

(continued from Cover Page: President's Forum)

Healthier SG's initiative for a Singapore resident to enrol to one family doctor is to encourage the development of a long-term therapeutic relationship that can influence residents' behaviour and lifestyle. Such dividends will only be seen in years to come.

Minister Ong further said that Primary Care must be uplifted, as the linchpin of Healthier SG is our GPs. He reassured us that Healthier SG must work for GPs.

We were all very glad to hear that and look forward to better news in the coming weeks to support the launch of Healthier SG!

Our first Singapore Primary Care Conference (SPCC) is being held on 3-4 March. This will be the first time the College and the three polyclinic clusters have come together to organise a National Primary Care conference. This was originally planned to be held in 2020; however, the COVID-19 pandemic resulted in the conference having to be postponed. Thankfully, as the pandemic situation has improved and social distancing measures withdrawn, we are now able to have a face-to-face physical conference. We were fortunate to be able to secure Raffles City Convention Centre for the event, and we look forward to a great opportunity for academic exchange and networking.

■ CM

What is Healthier SG (HSG) about?

by Dr Ruth Lim, Director, Primary & Community Care Division, MOH

What is Healthier SG (HSG) about?

1. It is about a stronger primary care and anchoring your regular patients with you.
2. It is empowering individuals to lead healthier lives, supported by GPs and the community.
3. It is about shifting towards preventive care and reducing complications in your chronic patients.



The Quadruple Aim of Healthier SG include:

1. Better health outcomes for all our patients.
2. Improved patient experience and empowerment.
3. Quality of care is maintained while we continue to provide value for the healthcare system
4. Improved provider experience, with better support to deliver quality care.



Transformational change needed to achieve these aims:

1. Introduction of national Healthier SG enrolment programme & stronger primary care focusing on holistic, preventive care and building a stronger doctor-patient relationship based on familiarity and trust.
2. Changes in financing to provide fair remuneration for GPs and affordable care for patients.
3. IT enablement & Digitalisation for sharing of patients' information across various care settings to facilitate care-continuity and improve clinics' efficiency.

Benefits to enrolled patients:

1. To take better ownership of their health through a personalised health plan accessible on HealthHub, which will contain health goals and provide guidance on important health actions, such as lifestyle adjustments, health screenings, and vaccinations.
2. Adoption of this healthier lifestyle will be supported by healthcare clusters, family doctors, and community partners with an expanded range of healthy lifestyle activities and services.

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What is a Health Plan?

- ✓ Simple plan for residents to take **actionable steps**
- ✓ Document **health goals** and **personalised Health Plan**; Can also be documented by the PCN care team
- ✓ **Accessed through HealthHub**, including by caregivers

Health goals will be **automatically updated** in HealthHub through HSG-compatible CMS

Your Health Goals

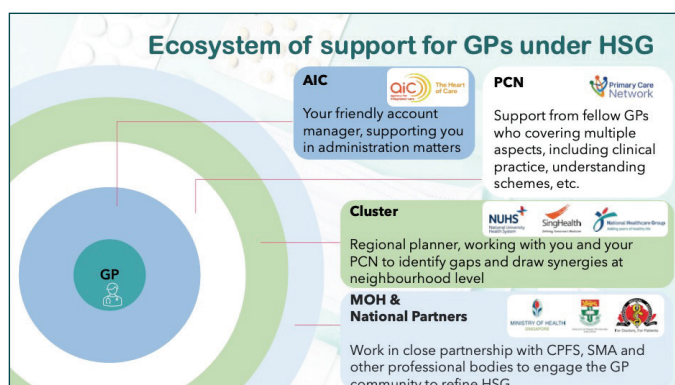
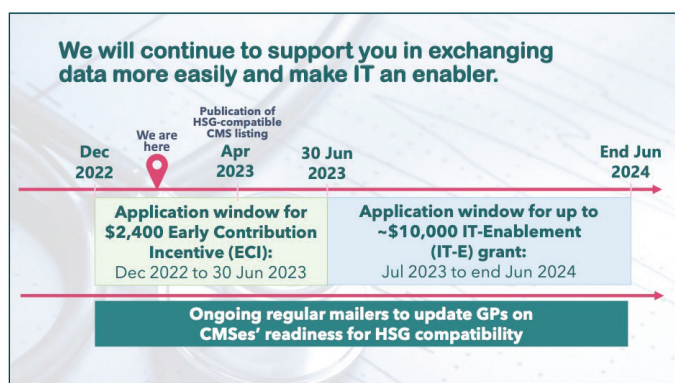
Visit Date: 28 Aug 2021, 10:30am | First Health Group (Serangoon)

Your Lifestyle Goals

- Check your pending screenings
- View your immunisations
- Reach or maintain your target body weight of 65 kg in 3 months.
- Quit smoking by 31 Oct 2022.

Your Condition Goals

- Check your pending test results
- Reach or maintain your target HbA1c of $\leq 70\%$ in 6 months.
- Reach or maintain your target blood pressure of $\leq 140/80$ mmHg in 6 months.
- Monitor your blood pressure 3 time(s) per day. If feeling unwell, please consult your doctor.
- Reach or maintain your target LDL-C of < 3.4 mmol/L (130 mg/dL) in 6 months.



- Benefits for engaging in preventive care at the enrolled clinic, including a one-time free first consultation with their enrolled family doctor to develop their health plan, HPB Healthpoints upon completion of the first consultation, free nationally recommended health screenings and vaccinations for Singapore Citizens, and use of Medisave without cash co-payment for treatment of chronic conditions.
- For patients with high drug needs and costs, a new Healthier SG Chronic tier will provide common chronic drugs at prices comparable to polyclinics.

Benefits as a Healthier SG clinic:

- Remuneration for co-developing a health plan for enrolled patients & Healthier SG annual service fee.
- IT enablement grant to help offset the costs of adopting a HSG-compatible Clinic Management System (CMS), to facilitate sharing of clinical notes, monitoring of patient outcomes, collation, and sharing of data.
- Special procurement arrangements for whitelisted drugs.
- Ecosystem of support for GPs.

Prerequisites for enrolment:

- Participate in Core GP Schemes (CDMP, CHAS, SFL, national vaccination programmes, and be a PHPC).
- Be in a Primary Care Network (PCN).
- Partner a Healthcare Cluster in your region.
- Be digitally enabled.
 - Adopt a HSG-compatible CMS within a year of launch of Healthier SG launch
 - Contribute to National electronic health record (NEHR)*
 - Apply and obtain NEHR view-access for practicing doctors
- Have at least one family doctor registered as a Family Physician within seven years of launch of Healthier SG enrolment.

*within a year from Healthier SG launch or after adopting a Healthier-SG compatible CMS, whichever is earlier.

Choice will be respected

- Respecting doctor's professional judgement.
- Patients have a choice of whether to enrol in Healthier SG and which GP to enrol to.
- Patients can choose whether to stay on current CHAS subsidy scheme or choose Healthier SG chronic tier if they have high drug needs and costs.

Engagement with GPs will continue.