

Keystone Clinic & Surgery Encourages Healthier SG Patients to Attend Annual Health Check-Ins

Keystone Clinic & Surgery (Ghim Moh) is encouraging patients enrolled in Healthier SG to attend their annual health check-in when it is due

SINGAPORE, SINGAPORE, August 26, 2026 /EINPresswire.com/ -- Keystone Clinic & Surgery (Ghim Moh) is encouraging patients enrolled in Healthier SG to attend their annual health check-in when it is due. These consultations give patients an opportunity to review their health with their family doctor and update their personalised health plan based on their current needs and health goals.



Healthier SG is Singapore's national initiative aimed at encouraging residents to take a more preventive approach to their health by building an ongoing relationship with an enrolled family doctor. Patients may also use a [health screening clinic](#) for appropriate screening services based on their age, health history, and individual needs.

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Dr Kay Pang

Preventive care under the programme can include regular health reviews and [Healthier SG Screening](#), depending on the patient's eligibility and recommended screening schedule. Through [Healthier SG enrolment](#), eligible residents can select a participating clinic and work with a family doctor to develop a Health Plan.

Creating a Personalised Health Plan

For patients attending their first Health Plan consultation, the doctor discusses their current health and works with them to develop a personalised plan.

The plan is intended to help patients understand the preventive steps they can take to support their health over time. Depending on the individual, this may include discussions about exercise, diet, recommended health screenings, vaccinations, or the management of existing health conditions.

Healthier SG enrollees who successfully complete their first Health Plan consultation can receive 3,000 Healthpoints, worth \$20, through the Healthy 365 programme.

The incentive forms part of Healthier SG's broader effort to encourage eligible residents to take an active role in preventive healthcare and maintain regular contact with their enrolled family doctor.

Annual Health Plan Check-Ins

After the first Health Plan has been completed, Healthier SG enrollees are encouraged to return for subsequent Health Plan check-ins when they are due.

These check-ins allow the doctor and patient to review the existing plan, discuss any changes in the patient's health or lifestyle, and update the Health Plan where appropriate.

The recommended format and frequency of check-ins can vary according to a patient's health needs. For generally healthy enrollees without chronic conditions, an annual check-in may be conducted in person or over the phone, although an in-person check-in is required at least once every three years.

Patients with chronic conditions may be advised to have more frequent follow-ups, including at least one in-person check-in each year.

One-Off \$10 Healthpoints Benefit

From 1 July 2026, eligible Healthier SG enrollees can also receive a one-off 1,500 Healthpoints benefit worth \$10 after meeting the requirements for an annual Health Plan check-in.

To qualify, the enrollee must complete an in-person annual Health Plan check-in in a year after their first Health Plan consultation and subsequently view the updated Health Plan through HealthHub.

Both steps must be completed within the qualifying period from 1 July 2026 to 31 December 2029.

The \$10 benefit is a one-off incentive rather than an annual reward. Healthier SG enrollees should continue to attend their Health Plan check-ins according to the schedule recommended for their individual healthcare needs.

Supporting Preventive Health Discussions

Dr Kay Pang, Medical Director of Keystone Clinic & Surgery, said the Healthier SG approach provides an opportunity for patients and doctors to discuss health beyond the treatment of immediate illnesses.

“While it is common for patients to only visit a doctor when they are facing ailments, I am glad that there is now an effort to encourage patients to visit the doctors for preventive intervention too. A healthy lifestyle is more than just managing ailments, it also consists of engaging in healthy daily habits. I hope that every patient will benefit from their personalised health plan,” said Dr Kay Pang.

Preventive healthcare is a central part of Healthier SG, with the programme encouraging residents to maintain an ongoing relationship with their chosen family doctor.

Health Plan reviews provide a structured opportunity for patients to discuss their health goals with their doctors and update their plans when their circumstances or healthcare needs change.

About Keystone Clinic & Surgery

Keystone Clinic & Surgery operates general practice clinics in Singapore and participates in national healthcare initiatives including Healthier SG.

Its clinics provide primary healthcare services that include general medical consultations, health screening, vaccinations, and other services available through its clinic network.

Through its participating Healthier SG locations, Keystone Clinic & Surgery works with enrolled patients on Health Plans and follow-up health discussions as part of Singapore’s preventive healthcare programme.

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