sata CommHealth

In The Know

SEP 2025

Your Bi-Monthly Update on Everything SATA

A Dinner Served with Love

Read more on page 04

Meet our Resident Doctors

Read more on page 06

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Celebrating Nurses' Day at SATA CommHealth

This Nurses' Day, SATA CommHealth honoured our dedicated healthcare professionals who devote their heart, time and effort to caring for our patients. To mark the occasion, staff across our medical centres and migrant worker medical centres were treated to a sumptuous buffet lunch, a gesture of gratitude for their tireless service.

At SATA CommHealth, we deeply value the unwavering dedication and compassion of our healthcare workers. Their commitment not only touches the lives of our patients but also strengthens the community we serve. This celebration was a heartfelt way of recognising the vital role they play in delivering quality care and making a meaningful difference every day.

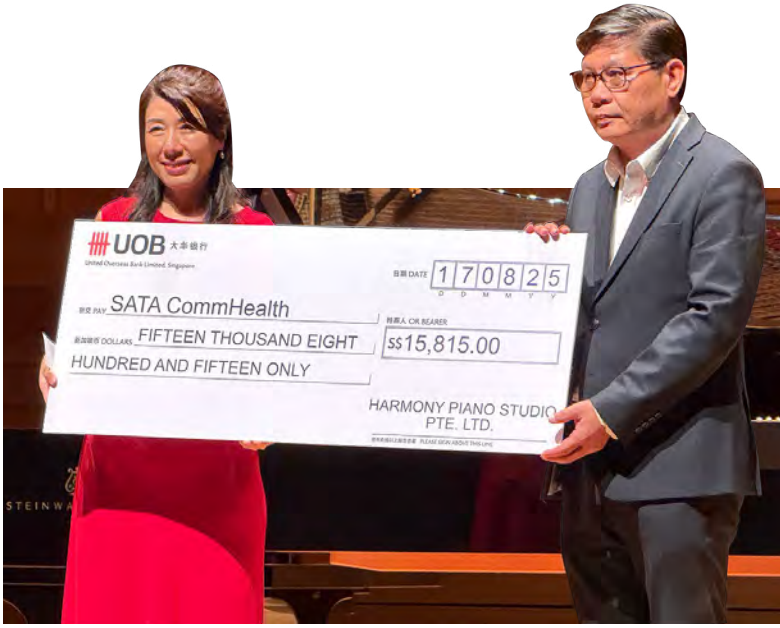
03

Harmony in Hope 2025: A musical evening of giving

On 17 August 2025, SATA CommHealth had the privilege of being invited to *Harmony in Hope 2025*, a heartwarming piano recital organised by Harmony Piano School. The evening was not only a celebration of music but also of compassion and community spirit.

We are deeply grateful to the school and its community for raising more than $15,000 in support of our mission to make healthcare accessible to those in need. This remarkable achievement was made possible through the dedication of over 50 performers, volunteers and teachers who worked tirelessly to bring the recital to life.

Our heartfelt thanks also go to our Silver Volunteers, who graciously supported our booth during the event. With wisdom, warmth and unwavering generosity, they embody the belief that the spirit of giving knows no age. Their inspiring dedication continues to motivate us to serve with heart and purpose.



04

A Dinner Served with Love

On 15 August 2025, SATA CommHealth held our Charity Fundraising Dinner, *To Serve With Love*. It was a memorable evening of generosity and heartfelt support, with proceeds going towards the launch of our upcoming SATA CommHealth Dialysis Centre at Fernvale.

The event was more than just a dinner. It was a gathering of individuals and organisations who believe in making quality healthcare accessible to all, especially to those who need it most.

In his welcome address, Dr Kelvin Phua, CEO of SATA CommHealth, shared his reflections on caring for patients undergoing dialysis. He spoke about the challenges they face, both medically and emotionally, and how these experiences have inspired SATA CommHealth to establish its own Dialysis Centre.

Dr Phua highlighted three key areas that will set the Fernvale Dialysis Centre apart:

- **"Hardware"**
  Innovation, sustainability and holistic support will be at the heart of our centre. From an eco-friendly heated water treatment system to Haemodiafiltration therapy for designated patients, we are committed to delivering advanced, sustainable care.

- **"Heartware"**
  Technology alone is not enough. Our true strength lies in our multidisciplinary team of doctors, nurses, dietitians, social workers, therapists and nephrologists, who will work together to provide comprehensive care for patients and caregivers alike.

- **Environment**
  We aim to create a cosy, homely and welcoming environment so that every dialysis session feels less clinical and more comforting.

"Medicine at its elemental core is a force for good. However, we will need the support of our community to achieve even greater good."

– Dr Kelvin Phua, CEO of SATA CommHealth

The evening saw enthusiastic participation in the live auction, table dialogue and silent pledge. Guests came together with open hearts, and we extend our warmest congratulations to the winning bidders. Your generosity fuels our mission of providing accessible and compassionate healthcare for the community.

As the night drew to a close, it was clear that *To Serve With Love* was more than a fundraising event. It was a celebration of unity, compassion and the belief that together, we can make a difference in the lives of those living with kidney disease.

Be part of our mission

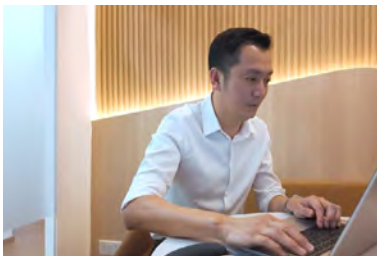
With your support, we can continue providing care, comfort, and hope to those who need it most. If you would like to make a difference, you can make a donation through our *website*.

05

Meet our Resident Doctors

At SATA CommHealth, our mission is carried out every day through the dedication of our resident doctors. More than just clinicians, they embody compassion, commitment and service, ensuring every patient receives both quality care and reassurance.

In this issue, we shine the spotlight on two of our resident doctors: Dr Ooi Seong Thean and Dr Mohd Zafiruddin, who share their journeys, motivations and what inspires them in their work with SATA CommHealth.



Dr Ooi Seong Thean

Senior resident physician, Jurong medical centre
Joined SATA CommHealth on 9 May 2022

Q: What was your first impression upon joining SATA CommHealth?

My first impression was that SATA CommHealth offered a unique blend of familiarity and distinction compared with restructured hospitals. I appreciated the autonomy to practise independently, while having support just a message away. Over time, I have grown to confidently manage clinics and support colleagues when needed.

Q: How has your career progressed since joining?

Within two years, I have pursued postgraduate courses such as Graduate Diploma in Family Medicine (GDFM), Graduate Diploma in Occupational Medicine (GDOM) and Masters in Public Health (MPH). Our multidisciplinary team of nurses, radiographers and senior colleagues has greatly contributed to my growth and confidence.

Q: What other work opportunities exist beyond primary care?

Our work extends beyond clinics into the community through home medical visits, Doctor on Wheels, mobile medical services and migrant worker care. SATA CommHealth is also expanding into dialysis and dental services, offering a diverse range of opportunities.

Q: Apart from clinical work, what other opportunities are there?

Doctors here can engage in research and teaching. We collaborate with external organisations, host medical students during their primary care postings and deliver talks to share our expertise.

Dr Mohd Zafiruddin

Family physician, Tampines medical centre
Joined SATA CommHealth in May 2022, with 8 years' experience in Primary Care

Q: What was your first impression upon joining SATA CommHealth?

It was a very pleasant experience. I remember how supportive everyone was, especially colleagues and other healthcare professionals.

Q: How is SATA CommHealth supportive of work life balance?

SATA CommHealth places strong emphasis on work life balance and staff well-being. No doctor works in isolation; we function as a team with ample support. SATA CommHealth provides caregiver leave, maternity and childcare leave to accommodate prospective parents, and it is also possible to discuss flexible arrangements, making the culture supportive and rewarding.

Q: Apart from clinical work, what other opportunities are available?

At SATA CommHealth, there are many avenues to grow and contribute. We collaborate closely with various organisations on research projects, so if you are keen on research, you will find plenty of opportunities here. We also host medical students for their primary care postings, which means you get to play a part in teaching and mentoring the next generation of doctors. Plus, if you enjoy community engagement, you can give educational talks and share your knowledge directly with the public.

Celebrating Our Doctors

Our resident doctors are the heartbeat of SATA CommHealth. Through their dedication, passion and care, they not only heal but also inspire, reminding us that medicine is as much about compassion as it is about science.

Calling All Doctors: Consider Your Next Chapter with Us

Step into a role where your expertise is respected, your voice drives change, and your care makes a lasting impact.

Join us at SATA CommHealth
Scan the QR code to view our Doctor role.

06

Your weight loss journey, backed by expert care

At SATA CommHealth, weight management is more than just looking good. It is about taking care of your health.

Why Choose Us?

- **Doctor-led, personalised programmes**
  safe, customised, long-term results
- **Access to the latest approved medications**
  prescribed and monitored by doctors
- **Comprehensive health-first approach**
  screenings and reviews for lasting change

How we support your journey

Doctor-prescribed treatments
Latest approved medications, closely managed for safety and effectiveness

Customised plans
Tailored to your health profile, lifestyle and goals

Regular reviews
Affordable follow-ups, progress tracking and expert guidance

Health-first approach
Comprehensive screenings to guide safe, lasting results

Our programmes

Metabolic Health Screening Weight Management Programme

- Medical consultation (long)
- Height/weight/BMI, blood pressure and waist measurement
- Glucose HbA1c, lipid panel, renal panel, liver panel, thyroid screen (T4, TSH)
- Total vitamin D
- Advanced body composition
- Ultrasound liver
- Lifestyle survey / OSTA questionnaires

$436.00

include GST
* above price excludes medication

Metabolic review session

- Health screening review
- Height/weight/BMI, blood pressure and waist measurement
- Health education and counselling

$54.50

include GST
* above price excludes medication

Take the first step today!

Call 6244 6688
WhatsApp 9624 7353

Start your journey with SATA CommHealth, where your health comes first.

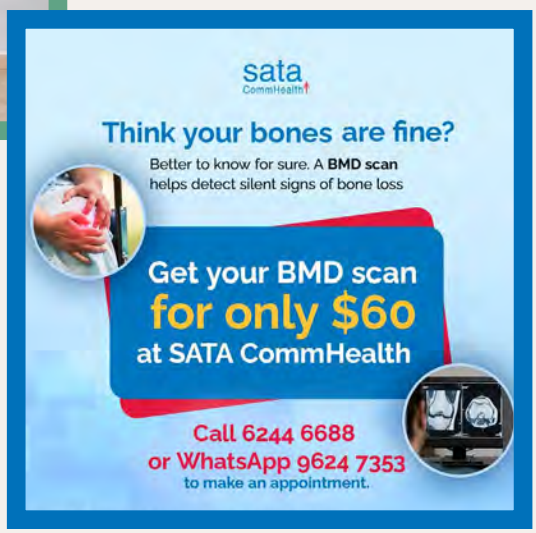
07 Social Media Highlights

Breast cancer is the most common cancer among women in Singapore, but early detection can make all the difference. SATA CommHealth provided mammogram screening to help detect cancer even before symptoms appeared, as well as diagnostic mammography for women experiencing lumps, pain or nipple discharge.

In celebration of Singapore's 60th birthday, mammogram scans were also offered at $60 at SATA CommHealth.

Sick but don't want to queue at a clinic? With the SATA CommHealth Public App, you can video consult a doctor anytime, anywhere, whether it is for a cough, flu or simply to get a quick medical certificate. Just sign up with your mobile number, speak to a doctor quickly, and have your medication delivered to your doorstep. Perfect for busy schedules, parents at home or anyone feeling under the weather.

On 23 July 2025, SATA CommHealth welcomed Dr Hamid Razak, Advisor to West Coast–Jurong West GROs, Mr Frankie Goh, BBM(L), Honorary Chairman of Jurong Spring CCC, and Ms Jenny Koh, BBM, Chairperson of Jurong Spring CCMC, to our Jurong Medical Centre. Together, we explored collaborations to bring preventive healthcare closer to residents through Bone Mineral Density (BMD) health talks, screenings, vaccinations, and community outreach.



Don't wait for a fracture to find out. Knowing your bone health is vital. Earlier this year, SATA CommHealth offered Bone Mineral Density (BMD) scans at $60 in celebration of Singapore's 60th birthday. The safe and quick scans helped detect early signs of osteoporosis long before symptoms appeared, empowering many to take steps to stay active and independent.