

## Programmes for You

### For Weight Loss

#### Lose To Win

Provider:  
Health Promotion Board

#### Who is eligible?

- Singaporeans and Permanent Residents
- Age range: 21 to 64
- BMI range: 23 to 37.4 kg/m<sup>2</sup>

Please refer to the website for more details:  
[https://www.healthhub.sg/programmes/29/lose\\_to\\_win](https://www.healthhub.sg/programmes/29/lose_to_win)

#### Fitter Life

Provider:  
National Healthcare Group

#### Who is eligible?

- Singaporeans and Permanent Residents
- Age range: 18 to 64
- BMI range: 23 to 37.4 kg/m<sup>2</sup>

Email: [CIP@nhg.com.sg](mailto:CIP@nhg.com.sg)  
Call: 64966245 / 92365240

### For People With Pre-Diabetes

#### Pre-DICTED (Research Study)

Provider:  
SingHealth

#### Who is eligible?

- Singaporeans and Permanent Residents
- People with pre-diabetes
- Age range: 18 to 64
- BMI range: 23kg/m<sup>2</sup> and above

Email: [predicted@singhealth.com.sg](mailto:predicted@singhealth.com.sg)  
Call: 91156276

#### D'lite (Research Study)

Provider:  
National University Health System

#### Who is eligible?

- Singaporeans and Permanent Residents
- People with pre-diabetes
- Age range: 21 to 64
- BMI range: 23kg/m<sup>2</sup> and above
- Owns a smartphone
- English speaking

Contact:  
• [su\\_lin\\_lim@nuhs.edu.sg](mailto:su_lin_lim@nuhs.edu.sg) (6772 4580)  
• [kai\\_wen\\_ong@nuhs.edu.sg](mailto:kai_wen_ong@nuhs.edu.sg) (9003 3092)

#### Pre-Diabetes Management

Provider:  
National Healthcare Group

#### Who is eligible?

- Singaporeans and Permanent Residents
- People with pre-diabetes
- Age range: 18 to 64

Email :[CIP@nhg.com.sg](mailto:CIP@nhg.com.sg)  
Call: 64966245 / 92365240

### For People With Diabetes

#### Diabetes Care Programme

Provider:  
Participating Guardian Outlets

#### Who is eligible?

- People with diabetes

For more information & to sign up:  
<https://www.guardian.com.sg/diabetes-patient-care-program>

#### Foryoursweetheart.sg (social movement to support those with diabetes)

Provider:  
Diabetes Singapore, Singapore Heart  
Foundation, Boehringer-Ingelheim

#### Who is eligible?

- Anyone who knows someone with diabetes

Visit [www.foryoursweetheart.sg](http://www.foryoursweetheart.sg)

#### Lighter Life

Provider:  
National Healthcare Group

#### Who is eligible?

- Singaporean or Permanent Resident
- Age range: 18 to 64
- BMI: 23 – 32.4 kg/m<sup>2</sup>
- People with diabetes or hypertension

Email :[CIP@nhg.com.sg](mailto:CIP@nhg.com.sg)  
Call: 64966245 / 92365240

#### Touch Diabetes Support

Provider:  
Touch Community Services

#### Who is eligible?

- People with diabetes

Email: [tds@touch.org.sg](mailto:tds@touch.org.sg)  
Call: 62522861

#### Diabetes Care Course

Provider:  
Diabetes Singapore

#### Who is eligible?

- For general public

Email: [dss@diabetes.org.sg](mailto:dss@diabetes.org.sg)

#### Diabetes Complications Screening

Provider:  
Diabetes Singapore

#### Who is eligible?

- People with diabetes

Email: [dss@diabetes.org.sg](mailto:dss@diabetes.org.sg)