



# SME HEALTH + FUNDING SCHEME

---

- Have a Unique Entity Number
- Staff strength < 200 staff OR annual sales turnover < \$100 million

## **Chronic Disease Management**

Basic Health Screening,  
with One follow-up

## **Physical Activity**

Min. 4 sessions\*

## **Nutrition**

Min. 3 sessions\*

## **Mental Wellbeing**

Min. 3 sessions\*

\*to be completed within 6 months and  
terms and conditions apply

---

**FULLY FUNDED\***

\*GST to be borne by SME

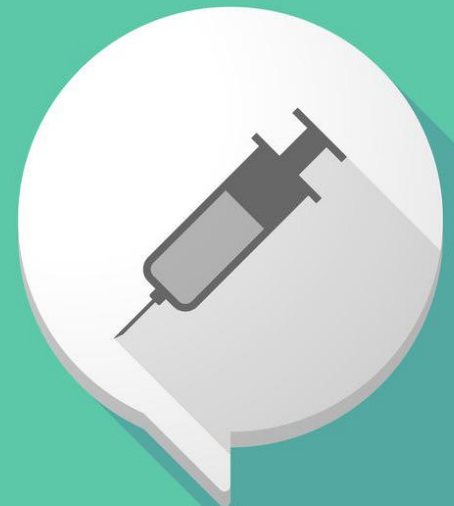
# Basic

## HEALTH SCREENING

- Body Mass Index (BMI)
- Blood Pressure Measurement
- Fasting Blood Glucose
- Fasting Blood Cholesterol
- Waist Circumference

Eligibility Criteria:

- Singaporean/PR 40 years & above
- Singaporean/PR 18-39 at higher risk of chronic conditions as identified by pre-screening questionnaire (DRA)



**BELOW  
\$100\***

\*Per session price (min 15 pax), after co-funding by HPB

# PHYSICAL ACTIVITY

**\$78.65\***

---

Aerobics. Bollydazz. Bootcamp. Bokwa. Boxercise. Cardio Kickboxing. Circuit Training. Fight Do. Hip Hop. HIIT. Kickboxing. K Kardio. KpopX. Pilates. Piloxing. Pound Fitness. Qi Gong. Masala Bhangra. Zumba. Strong by Zumba. Zumba Gold. Yoga. Kpop Dance. Taiji. Wushu. Tabata.

---



# BELOW \$220\*

\*Per session price (min 15 pax),  
after co-funding by HPB



## NUTRITION

\$129.95 - \$210.20\*

- Weigh It Down
- Weapons Against Diabetes
- Fight Cholesterol
- Maximized Nutrition for a Leaner You
- Killer Trio
- Healthy Makan Made Possible
- Sneak a Snack
- Signs of Probiotics
- Nutrition Through Colour
- Know Your Protein
- Great Grains
- Food for Brighter Vision
- Fight the Kilos
- Calcium Fortified Bones
- Supermarket Ninja
- Hawker Centre Trail
- My Healthy Plate
- Eating Mindfully
- Eat to Beat Cancer

## MENTAL

\$105.45 - \$133.20\*

- Challenge Accepted
- Conquering Change
- Destress or Distress
- Don't Give Up
- Feeling Your Feelings
- Get A Grip
- Let's Resolve It
- Mindful or Mind-full
- No-Bake Cookies Making
- The Orchestra of Sounds Workshop
- Think Positive, Be Positive
- Win Your Emotions

# BELOW \$380\*

\*Per session price (min 15 pax), after co-funding by HPB

## NUTRITION

**\$370.70\***

- Taste of Baba
- Cowboy Delights
- Completely Amazing
- Buon Gusto
- Seoul Yummy
- Super Spice and Everything Nice
- So Pho So Good
- The Wok of Life
- Oriental Flavours
- Light Bites on the Go



## MENTAL

**\$249.75 - \$372.25\***

- Against All Odds
- Canvas Painting
- Canvas Painting with Tape
- Food Terrarium Making
- Button Art
- Finger Painting
- Knife Painting
- Mixed Media (Art)
- Negative Space
- Pointilism Painting
- Rock Painting
- Stamp Painting

