



# workplace health promotion

**ST Healthcare**  
the total integrated healthcare solution...

Aeromedical Centre, 492 Airport Road Singapore 539945  
Tel: 6488 0633 • Email: [ContactUs@aeromedicalcentre.com](mailto:ContactUs@aeromedicalcentre.com)

[www.sthealthcare.com.sg](http://www.sthealthcare.com.sg)

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## introduction to **Workplace Health Promotion (WHP)**

Workplace Health Promotion (WHP) is a combined effort of employers, workers and the society to improve the health and wellbeing of people at work. With more than 60% of Singaporean adults spending at least half their waking hours at work, the workplace is an ideal setting to promote health.

The concept of promoting health at the workplace is becoming increasingly popular as organisations begin to recognize the value of a healthy, qualified and motivated workforce. Additionally, with an ageing population and rising healthcare costs, companies are beginning to invest in WHP programmes to protect and enhance employee health and productivity. Many organisations have reported significant increases in overall employee morale, health, productivity and team spirit. Other benefits of implementing WHP in the workplace include reduced staff turnover and absenteeism, healthcare cost savings and building the company reputation as an 'employer of choice' which helps in attracting and retaining talent.

ST Healthcare offers a range of WHP services to educate employees, maintain a healthy workforce and add value to your organisation. We assist in planning, grant application (WHP Grant), programme execution, outcome evaluation and attainment of the national H.E.A.L.T.H. Awards.



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## **Health Screening**

With the increase of major non-communicable diseases such as cancer, coronary heart diseases, diabetes and hypertension, going for annual health screenings has become essential. Our health screenings provide a review of overall health status to detect risk factors, chronic disease and undiagnosed conditions.

Our health screening packages comprise of blood tests, biometric measurements and a healthy lifestyle survey. Upon completion of the screening, personal medical reports and a corporate summary report will be delivered to the individual and company respectively.

In accordance with the HBP WHP Grant guidelines, ST Healthcare provides companies with a basic health screening package that can be co-funded under the WHP Grant. Additional packages are also available.



# Health Education

Corporate health seminars are an effective means to promote healthy lifestyles at the workplace. ST Healthcare provides a variety of health seminars ranging from chronic disease and occupational health to diet and nutrition. Apart from our regular topics, companies may also request for customised topics to suit their individual corporate needs.

Our popular topics include:

## **Understanding Hypertension, Stroke and Heart Disease**

Discover the risk factors of heart disease, stroke, hypertension and the importance of early detection and prevention.

## **Managing Cholesterol**

Find out about the different types of cholesterol and how high cholesterol levels can be managed or prevented.

## **Understanding Diabetes**

Learn about the individual risk factors of diabetes and ways to manage and prevent diabetes from developing.

## **Healthy Eating**

Learn about nutrition and the nutritional content in local foods. This seminar recommends simple steps to manage the diet and promote healthy eating.

## **Reading Food Labels**

Learn how to read food labels and what it means to select healthier food products. Samples of food products will be brought in for participants to have first hand practical experience of reading food labels.

## **Breast and Cervical Cancer**

Discover the risk factors of breast and cervical cancer and the importance of going for regular screenings.

## **Osteoporosis**

Understand the risks of osteoporosis and the methods we can use to screen for and protect against the disease.

## **Caring for your Back**

Learn tips and tricks on how to handle back pain, how to exercise and protect yourself against developing back pain.

## **Ergonomics**

Understand the basics of workplace ergonomics to identify ergonomic hazards and prevent injury.

## **Sexually Transmitted Diseases, HIV & AIDS**

Learn about the various types of sexually transmitted diseases and ways to stay protected.

## **Medical Preparation for Travellers**

Find out how to medically prepare for overseas travel, key infectious disease risk and recommended vaccinations.

## **Pandemic Influenza**

Find out what is pandemic preparedness and what are some doable, protective measures you can take to stay safe.



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## Exercise And Sports

Regular physical activity is one of the most effective ways to stay healthy and prevent diseases from developing. With long-working hours and busy schedules, people are finding it increasingly hard to find time to work out. Help employees overcome this problem by bringing the exercise to them. ST Healthcare provides an assortment of exercise classes that can be conducted at your work premises. These classes range from more upbeat high intensity classes like Kickboxing and Zumba to lower intensity classes like Yoga and Pilates.

For offsite sporting activities such as bowling, badminton, cycling etc, ST Healthcare can assist in integrating these co-fundable activities into the WHP grant application.



# Targeted Health Interventions

Targeted interventions are a specific set of programmes that reach out to higher risk groups. These interventions include Smoking Cessation, Weight Management and Chronic Disease programmes.

## StepSix Smoking Cessation

The StepSix Smoking Cessation programme aims to provide participants with a step-by-step plan to help smokers either quit or reduce smoking. This programme focuses on equipping smokers with practical techniques to help them stay off their cigarettes. It also provides smokers with the appropriate Nicotine Replacement Therapy (NRT) to give them the initial support for when they quit or reduced smoking.

The StepSix Smoking Cessation Programme is conducted by a trained smoking cessation counsellor. It is designed as a three-month long programme, comprising of an initial workshop followed by five, individual short Guidance and Support Sessions (GSS) over the course of three months. During each GSS, participants are given counseling support and are administered additional NRT if required.

## EMBRACE Weight Management

The EMBRACE Weight Management programme aims to equip participants with the tools and resources to make permanent lifestyle changes to achieve sustainable weight loss in a healthy, well-balanced manner.

It is designed as a three-month long programme, comprising of an initial workshop followed by a medical screening, one session with a nutritionist and weekly exercise sessions with a fitness instructor.

## Chronic Disease Management

The Chronic Disease Management programme is targeted at employees with diabetes, hypertension or high cholesterol. It aims to equip participants with the tools and resources to make lifestyle changes to manage their chronic disease.

It is designed as a three-month long programme, comprising of an initial workshop followed by regular medical screenings, a session with a nutritionist and exercise sessions with a fitness instructor.



# Enhancing Mental Wellness

Promoting mental health at the workplace is important in boosting employee morale and overall wellbeing. It has been found that employees with good mental health are more engaged and productive at work. ST Healthcare aims to equip and empower employees with knowledge and skills to help employees thrive, maximise their potential and contribute positively to their workplaces. The services we provide include:

## **Stress Management Workshop**

Learn how to manage stress using basic relaxation techniques and tips to better manage stressful situations.

## **Understanding Depression & Anxiety Workshop**

Explore the different aspects of anxiety and depression and learn how to spot warning signs to reduce the risk of developing such illnesses.

## **Emotional Intelligence Workshop**

Discover how to effectively manage and be more aware of your own emotions and the emotions of those around you.

## **Emotional Resilience Workshop**

Learn about emotional resilience and be equipped with the skills to learn from life's challenges and manage them more effectively.

# Mental Health workshop for Managers

This 4-hour workshop aims to train senior level staff and managers in workplace mental health issues. Mental health problems can be avoided through early intervention and treatment. Participants will learn how workplace leaders can improve their ability to identify and effectively address problems to minimize mental health issues at work.

This workshop aims to equip supervisors with:

- Basic understanding of common workplace health issues
- Basic understanding of mental health and stress management
- Basic counseling skills
- Skills to identify employees who have or are at risk of developing a mental illnesses and would benefit from additional support services or a referral for further evaluation
- Practical intervention strategies
- Access to available resources and referral contacts

## **Employee Assistance Programme (EAP)**

Personal or work problems can result in absenteeism, poor job performance, increased on-the-job accidents and higher medical costs. An EAP is a confidential counseling service, paid for by the employer, which is designed to address a broad range of employee problems. It can help employees with stressful problems that can interfere with their work performance or social functioning.

Under the EAP programme offered by ST Healthcare, employees are referred to a psychologist, by their supervisors, for one-to-one counseling sessions.



# Training

Training is a great way to keep your staff motivated and up-to-date with industry trends and knowledge. Train staff to help create a safer and healthier workplace today.

## **Cardio Pulmonary Resuscitation (CPR) and Automated External Defibrillator (AED) Training**

Some of the most valuable skills a person can learn are life-saving techniques such as CPR and using the AED. In the case of a person having a heart attack, the ability of a bystander knowing CPR and how to operate an AED may determine whether that person lives or dies.

The CPR + AED course is a 4-hour accredited programme comprising of Adult CPR and the use of the AED. It aims to provide participants with the knowledge and essential practical skills to perform correct and effective CPR, while integrating the use of defibrillators, to shock a victim's heart back to its normal heart rhythm. In modern resuscitation, CPR and AED work in tandem to increase the chances of survival for a victim that has collapsed. Successful candidates will be awarded with a CPR+AED certificate accredited by National Resuscitation Council (NRC).

## **Ergonomics Training for Managers**

Aches and pains are common in the workplace, especially when work is repetitive or requires the employee to be in the same position for long hours. On top of this, poor body posture or working environments further contribute to problems such as back or neck pain which are commonly found in working individuals.

This 4-hour workshop aims to help managers understand the key principles of ergonomics and its applications to a modern workplace. The managers learn about the work-related causes of musculo-skeletal disorders and practical skills in assessing ergonomic risk.



## Other Activities

### Virtual Supermarket Tour

This is a 1-hour virtual supermarket tour that is conducted onsite in the company (not at the supermarket). Learn how to read food labels and what it means to select healthier food products at the supermarket. Samples of food products will be brought in for participants to have first hand practical experience of reading food labels.

### Sandwich Making Competition

In small groups of 2-3 everyone has a hand in creating a healthy, delicious sandwich. A dietician will render a short talk on health eating habits, followed by instructions for the healthy sandwich making competition.

### Health Cooking Demonstration

A trained chef, together with a dietician demonstrates how cooking healthy food can be both easy and delicious. Throughout this session participants learn about nutrition and are given tips and tricks on how to make their daily meals healthier.

### Canteen Food Assessment

A dietician works with your chefs/vendors to give practical suggestions on how to improve the healthiness of food served. The dietician will sample selected dishes, interview chefs on cooking practices and discuss possible changes. A final report of these discussions will be sent to the client.



## about ST Healthcare

ST Healthcare, a joint division of ST Medical Services and ST Logistics, was established to provide focus into the healthcare arena. We specialise in the provision of Health Screening, Workplace Health Promotion (WHP) and Occupational Health Services to general industry, governmental agencies and as well as in support of national programmes.

ST Healthcare is the largest onsite screening service provider in Singapore, meeting the customised health screening needs of over 100,000 individuals annually. Our competency is built upon our integrated logistics and clinical capacity and capability to conduct efficient large scale screenings. Our capability is scalable to meet the demands of small and large companies alike.

We are a Health Promotion Board (HBP) accredited provider of WHP services with accredited WHP consultants. We assist companies from all industries in the planning and execution of WHP programmes, both with and without government grant assistance (WHP Grant). Our WHP programmes are provided by a team comprised of psychologists, dieticians, doctors and exercise trainers.

We also have a MOM-accredited and National Resuscitation Council (NRC) certified training centre that specialises in the provision of the Occupational First Aid Course (OFAC), Cardio Pulmonary Resuscitation (CPR) and Automated External Defibrillator (AED) training.



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