**Programmes For You**

**For Weight Loss**

**Lose To Win**
- Who is eligible?
  - Singaporeans and Permanent Residents
  - Age range: 21 to 64
  - BMI range: 23 to 37.4 kg/m²
- Please refer to the website for more details:
  - [https://www.healthhub.sg/programmes/29/lose_to_win](https://www.healthhub.sg/programmes/29/lose_to_win)
- Provider:
  - Health Promotion Board

**Fitter Life**
- Who is eligible?
  - Singaporeans and Permanent Residents
  - Age range: 18 to 64
  - BMI range: 23 to 37.4 kg/m²
- Email: CIP@nhg.com.sg
  - Call: 64966245 / 92365240
- Provider:
  - National Healthcare Group

**For People With Pre-Diabetes**

**Pre-DICTED (Research Study)**
- Who is eligible?
  - Singaporeans and Permanent Residents
  - People with pre-diabetes
  - Age range: 18 to 64
  - BMI range: 23kg/m² and above
- Contact:
  - su_lim@nus.edu.sg (65/72 4580)
  - kia_wen@nus.edu.sg (9003 3092)
- Provider:
  - National University Health System

**D’lite (Research Study)**
- Who is eligible?
  - Singaporeans and Permanent Residents
  - People with pre-diabetes
  - Age range: 21 to 64
  - BMI range: 23kg/m² and above
  - Owns a smartphone
  - English speaking
- Email: dlite@singhealth.com.sg
- Contact:
  - su_lim@nus.edu.sg (65/72 4580)
  - kia_wen@nus.edu.sg (9003 3092)
- Provider:
  - National University Health System

**Pre-Diabetes Management**
- Who is eligible?
  - Singaporeans and Permanent Residents
  - People with pre-diabetes
  - Age range: 18 to 64
- Email: CIP@nhg.com.sg
  - Call: 64966245 / 92365240
- Provider:
  - National Healthcare Group

**For People With Diabetes**

**Diabetes Care Programme**
- Who is eligible?
  - People with diabetes
- For more information & to sign up:
- Provider:
  - Participating Guardian Outlets

**Foryoursweetheart.sg (social movement to support those with diabetes)**
- Who is eligible?
  - Anyone who knows someone with diabetes
- Visit: [www.foryoursweetheart.sg](http://www.foryoursweetheart.sg)
- Provider:
  - Diabetes Singapore, Singapore Heart Foundation, Roche Singapore

**Lighter Life**
- Who is eligible?
  - Singaporean or Permanent Resident
  - Age range: 18 to 64
  - BMI: 23 – 32.4 kg/m²
  - People with diabetes or hypertension
- Email: CIP@nhg.com.sg
  - Call: 64966245 / 92365240
- Provider:
  - National Healthcare Group

**Touch Diabetes Support**
- Who is eligible?
  - People with diabetes
- Email: tds@touch.org.sg
  - Call: 62522861
- Provider:
  - Touch Community Services

**Diabetes Care Course**
- Who is eligible?
  - For general public
- Email: das@diasabetes.org.sg
- Provider:
  - Diabetes Singapore

**Diabetes Complications Screening**
- Who is eligible?
  - People with diabetes
- Email: das@diasabetes.org.sg
- Provider:
  - Diabetes Singapore