sata CommHealth

ISSUE 16

In The *Know*

Your Bi-Monthly Update on Everything SATA

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Sustainability in Action: Our ESG Initiatives - Driving change through food drives, recycling, and eco-gardening for a greener future!

Read more on page 06

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Beyond the Sugar: Uncovering Diabetes - 1 in 3 Singaporeans is at risk of diabetes - early detection is key. Are you prepared?

Read more on page 08

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MAR 2025

SATA COMMHEALTH GENERAL NEWSLETTER

Singapore Health Quality Service Awards 2025

SATA CommHealth is proud to have been honoured with **18 Silver, 7 Gold, and 2 Star Awards** at the Singapore Health Quality Service Awards (SHQSA) 2025. This recognition highlights our unwavering dedication to delivering quality patient care and service excellence.

Organised by the SingHealth Duke-NUS Academic Medical Centre, SHQSA recognises outstanding contributions to healthcare. The awards were presented on **13 February 2025** at the **NUS University Cultural Centre, the award recognises by President Tharman Shanmugaratnam,** celebrating the efforts of dedicated healthcare professionals.

This achievement is a testament to the hard work and commitment of our incredible team. We extend our deepest gratitude to every member whose dedication has made this possible. As we celebrate this milestone, we remain committed to providing accessible and high-quality health-care to our community.

Congratulations to all our award recipients! Your passion and excellence continue to inspire!

Official Opening of SATA CommHealth Community Clinic

(Beach Road)

On 10 March 2025, SATA CommHealth proudly marked a new milestone with the official opening of its Community Clinic at Beach Road.

As part of this initiative, SATA CommHealth signed a Memorandum of Understanding (MOU) with SingHealth to foster closer collaboration in care management. This partnership will jointly support preventative health initiatives, such as Frailty Prevention Programmes, and enhance capability building efforts with community partners. The MOU reinforces SATA CommHealth's commitment to bridge healthcare gaps and ensure quality healthcare services closer to the community.

A Clinic Built with the Community in Mind

Situated in the heart of Beach Road, the new SATA CommHealth Community Clinic was developed through extensive engagement with the community and the SingHealth Regional Health System (RHS).

These insights helped shape the clinic's services to better meet the needs of seniors and low-income families and is expected to support a significant portion of residents who are facing challenges in accessing healthcare services.

Aligned with the national **Healthier SG** initiative, the Community Clinic encourages residents to take a proactive role in managing their health.

SATA CommHealth's Chief Executive Officer, Dr Kelvin Phua, reaffirmed this commitment, stating, *"Our mission since our inception has always been to enhance the quality of life through accessible healthcare. This new clinic is a significant step towards achieving that goal, ensuring that everyone in the community has access to the care they need."*

Professor Lee Chien Earn, Deputy Group CEO, Regional Health System, SingHealth, added, *"By working closely with SATA CommHealth, we are delivering quality care that is more accessible to the Beach Road community. By synergising our strengths, we hope that every resident has the support he or she needs to live healthier, more fulfilling lives. This partnership is a testament to our shared commitment to building stronger and more resilient communities for the future."*

Comprehensive Affordable Healthcare for All

In line with SATA CommHealth's dedication to accessible healthcare, the new clinic offers a wide range of highly subsidised services. Patients can access doctor consultations, blood tests, vaccinations, and ancillary services such as Digital Retinal Photography (DRP), Diabetic Foot Screening (DFS), nurse counselling, spirometry, Advance Care Planning (ACP), and Lasting Power of Attorney (LPA) assistance. The clinic also supports homecare services, ensuring that individuals receive continuous and holistic medical attention.

A Community Effort and A Shared Vision

The official opening ceremony was graced by **Ms Denise Phua, Mayor of Central Singapore District and Member of Parliament for Jalan Besar GRC**, as the Guest of Honour. SATA CommHealth is honoured to partner with Mayor Phua's Senior Services Coordinating Committee, which plays a crucial role in fostering meaningful collaborations to enhance healthcare support for older adults.

Reflecting on the new clinic's impact, Ms Denise Phua shared, *"This new clinic embodies the spirit of Beach Road's vibrant and inclusive community. By addressing the unique needs of seniors and families requiring greater support, SATA CommHealth is setting a benchmark for accessible and compassionate care. Initiatives like these play a vital role in fostering stronger, healthier communities."*

With this new community clinic, SATA CommHealth continues its legacy of community-driven healthcare, ensuring that quality medical services remain within reach for all who need them.

SATA CommHealth Community Clinic (Beach Road)
2 Beach Road
#01-4777
Singapore 190002

Reopening of Ang Mo Kio Medical Centre

We are delighted to announce the grand reopening of our SATA CommHealth Ang Mo Kio Medical Centre after an extensive renovation. With our unwavering commitment to providing quality and accessible healthcare, the revamped medical centre, which re-opened on 25 February 2025, is now fully operational, offering an enhanced patient experience to the community.

Wellness Lounge

Front Counter & Waiting Area

With a modern and refreshed interior, the Ang Mo Kio Medical Centre now features an improved layout and upgraded medical facilities, ensuring a seamless and welcoming environment for all patients.

We invite you to visit our upgraded medical centre and experience the enhanced facilities firsthand. Our priority remains your health and well-being, and we are excited to serve you better at SATA CommHealth Ang Mo Kio.

Our Ang Mo Kio Medical Centre offers a comprehensive range of personalised healthcare services, including:

Premier Health screenings tailored to individual needs

Visa Medical Checkup

GP Consultations

Vaccinations such as:

- Influenza
- Pneumococcal
- Shingles
- Chicken pox

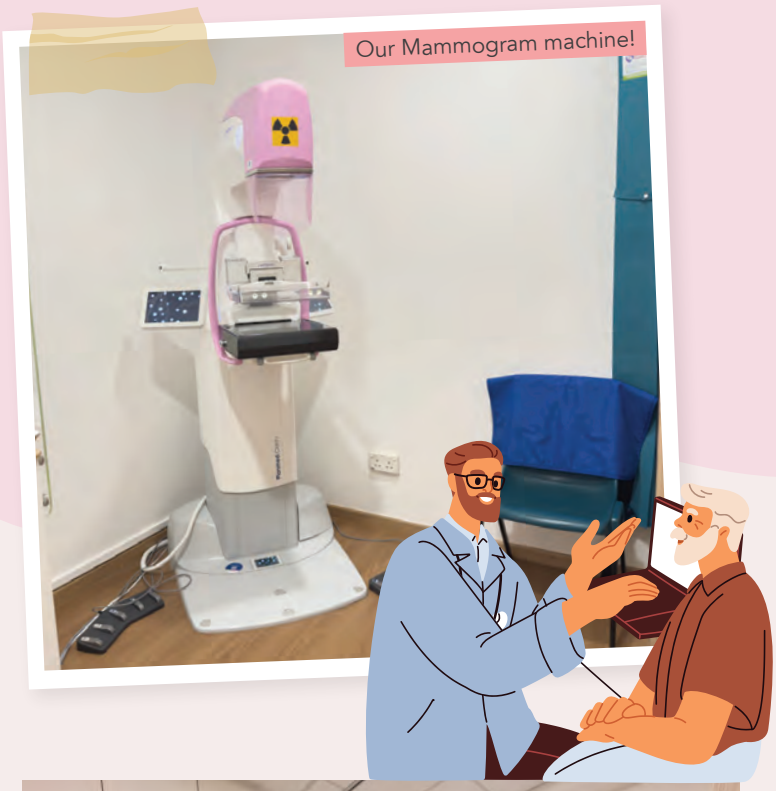
Diagnostic Services

- X-ray
- Ultrasound
- Mammogram

Chronic Disease Management

We are excited to welcome you back to our renovated medical centre, where we continue to uphold our mission of bringing quality healthcare closer to the community.

X-Ray Room



Our Mammogram machine!

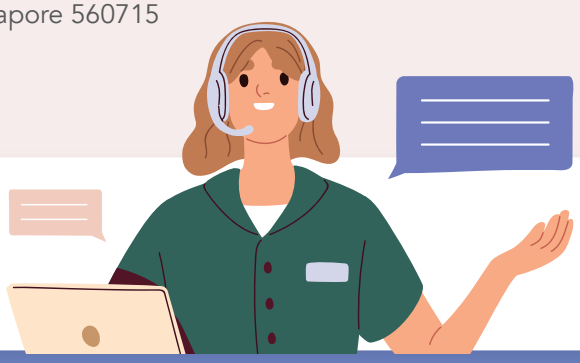
Ultrasound Room

To ensure a smooth and efficient experience, please note that all services, including our e-medical services, will be strictly by appointment. Book your visit in advance and let us provide you with the quality care you deserve.

SATA CommHealth Ang Mo Kio Medical Centre
715 Ang Mo Kio Avenue 6
#01-4008/4010
Singapore 560715

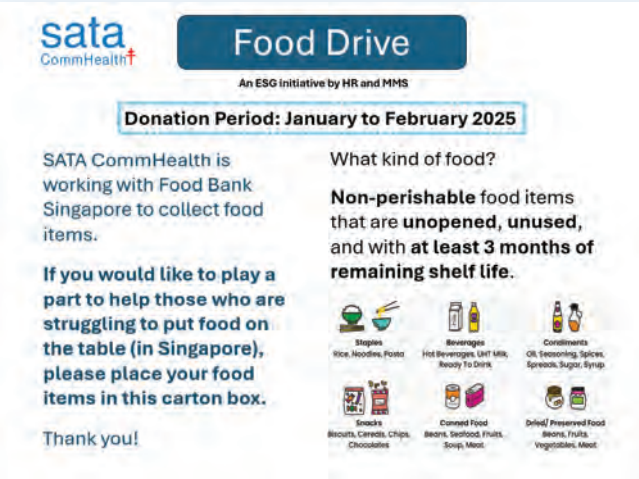
Take charge of your health today!

Call 6244 6688 for more information and to book an appointment.



Sustainability in Action: Our ESG Initiatives

At SATA CommHealth, our commitment to Environmental, Social, and Governance (ESG) principles drives us to create meaningful and sustainable change within our community. In 2025, our ESG Committee introduced three impactful initiatives that reinforce our mission to foster a healthier, more environmentally conscious future.



Food Drive: A Collective Effort in Giving Back

In alignment with our mission of ***Promoting lifelong health, serving the community***, a group from the ESG Committee launched a food drive to support individuals and families in need.

Staff members were encouraged to contribute unopened, non-perishable food items with at least three months of shelf life. To ensure easy participation, each Medical Centre was equipped with collection boxes, making it convenient for employees to donate. Running from 17th January to the end of February 2025, the initiative fostered a strong sense of generosity and social responsibility within the SATA CommHealth family.

Plastic Bottles & Aluminium Cans Recycling: Reducing Waste, Promoting Sustainability

Recognising the importance of waste reduction, the Aluminium Cans and Plastic Bottles Recycling Project was introduced in January. This initiative provides SATA CommHealth staff with the opportunity to actively minimise waste, conserve resources, and contribute to a greener planet.

To support this effort, Rebottle Cages were installed at our Bedok and Woodlands Medical Centres, serving as dedicated collection points. For other Medical Centre locations, recycling bags were provided for staff to deposit their recyclables, ensuring recyclables were efficiently transported for proper processing. By cultivating an environmentally responsible workplace, we continue to champion sustainability and inspire collective action among our employees.

Gardening for Sustainability by Turning Waste into Purpose

Our ESG Gardening Team found an innovative way to repurpose used orange peels from the orange juice vending machine at Bedok Medical Centre, transforming them into eco-friendly household products:

Dish Soap Detergent:
Orange peels were cut and soaked in baking soda, creating a natural cleanser.

Multi-Purpose Detergent:
Peels were infused in vinegar, forming a powerful all-purpose cleaning solution.

Plant Fertiliser:
Peels were soaked in water for 1-2 days, yielding a nutrient-rich plant booster.

Beyond repurposing food waste, the team also established an Edible Garden at Bedok Medical Centre, where organic herbs are cultivated using compost and sustainable planting techniques. The harvested herbs are then shared with our staff, complete with:

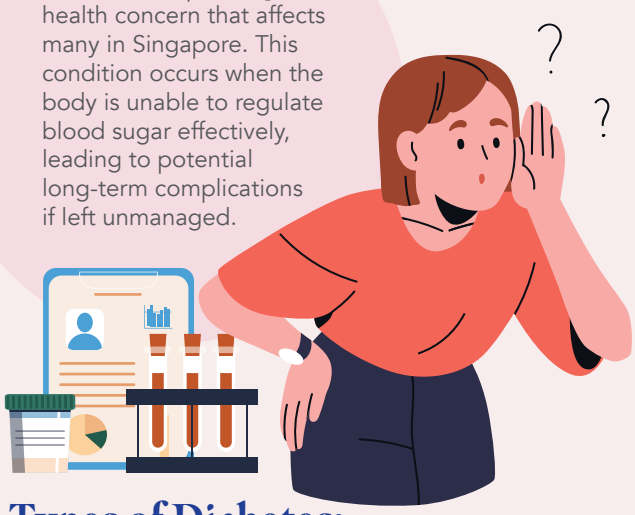
- A brief description of the herb
- A simple recipe
- Health benefits information

By encouraging staff to grow their own herbs at home, we aim to promote sustainable living and a culture of shared knowledge and resources.

Through these initiatives, SATA CommHealth remains committed to driving impactful change, fostering a sustainable workplace, and promoting environmental and social responsibility.

Beyond the Sugar: Uncovering Diabetes

Diabetes is a pressing health concern that affects many in Singapore. This condition occurs when the body is unable to regulate blood sugar effectively, leading to potential long-term complications if left unmanaged.



Types of Diabetes: What You Need to Know

There are 2 main types of diabetes

Type 1 Diabetes:
The body stops producing insulin, a hormone needed to regulate blood sugar. This form is usually genetic and requires lifelong insulin therapy.

Type 2 Diabetes:
The most common type, linked to lifestyle factors like diet and exercise. It is preventable and manageable with healthy habits and early intervention.

Diabetes is a serious and prevalent health issue in Singapore, affecting a significant portion of the population.

- 1 in 3 Singaporeans is at risk of developing diabetes.
- Nearly 1 in 10 Singaporeans has diabetes.
- 2 in 3 individuals newly diagnosed with kidney failure have diabetes.
- 1 in 3 individuals with diabetes continues to have high blood sugar levels.
- 1 in 3 individuals with diabetes is unaware they have the condition.
- 1 in 3 individuals with diabetes develops eye disease.
- Every day, about 4 individuals with diabetes undergo amputations due to complications.

With a growing number of people at risk, regular health screenings and proactive management is crucial. Early detection plays a key role in preventing severe complications such as kidney failure, vision impairment, and cardiovascular diseases.

Source of Information taken from HealthHub (Diabetes Hub)

Detect Diseases Like Diabetes Early with SATA CommHealth's Comprehensive Health Screening Packages

Protect your health, detect it early with SATA CommHealth.
Call 6244 6688 for more information or to book an appointment.

Social Media Highlights

SATA CommHealth

Here's where you come in. Every donation to SATA CommHealth helps patients like Mr. Kalid access vital rehabilitation services. Your contributions directly provide subsidies that ensure individuals with financial challenges receive the care they need to rebuild their lives.

SATA CommHealth

✨ Stay Healthy This Chinese New Year! ✨
Celebrate the Lunar New Year while prioritising your health and well-being! Remember to enjoy festive treats in moderation, stay active, hydrate, rest well, and plan your health check-ups.

SATA CommHealth

With the construction of the Jurong East Integrated Transport Hub expected to be completed around 2027, here's your guide on how to reach SATA CommHealth Jurong Medical Centre!

SATA CommHealth

Be a part of our mission to enhance healthcare outreach for seniors and vulnerable individuals in Singapore. Your efforts will make a difference and help us create a more caring and supportive community. Volunteering with us is a meaningful and rewarding experience that touches lives, including your own.

Want to get updates lighting fast?

Like us on Facebook and Instagram to follow our activities for the community!