

Caregivers' Cove

1 in 4 Singaporeans age 40 and above has at least one chronic disease. Poorly managed conditions leads to high medical costs and affects one's quality of life¹. Take charge of chronic conditions for yourself and the family today².

Get information

The more you know about chronic conditions, the more ready you are to manage them.

Stay healthy

Make it a family affair to eat healthier and get more active.
Ready?

Monitor Yourself

Take your own readings at home. Notice how the body feels too.

Feeling troubled?

Up to 1/3 of those with chronic disease feel bothered by their conditions. Try discussing any issues with a doctor, nurse, dietician or a loved one to tackle together.



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看护者港湾

在新加坡每四个年龄40以上的人就有一位患最少一种长期病症。长期病症控制不好会导致昂贵的医药费，也可能影响一个人的生活素质¹。今天就为您和家人控制好长期病症²。

索取资讯

您对长期病症懂的越多，就越有能力管理它们。

维持健康

让全家一起吃得更健康和保持更活跃。
准备好了吗？

自己测量

在家自己测量和观察，也留意身体的感觉。

感觉懊恼？

高达三分之一的长期病症患者因病症而懊恼。有任何问题，可尝试和医生、护士、营养师或亲人讨论，联手处理。



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