinent records for the two-year criteria required by the Ministry of Health - Institutions of Public Character (MOH IPC) review and assessment. With this foundation, the Company seeks to apply for the Institution of Public Character (IPC) status in 2023.

Preparations for the operations of HealthierSG programmes and services in 2022 are underway. Works to reach out to the community partners, institutions, and social service providers. Consultations with the relevant practitioners and expert researchers to ensure robust outcome measurements and evaluation. And, to hire the best candidates to advance the HealthierSG mission and vision at the right cost.

Enabling grants to strengthen and streamline the various aspects of the Charity's function, like the CCF grants for Info-Communications Technology to improve efficiency in operations. Engaging in proactive collaborative recruitment efforts with the community partners and the social service agencies for effective service delivery.