sata CommHealth

In The Know

MARCH 2026

Your Bi-Monthly Update on Everything SATA CommHealth

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02

Recognising Excellence in Patient Care
Singapore Health Quality Service Awards 2026

SATA CommHealth is proud to share that our team has been recognised at the Singapore Health Quality Service Awards 2026, receiving 5 Gold, 14 Silver and 2 Star Awards. This recognition affirms the dedication and compassion of our healthcare professionals, who go the extra mile each day to deliver quality care and positive patient experiences.

The award ceremony was held on 16 January 2026 at the University Cultural Centre and was graced by Mr Ong Ye Kung, Minister for Health and Coordinating Minister for Social Policies, as the Guest of Honour.

Launched in 2011 by SingHealth, the award recognises healthcare professionals across Singapore who consistently demonstrate excellence in service and patient-centred care.

We warmly congratulate all our award recipients. Your professionalism, dedication and commitment to our patients continue to inspire us and strengthen our commitment to serving the community.

03

We are Data Protection Assured!

SATA CommHealth is proud to share that we have been recertified with the Data Protection Trustmark following a comprehensive assessment by the Infocomm Media Development Authority (IMDA). This recertification reflects our continued commitment to safeguarding personal data and upholding strong data protection practices across the organisation.

The Data Protection Trustmark is a voluntary, enterprise-wide certification that recognises organisations with accountable data protection practices.

Valid from 6 January 2026 to 5 January 2029, the certification reaffirms our commitment to protecting the information entrusted to us by our patients, partners and stakeholders.

We thank our teams for their dedication in making this achievement possible and for helping to maintain the trust placed in SATA CommHealth.

DATA PROTECTION
ASSURED

This is to certify that

SATA COMMHEALTH

351 Chai Chee Street, Sata CommHealth Building, Corporate HQ, Singapore 468982

has been awarded with the

Data Protection Trustmark certification

Certificate Number	Effective Period
DPTM-00140-202301	6/01/2026 – 5/01/2029

Mr Ng Cher Pong
Chief Executive, IMDA

Certified by:
INFOCOMM MEDIA DEVELOPMENT AUTHORITY

10 Pasir Panjang Road, #03-01,
Mapletree Business City, Singapore 117438

www.imda.gov.sg

04

Towards Inclusive Primary Care: Partnership with MINDS

SATA CommHealth is honoured to announce the signing of a Memorandum of Understanding (MOU) with the Movement for the Intellectually Disabled of Singapore (MINDS) to provide primary care services at the MINDS clinic. This partnership marks an important step towards strengthening community-based healthcare support for persons with intellectual disabilities.

Individuals with intellectual disabilities often face unique challenges when accessing treatment within mainstream healthcare settings. These challenges may include communication barriers, unfamiliar environments and difficulties navigating complex healthcare systems. Through this collaboration, SATA CommHealth aims to bridge these gaps by bringing medical care closer to where beneficiaries feel most comfortable, within a familiar and supportive community environment.

Working closely with MINDS, our healthcare team will design and deliver primary care services tailored to the needs of persons with intellectual disabilities. By integrating medical expertise with a compassionate and understanding approach, the partnership seeks to ensure that beneficiaries receive appropriate, accessible and dignified care.

This collaboration reflects SATA CommHealth's continued commitment to building a more inclusive healthcare system. Together with MINDS, we are advancing a shared vision of care that is accessible, respectful and responsive to the diverse needs of every individual in our community.

05

Alliance of Domestic Employees Outreach
A movement of Hope Initiative Alliance

aidha™
sustainable futures through financial education

International Women's Day Celebration: HPV Vaccination for Migrant Domestic Workers (MDWs)

In celebration of International Women's Day on 8 March 2026, SATA CommHealth partnered with the Alliance of Domestic Employees Outreach (ADEO) and Aidha to organise Human Papillomavirus (HPV) vaccination sessions for the migrant domestic worker community.

The initiative aims to support the health and well-being of migrant domestic workers by improving access to preventive healthcare. Conducted across three vaccination sessions, the programme is designed to enhance accessibility and allow participants to complete their vaccination doses.

The HPV vaccination is recommended for women aged 27 to 45, helping to reduce the risk of developing cervical cancer, one of the most common cancers affecting women in Singapore. By providing access to vaccination within a supportive and familiar environment, the programme encourages greater awareness of women's health and preventive care.

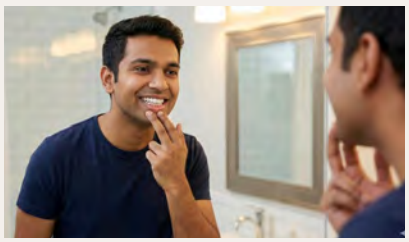
The first vaccination session was held on 8 March 2026 in conjunction with International Women's Day. SATA CommHealth's Mobile Medical Services team was on site to administer the vaccines and guide participants through the process.

Through initiatives such as this, SATA CommHealth continues to strengthen community partnerships and expand access to essential healthcare services, supporting the health and well-being of women across the community.

06

Now Open: Brighter Smiles for Our Migrant Workers

SATA CommHealth is pleased to announce that the SATA CommHealth Dental Centre is now open to serve migrant workers. Located at our Woodlands Medical Centre, the dental centre aims to provide affordable, patient-centred dental care in a welcoming and accessible environment.



Services for Migrant Workers

Treatment Type	Price
Basic Treatment	$15 per visit*
Complex Treatment	$30 per visit*

*Inclusive of GST, consultation, X-ray and medicine
*Maximum charge per visit: **$30**

How to Book

Walk-ins
Visit the dental centre directly.

Doctor Referral
From SATA CommHealth Medical Centres, Community Clinics, or Medical Centres for Migrant Workers

Appointment Booking
9297 2487

Location & Operating Hours

SATA CommHealth Dental Centre
900 South Woodlands Drive
#04-01 Woodlands Civic Centre
Singapore 730900

Operating Hours
Mon–Fri: 8:30am – 12:30pm | 1:30pm – 5:00pm
Closed for lunch: 12:30pm – 1:30pm
Sat, Sun & Public Holidays: Closed

Viral Viruses: What You Should Know

Recent headlines in Singapore and across the region have drawn attention to viral diseases that continue to pose public health concerns. While some are rare emerging infections and others are familiar childhood diseases, staying informed is key to protecting ourselves and our communities.

Two viruses that have recently captured attention are Nipah virus and measles. Although they differ in how they spread and the populations they affect, both highlight the importance of preventive health measures, early awareness and responsible community behaviour.

Nipah virus is a rare but serious infection found in parts of South Asia and is transmitted from animals to humans. Meanwhile, measles remains one of the most contagious viral diseases globally, with rising case numbers reported in several regions, including Asia and the Western Pacific.

Understanding how these viruses spread, recognising symptoms early and adopting preventive measures can help reduce the risk of infection and protect vulnerable populations.

Nipah Virus

What is Nipah virus?

- Rare but serious viral infection reported mainly in South Asia
- A zoonotic virus (spread from animals to humans)
- Can also spread through contaminated food or person-to-person contact
- Fruit bats are natural hosts
- Pigs may act as intermediate hosts during outbreaks

How does Nipah virus spread?

Infected animals
Direct contact with bats or pigs, including their bodily fluids or excretions.

Contaminated food
Consumption of raw date palm sap or fruits contaminated by infected bats.

Human-to-human transmission
Close and prolonged contact with the bodily fluids of an infected person.

Symptoms

Incubation period:
4 to 45 days (most symptoms appear within 4 to 14 days)

Early symptoms
- Fever
- Headache
- Muscle pain
- Sore throat
- Fatigue
- Nausea or vomiting

Severe symptoms
- Drowsiness
- Confusion
- Dizziness
- Difficulty breathing
- Seizures
- Coma

Prevention and precautions

- Wash hands regularly with soap or alcohol-based sanitiser
- Avoid raw date palm sap or fruits found on the ground
- Avoid contact with bats, pigs and bat roosting areas
- Avoid direct contact with unwell individuals

Travellers to affected areas

Seek medical attention if you develop fever or flu-like symptoms during or after travel and inform your doctor of your travel history.

07

Measles Virus

What is measles?

- Highly contagious viral disease affecting humans
- Spreads easily from person to person
- Can lead to serious complications such as:
  - Pneumonia
  - Encephalitis (brain inflammation)

According to the World Health Organization, more than 42,000 confirmed measles cases were reported in the Western Pacific region as of November 2025, a fivefold increase from 2024.

The Communicable Diseases Agency (CDA) has also detected an increase in measles cases locally and is stepping up precautionary public health measures.

Measles is particularly transmissible among unvaccinated individuals, with the infectious period beginning up to four days before and after a rash appears.

How does measles spread?

Airborne transmission
The virus spreads through coughing and sneezing.

Contaminated surfaces

Saliva

Symptoms

- Fever
- Runny nose
- Cough
- Red eyes
- Sore throat
- Skin rash

Prevention and precautions

Vaccination is the most effective protection

The MMR vaccine protects against measles, mumps and rubella.

- Two doses provide up to 97% protection
- Recommended for children at 12 months and 15 months

Additional precautions

- Maintain good personal hygiene
- Wash hands frequently with soap
- Avoid close contact with unwell individuals
- Wear a mask if experiencing respiratory symptoms
- Practise good cough etiquette
- Stay home and seek medical attention if unwell

Source: CDA

A Hari Raya of Giving

This Hari Raya, your generosity can bring more than festive cheer. It can bring comfort, healing and dignity to seniors and families who need it most.

For many vulnerable individuals, especially those living with chronic conditions, good health is not something they can take for granted. While many of us prepare for joyful reunions, some are quietly worrying about medical bills and ongoing treatment. Your gift can help ease that burden, ensuring they receive the care and support they need so they too can celebrate with greater comfort and peace of mind.

Hari Raya Aidilfitri is a season of reflection and renewal, a time of *kesyukuran* (gratitude), *kemaafan* (forgiveness) and togetherness. As we count our blessings, we are reminded of the importance of *sedekah* (voluntary charity), the simple yet powerful act of sharing what we have with those who may be struggling. True celebration is not only in what we receive, but in what we give.

Our Hari Raya fundraising campaign runs until 31 March. Every contribution, no matter the amount, will help provide essential medical care and ongoing support to vulnerable seniors and families. This is your opportunity to turn the spirit of the season into meaningful action. Make a tangible difference in someone's life today!

In the spirit of togetherness, let us extend our compassion beyond our own homes. Let us make this season one of lasting impact, where every act of generosity becomes a source of hope, reassurance and renewed strength for someone in need.

Make this a truly

meaningful celebration

Support our Hari Raya campaign here:

https://bit.ly/satahariraya

Ways to donate

1) PayNow

UEN: 194700119G002
Indicate your **Full NRIC/ FIN/UEN** and name in the reference field for Tax Deduction

2) SATA Portal (Debit/Credit Card)

To donate via debit or credit card, please scan the QR code below and visit our website

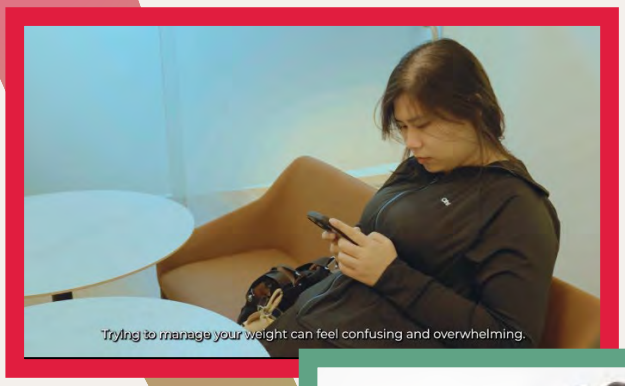
3) Cheque

Kindly issue a crossed cheque payable to **"SATA CommHealth"**
Mail your cheque to

SATA CommHealth
351 Chai Chee Street
SATA CommHealth Building
Singapore 468982

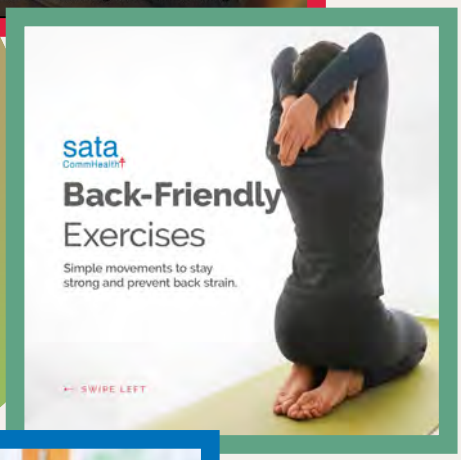
For tax deduction purposes:

- **Personal donations:** Please provide your name, NRIC, contact number and residential address.
- **Company donations:** Please provide your company's name, UEN number, contact number and company address.



Managing weight can be challenging, especially when different diets and routines produce uncertain results. SATA CommHealth's Metabolic Health Screening and Weight Management Programme offers a guided medical approach to help individuals better understand their bodies through proper assessment, doctor consultation and personalised advice.

The programme supports participants in achieving sustainable weight management while improving overall health and well-being.



In preparation for the Lunar New Year, SATA CommHealth shared a series of simple back exercises to help reduce strain during spring cleaning. The five exercises, Bird Dog, Child's Pose, Cobra Stretch, Seated Spinal Twist and Single Knee-to-Chest, help strengthen the back, improve flexibility and ease muscle tension.

09

Social Media Highlights

Hari Raya Aidilfitri is a time to share blessings with those in need. Your sedekah can support seniors and vulnerable families with care and dignity, helping them celebrate with better health and peace of mind.

Give today via *Giving.sg* and make it truly A Hari Raya of Giving.

On 6 December 2025, SATA CommHealth partnered with Defence Collective Singapore (DCS) to organise the One Planet, One Home Eco Tour at the Singapore Discovery Centre for senior beneficiaries from low-income families. The programme included health talks, laughter yoga and art activities, providing participants with a meaningful day of learning, connection and self-care during SG Care Giving Week 2025.

Stay connected with SATA CommHealth

sata.commhealth @satacommhealth SATA CommHealth