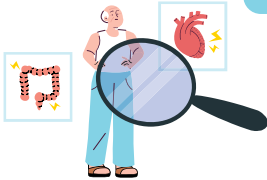




EARLY SCREENING, LIFELONG HEALTH



Importance of Regular Health Screenings



Health screenings help detect diseases early, even without symptoms. Regular checks can detect conditions like cancer, diabetes, and high blood pressure before they worsen.



Early detection offers more treatment options, better health management, and a longer, healthier life. Regular screenings and follow-ups with your family physician also strengthen the doctor-patient relationship for ongoing care.



These small steps can lead to big improvements in your long-term well-being.

Take Charge of Your Health Today!

Healthier SG Screening is a national screening programme that offers Singapore Citizens health screening subsidies to encourage regular health screening and follow-up. With early detection and appropriate intervention, we can prevent or delay the onset of certain diseases, as well as the complications related to them.



Find out which subsidised screening tests you are eligible for and [book your screening appointment](#).

The Right Checks at the Right Age

Age	Recommended Screenings	Screening Frequency
Aged 18 years & above	Obesity - Body Mass Index	Once a year
	High Blood Pressure - Blood pressure measurement	Every 2 years
Women aged 25 to 69 years, who have ever had sexual activity	Cervical cancer - Pap smear (for 25 to 29 years old)	Every 3 years
	Cervical cancer - HPV test (for 30 years & above)	Every 5 years
Aged 40 years & above	Diabetes - Fasting blood glucose or Glycated Haemoglobin (HbA1C)	Every 3 years
	Cholesterol - Lipid profile	
Women aged 40 to 49 years	Breast Cancer - Mammogram*	Once a year
Women aged 50 and above	<i>*Women with a family history of breast cancer are encouraged to consult their doctor and start screening at an earlier age.</i>	Every 2 years
Aged 50 years & above	Colorectal Cancer - Faecal Immunochemical Test (FIT)	Once a year
	Colorectal Cancer - Colonoscopy* <i>*For those with a family history of colorectal cancer or polyps, please consult your healthcare provider.</i>	Every 5-10 years



STEP 1

Take this **Quiz**
to test your knowledge!

for.sg/quiz-goodpreventivehealth



STEP 2

Visit the **Health Library** for
more tips & resources.

for.sg/ht-health-library