

SATA CommHealth Launches New Medical Centre at Tampines Central



Official opening ceremony of SATA CommHealth Tampines Medical Centre by Ms Cheng Li Hui (middle) MP for Tampines GRC, Mr Ang Hao Yao (right most) SATA CommHealth Chairman and Dr K Thomas Abraham (left most) SATA CommHealth CEO.

Highly accessible by public transport and located in the heart of Tampines Central, this new medical centre brings convenience for many residents in this area. Located at 5 Tampines Central 6, #01-01A Telepark Building, this medical centre is both easily accessible by public transport and located just directly across the Tampines Bus Interchange and the new Downtown Line Station (Tampines Interchange Station - DT32).

Launched by Ms Cheng Li Hui, MP for Tampines GRC amidst much fanfare, this medical centre is SATA CommHealth's seventh and newest medical centre located in eastern Singapore. The Tampines Medical Centre offers doctor consultation (acute and chronic), general and chest X-Rays, preventive health screenings, travel medicine, vaccinations, laboratory services, health

checks (such as pre-employment, work permit, social visit pass, student pass) and wound management. Besides these, some specialised tests are available at the medical centre with a general practitioner's referral. Cont'd page 2



View of SATA CommHealth Tampines Medical Centre from Telepark Building carpark exit.

ABOUT US

Since its inception in 1947, SATA CommHealth has evolved over the years to become a one-stop primary healthcare organisation. It provides a comprehensive range of health screening and general practitioner services at its four Medical Centres, three X-ray buses, a Doctors-On-Wheels mobile clinic and a Mammo-On-Wheels mobile mammography service.

VISION

To be the leading charity for the advancement of lifelong health in the community.

MISSION

Promoting lifelong health, serving the community.

CORE VALUES

C - Compassion

R - Respect

E - Excellence

A - Accountability

T - Teamwork

E - Empowerment

SERVICES**GENERAL CONSULTATION FOR:**

Acute ailments, chronic diseases

SPECIALIST SERVICES:

Cardiology, radiology, respiratory

medicine, physiotherapy

HEALTH SCREENING SERVICES:

Pre-employment, social visit pass, visa application, work permit

PREVENTIVE HEALTH SERVICES:

Health screenings, vaccinations

DIAGNOSTIC IMAGING SERVICES:

Fluoroscopy, mammography,

ultrasound, X-Ray

SPECIALISED TESTS:

Audiometry, ECG, echocardiography,

industrial tests, spirometry, treadmill,

Bone Mineral Densitometry scan

PHYSIOTHERAPY SERVICES

Only at Bedok and Woodlands

LABORATORY SERVICES

Available at all Medical Centres

MEDICAL CENTRE LOCATIONS**BEDOK**

351 Chai Chee St

SATA CommHealth Building

Singapore 468982

ANG MO KIO

Blk 715 Ang Mo Kio Ave 6

#01-4008/4010 Singapore 560715

JURONG

Blk 135 Jurong Gateway Rd

#04-345 Singapore 600135

WOODLANDS

900 South Woodlands Dr

#04-01 Woodlands Civic Centre

Singapore 730900

TANJONG PAGAR

Blk 7 Tanjong Pagar Plaza

#02-103 Singapore 081007

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COVER STORY (Cont'd)

SATA CommHealth Launches New Medical Centre at Tampines Central



Ms Cheng Li Hui (foreground standing), MP for Tampines GRC, speaking to a resident at the blood glucose station during SATA CommHealth Tampines Medical Centre official opening and Community Health Day.

(Cont'd from cover page)

Being held concurrently with the opening ceremony was the nineteenth Community Health Day for the public. A multitude of free health checks on body mass index, blood pressure, blood glucose, osteoporosis and pre-physiotherapy assessment was offered. Over 180 participants who resided in this area benefitted from this event. In line with its mission of promoting lifelong health and serving the community, SATA CommHealth is dedicated to providing accessible health screening for the community over the last seven decades. □



Ultrasound pelvis screening, one of the diagnostic imaging services at SATA CommHealth Tampines Medical Centre, in progress.

CHAS SUBSIDY INITIATIVE

SATA CommHealth Launches 'SATA Cares'

On 1st June 2017, SATA CommHealth launched a new subsidy scheme called 'SATA CARES'. This scheme helps CHAS Blue cardholders defray their out-of-pocket expenses when they visit SATA CommHealth medical centres for acute or chronic medical conditions. This scheme will initially run for six months in Phase One (pilot).

The 'SATA Cares' subsidy scheme for acute conditions are capped at \$5 (max) and \$10 (max) subsidy for CHAS Blue-Simple conditions (one chronic condition) and \$60 (max) subsidy for CHAS Blue-complex conditions (two or more chronic conditions). The 'SATA Cares' subsidies are on top of the government CHAS subsidies: an \$18.50 subsidy per visit for acute treatment; \$80 subsidy limit for CHAS Blue (simple) and \$120 limit for CHAS Blue (complex) cases.

Patients have to sign up for the scheme at any one of the SATA CommHealth's five medical centres at Ang Mo Kio, Bedok, Jurong, Tanjong Pagar and Woodlands after which a Healthy Life Card will be given to approved beneficiaries. For more details, please call our Hotline 6244 6688. □

THE STRAITS TIMES

More help for lower-income Chas patients with new scheme by Sata CommHealth



The Pioneer Generation cards with an information booklet on the Pioneer Generation Package. ST PHOTO: KUA CHEE SIONG

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TERTIARY MEDICAL CHECKUPS

Students Gear Up for ITE and Polytechnic Pre-admission Checks

The start of the annual intake of new batches of polytechnic and ITE students began in February. Students prepped themselves for a new school year by going for pre-admission medical checks at SATA CommHealth. The multitude of students visiting our centres began in February just after the Chinese New Year celebrations.

SATA CommHealth witnessed a noticeable increase in tertiary students that were posted to various polytechnics and required to undergo pre-admission screening. As SATA CommHealth is on the panel of designated medical centres that are authorised to conduct the pre-admission checks, many students found it convenient as our centres are also located throughout Singapore.

This year, SATA CommHealth health screening buses were stationed at Republic Polytechnic in Woodlands and Nanyang Polytechnic in Ang Mo Kio to add convenience to the health screening service for new polytechnic students.



Students registering for their pre-admission medical check ups at Nanyang Polytechnic.

Health checks such as visual acuity, body mass index, urine test, blood pressure test and chest X-Ray are administered at all six SATA CommHealth Medical Centres. □

COMMUNITY SERVICES

Boys' Brigade (BB) Smoke-Free Ambassador Course at BB Headquarters



Group photo of the Boys' Brigade members who attended the training and SATA CommHealth staff and trainer.

On 8th December 2016, SATA CommHealth had the privilege of conducting the established Boys' Brigade (BB) Smoke-free Ambassador training course at a location very familiar to the Brigade's boys. The course was held at the Boys' Brigade headquarters and received an enthusiastic response from BB youth members. They were mainly students from Raffles Institution, Fairfield Methodist Secondary, Nan Hua High School and Orchid Park Secondary School fascinated on the ways to stub

out this unhealthy habit and the dangers inherent with smoking addiction. There were a total of 21 Boys' Brigade members who attended this course.

At this event, the dangers associated with the smoking habit were disseminated to the boys via role play exercises and skits. This was done to reinforce the importance of not picking up the habit in a fun-filled yet educational way through the use of informative and subliminal cues in games. Grouped into teams, they had to perform a final skit encompassing an impromptu poster which displayed their creativity and understanding of smoking.

At the end of the training, the boys went away with a much better understanding of being a smoke-free youth and armed themselves with the necessary skills as a Smoke-free Ambassador.

Interested groups may contact SATA CommHealth at 62446688 or email to community@sata.com.sg for more details on youth smoking prevention events in 2017. □

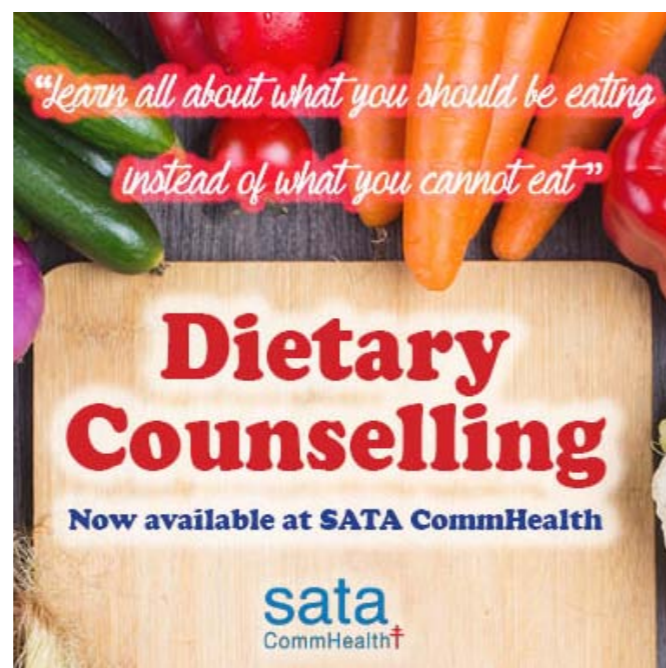
HEALTH TALKS AND COUNSELLING

Dietary Counselling and Nutritional Talk

Let our Dietitian show you the important foods that need to be included in your diet and better manage any common chronic diseases - diabetes, hypertension, gout or high cholesterol levels.

If you have diabetes, we have a diabetes diet care plan that has three dietary sessions over three months to track progress and bring about an improvement in diabetic control. A slight adjustment to the diet can improve blood sugar levels which will mean better wellness, less fatigue and a reduction in risks of diabetic complications.

Dietary counselling is available every Monday and Tuesday, at Uttamram Medical Centre, Woodlands Medical Centre and Jurong East Community Health Centre. A Doctor's referral letter is required for booking of appointment. Call our hotline 6244 6688 to enquire on the time slot and make an appointment. □



PROGRAMME COLLABORATION

SATA CommHealth and Tuberculosis Control Unit Signs An MOU To Renew DOT&SHOP Programme on World TB Day



TBCU Senior Consultant Prof Sonny Wang (second from left) and SATA CommHealth CEO Dr Abraham (third from left) signing the DOT&SHOP MOU on 24 March 2017.

In its eighth year of the programme, SATA CommHealth and Tan Tock Seng Hospital (TTSH) Tuberculosis Control Unit (TBCU) renewed their successful collaboration with the signing of a Memorandum of Understanding (MOU) for the Directly Observed Therapy and Shop (DOT&SHOP) programme on 24 March which is also World TB Day. Since 2009, this has been the fifth MOU signing. This MOU serves as an affirmation of SATA CommHealth's commitment to the elimination of TB in Singapore.

In this 2017 MOU agreement, SATA CommHealth has pledged up to S\$100,000 worth of vouchers annually for another two years ending 31 December 2018. Each eligible patient who is on a six month DOT treatment may receive up to S\$350 worth of vouchers. Those who need nine months of treatment will be given a maximum amount of S\$470 worth of vouchers.

The DOT & SHOP programme has helped many needy tuberculosis (TB) patients by dispensing supermarket vouchers as incentives to encourage them to complete their course of treatment. To date, we have disbursed more than \$500,000 of supermarket vouchers under the DOT&SHOP programme, since commencement of the scheme in July 2009.

According to TBCU, since commencement of the programme till 31 Dec 2016, a total of 1,769 TB patients were enrolled into the DOT & SHOP programme. Around 1,400 patients have completed the DOT&SHOP programme since the programme commenced.

Completing the full course of TB treatment is important for cure and to prevent the occurrence of Multi Drug Resistant TB or MDR-TB. □

VIDEO SHARING

New Homecare and Doctors-on-Wheels Videos Available Online

Watch our new videos featuring patients' comments on SATA CommHealth's three sought after services - Homecare, Doctors-On-Wheels and Physiotherapy. The videos are uploaded on Youtube channel as well as SATA CommHealth's official Facebook page. You can also simply scan the QR codes to access the videos. □



Doctors-On-Wheels Expanding To New Locations



Participants waiting to get registered for Doctors-On-Wheels services at Mar Thoma Syrian Church.

On 17 September 2016, SATA CommHealth Doctors-On-Wheels (DOW) set up at a new site in partnership with Mar Thoma Syrian Church in Singapore. This mobile clinic, located at Jalan Keli on the grounds of the church, runs every eight weeks on Saturdays and will provide healthcare services to the beneficiaries. To date, we have held two further DOW sessions on 12 November 2016 and 14 January 2017, where we have witnessed a notable growth in patient numbers.

The mission of DOW is to provide subsidised or free medical treatment to the frail and needy elderly in the community who are not able to seek medical care, owing to a lack of means. Treatment of acute medical problems, monitoring of chronic ailments and health education were made available at our on-site clinic.

Primary care plays an important role in managing chronic diseases and encouraging beneficiaries to take responsibility for their own health. This community initiative by SATA CommHealth and the Mar Thoma Syrian Church brought us a step closer to providing primary care that is easily accessible by the community. With regular checks and a more holistic approach to patient care, DOW would be better able to help our patients manage their chronic diseases.

We set up this new DOW location to enable the neighbouring residents to receive medical treatment delivered away from the conventional clinic environment, and within close proximity to home. It offers both privacy and convenience to our beneficiaries. Additionally, our medical transportation services rendered their assistance to transport the beneficiaries with disabilities on wheelchairs or others with walking aids and also those who are too frail to travel by public transport more convenient and seamless access to DOW sessions at Jalan Keli.

The evolving healthcare scene presents new challenges for DOW to stay relevant as a primary provider of community healthcare. We continually strive to bring our range of services up to par, in order to serve the community better. □



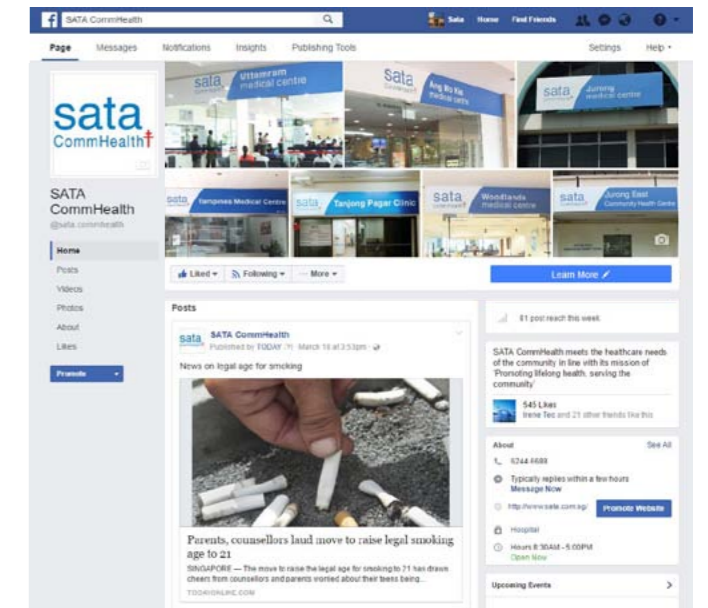
Doctors-On-Wheels van.

Follow Us On SATA CommHealth Facebook Page

We are delighted to be receiving Likes from our customers and sharing of posts by our followers on SATA CommHealth Facebook Page. Many followers are tagging and have checked-in to our medical centres as well. A big thank you for following us!

The page features updated wellness and health news and information, and not forgetting happenings such as SATA CommHealth's Community Health Days, opening of new medical centre and festive health screening packages to keep our followers well informed. Reminders on regular check-ups and seasonal vaccinations are also essential around the year.

Keep following us on SATA CommHealth Facebook Page to keep tabs on upcoming packages and be informed of healthcare events. Tell your family and friends about this page too! □



Health Screening Packages For Your Mum and Dad



Show you care for your loved ones especially during Father's and Mother's Day period by offering them a health screening gift.

Take charge of your health status by going for a full body check up early in the year. We have two packages from Mum's Wellness for you to choose from and one exclusively from Dad's Wellness package. Packages include chest X-Ray, PAP smear, mammography, bone health, liver screen and others.

The package prices may change without prior notice. Terms and conditions apply. For more details and to book an appointment, please call our Hotline 6244 6688 or visit www.sata.com.sg. □

Employee Value Proposition

This Employee Value Proposition displayed below was created by SATA CommHealth for clarity to its employees and prospective employees.

"SATA CommHealth values the contributions of our employees to make a difference to the organisation and the community. We are driven by a clear understanding of our dual mission, innovativeness in all we do, and commitment to give our best. We achieve this through nurturing a values-based yet challenging work environment focused on growth and learning, so that we all can be developed to the fullest." □

Medical Services At Your Doorstep

SATA CommHealth's Homecare service aims to augment the current shortage of homecare services in Singapore. With an ageing population, this new service will also be a boon to the elderly and needy in the community.

It reaches out mainly to immobile, physically impaired, post-surgery/ illness and aged sick who are incapable of performing activities of daily living by addressing their medical needs. The needy will be accorded discounted services.

Homecare Services

www.sata.com.sg

For more details, please call

6244 6688 or

email: homecare@sata.com.sg



Our Homecare team offers a range of medical services at your doorstep, including home nursing such as wound care and dressing, home medical, home care supplies and other medical equipment rental (e.g. wheelchairs, walking aids and nebulisers).

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CommHealth†

SATA CommHealth eShop

A wide range of healthcare products is now available for online purchase on SATA CommHealth website at your convenience.

Log in to our eShop, www.sata.com.sg/eshop/ to view and purchase healthcare products. Healthy Life Card members can enjoy privileges on selected items.

Products such as stethoscopes, incontinence pads, blood glucose strips, dressing sets, catheters, feeding tubes and many others are available for purchase online.



Visit our eShop at: www.sata.com.sg/eshop/