



See, Hear & Eat Better

with functional screening

身体功能检查能让您有
更好的视力、听力
和健康的口腔





Project Silver Screen – Your one-stop functional screening

Are your eyes, ears and mouth in good health? Now, you can find out through Project Silver Screen, our nation-wide functional screening programme for Singaporeans aged 60 and above.

You can get your eyes, ears and mouth checked
at the following rates:



\$0

**Pioneer
Generation
Card**



\$2

**Community Health
Assist Scheme (CHAS)
Card Blue or Orange,
and Merdeka
Generation Card**



\$5

**Community Health
Assist Scheme
(CHAS) Card Green
and other eligible
Singapore Citizens**

What can I expect from the programme?



- Get checked, and receive your results on the spot
- If eligible, you can get fitted for spectacles, hearing aids and dentures at affordable costs. You may also receive a referral for follow-up care, if needed

Sign up with these simple steps:



1. Scan this QR code to check the schedule on our website
2. Make an appointment based on your preferred screening date and time

For more information, please contact the AIC hotline at **1800-650-6060**.

Monday to Friday: 8.30am to 8.30pm*

Saturday: 8.30am to 4.00pm*

*Excluding Public Holidays

What do I have to bring to my appointment?

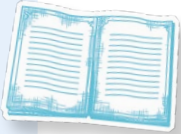


- NRIC
- Pioneer Generation Card, Merdeka Generation Card or Community Health Assist Scheme (CHAS) Card, if applicable
- Existing pair of spectacles, hearing aids and dentures you are using, if applicable

See, hear and eat better

Better tomorrows can begin with a simple check of your eyes, ears and mouth, today. Because there is so much more to enjoy when you can see, hear and eat better!

Good eyesight



Watch your favourite shows and read the books you love with better clarity. And more importantly, good vision can also reduce your risk of falling.

Good hearing



Listen to the voices of your loved ones and your favourite songs more clearly. Now, you will also not have a reason to go off-key when singing karaoke.

Good oral health



Taste the flavours in your favourite food and enjoy a good chat with your kakis. Do not forget, a big smile can also go a mile!

Simple ways you can care for your eyes, ears and mouth



Eyes



Tips :

- Remember to go for regular eye checks and bring your spectacles, if any
- Put on shades with ultraviolet (UV) ray protection if you are out in the sun
- Keep chronic disease(s) like high blood pressure and diabetes under control by choosing a healthy lifestyle
- Quit smoking—it is good for your eyes and your overall health



If you experience any of the following, you should see an eye care professional:

- Cloudy, blurred or dim vision
- Double vision
- Colours seem like they are fading or yellowing to you
- Pain in the eye, red eye or the swelling of eyes



Ears



Tips:

- Be gentle to your ears. Avoid loud sounds or music
- Stay away from noisy places. If unavoidable, put on earplugs to protect your ears from loud noises
- Refrain from putting objects in your ears
- Try using ear drops to soften ear wax. If it persists, get your doctor to remove it
- Avoid using cotton buds to clean your ears



If you experience any of the following, you should see an audiologist (a professional who assesses and manages children/adults with hearing loss) or an ENT (Ear, Nose and Throat) specialist:

- General difficulty in hearing
- Tendency to request your loved ones to repeat themselves a lot more often
- Turning up the volume on your TV and radio over time
- Pain in your ears





Mouth



Tips :

- Brush your teeth twice a day, for at least two minutes each time to keep your teeth in good health. And do not forget to clean your tongue!
- Prevent cavities and gum disease by flossing your teeth daily
- Minimise tooth decay by abstaining from sugary drinks and snacks
- Stop smoking as it is bad for your teeth and gums
- Do not miss your annual dental check-ups to detect and treat oral conditions, if any

How to care for your dentures:

- Brushing your dentures daily using a soft-bristled toothbrush can help to remove food deposits and dental plaque
- Soaking your dentures in plain water after cleaning them maintains their shape
- You should consult your dentist immediately if your dentures become loose or cause discomfort



You should visit your dentist for routine checks at least once a year, even if your dentures fit well. And if you experience any of the following, do consult your dentist:

- Bleeding or swelling in the mouth
- Persistent bad breath
- Broken or loose teeth/dental fillings
- Difficulty chewing
- Pain or soreness in the mouth
- Broken or loose dentures



Project Silver Screen is a collaboration between Ministry of Health and Temasek Foundation. It is made possible by the Health and Wellness Endowment, gifted by Temasek, as well as support from corporate donors and community partners.

乐龄体检计划是卫生部和淡马锡基金会的一项合作项目，其设立得益于淡马锡的健康健体捐赠基金以及来自商界和社区合作伙伴的鼎力支持。



Visit 浏览

projectsilverscreen.sg

for more information 查询更多资料



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