



Benefits @Worksite

Corporate Wellness Programme

Topics for Corporate Clients



Table of Contents

A)	BASIC HEALTH SCREENING: Find Out About Your Current Health Status	3
B)	VISION CARE: Windows To Your Overall Health.....	3
C)	DENTAL CARE: A Healthier Smile for A Healthier You.....	3
D)	FAMILY LEGACY PLANNING: Wills, LPA & AMD	4
E)	FINANCIAL LITERACY: Learn How To Plan For Yourself Financially	5
F)	PEOPLE DEVELOPMENT: Be The Best That You Can Be	6
G)	WELLNESS & HEALTHY LIVING: Managing Stress, Weight, Diet and Exercise	7

BENEFITS@WORKSITE CORPORATE WELLNESS PROGRAMME

A) BASIC HEALTH SCREENING: Find Out About Your Current Health Status

Term sheet would need to be signed before the start of event.

[Min 30pax, 6-8 weeks' notice]

The journey towards better health and wellness begins with an understanding of one's basic health status. The complimentary basic health screening includes the following test components:

- Blood Glucose
- Blood Pressure
- Height/Weight/Waist Circumference Measurement
- Cholesterol
- BMI

Each participant will receive his/her individual medical report once the screening results are ready.

B) VISION CARE: Windows To Your Overall Health

[Min 30 pax, 4-6 weeks' notice]

I) An Eye Opener to your Health

Our eyes are never made for the screens, yet we have to work and use our devices everyday, almost every waking hour. How might we change our relationship with our devices, and how to care for eyes?

1. Learn how Eye Exam can Detect High Blood Pressure, Diabetes and High Cholesterol
2. Managing and Caring for the common Eye Diseases
3. How to Eradicate Preventable Blindness

II) Digital Device and Vision: Caring for your eyes in Digital Era

Our eyes are never made for the screens, yet we have to work and use our devices everyday, almost every waking hour. How might we change our relationship with our devices, and how to care for eyes?

1. Digital Transformation - how does it affect our Vision, and what can we do?
2. Debunking the Myth of Blue Light
3. Tips and Tricks to minimise Digital Eye Strain

III) The Untold of Truth about Myopia

Do you know that Myopia is a disease? We often think that it is just a mere eye condition where we need glasses. There is more to that, and we would need to uncover the truth and how we can control this silent epidemic.

1. Understand why Myopia is a chronic, progressive disease
2. Learn why Singapore is a Myopia Capital
3. Best Ways to Manage Myopia for working Adults and Children

IV) Route to Eradicating Preventable Blindness - Common Eye Diseases

Have in-depth discussion with the audience on common eye diseases which are less known, we hope to be able to enrich the audience with knowledge so that they can eradicate any preventable blindness, for themselves and their loved ones.

1. How an eye and vision screening and consultation can help in detecting common eye diseases
2. Importance of Yearly Eye Health Exam > 40 years old
3. Future Technology to battle Aging Population and Myopia Epidemic

C) DENTAL CARE: A Healthier Smile for A Healthier You - Dentistry in the Modern Era [Min 30 pax, 4-6 weeks' notice]

This webinar shares about the updates on common dental problems from children and elderly, and how it can be a costly problem if neglected. Join in this webinar to obtain lifestyle tips that is good for dental and overall health.

D) FAMILY LEGACY PLANNING [Min 30 pax, 4-6 weeks' notice]

I) Family Legacy Planning

We spend much of our lives pursuing wealth creation and preservation.

Often, we overlook or neglect the key competent of wealth transfer. I will be a pity if the wealth we have worked so hard to create falls into the wrong hands. Let us help you take the first step by welcoming you to join us for this webinar.

II) What happens when a LOVED ONE passes away

Bewilderment, shock, followed by grief. Whether the death was expected or it happened suddenly, families often find themselves caught up in a whirlwind of tasks and activities that must be attended to following a death in the family.

Don't leave your loved ones picking up the pieces.

Join us and learn how being prepared can make things a little easier.

III) How To Prepare Today In Case You Lose Mental Capacity Tomorrow

The loss of a family member or loved one can happen to anyone at any time. Experiences of loss and grief, and the seemingly complicated legal issues that follow may make the experience even more difficult for one to cope. If your recently demised loved one has left a Will, we can assist you with the application for a Grant of Probate so that his or her wishes can be fulfilled. You will also require the Grant to manage the estate of your departed loved one, such as the distribution of the deceased's assets to his/her specified beneficiaries.

In the event the deceased did not leave a will behind, we can assist you with the application for the Grant of Letters of Administration so that your loved one's legacy can be distributed according to the provisions of the law. Furthermore, you will need the Grant of the Letters of Administration to close bank accounts, transfer properties, shares and distribution of the assets.

E) **FINANCIAL LITERACY:** Learn How To Plan For Yourself Financially [Min 30 pax, 4-6 weeks' notice]

I) **MoneySENSE:** Talks and Workshops are conducted by MoneySense-Singapore Polytechnic Institute for Financial Literacy.

MoneySENSE is the national financial education programme in Singapore, and is not affiliated with Great Eastern Life or any other financial institution. Launched in 2003, the programme aims to enable consumers to become more self-reliant in their financial affairs. It does this by helping consumers acquire the knowledge and skills to manage their day-to-day finances, make prudent investments, plan for their longer-term needs and exercise their rights as consumers of financial services.

Select from a wide range of Financial Literacy Talks and Workshops, topics include;

- i. Measuring Your Financial Fitness
- ii. Basics Of Money Management
- iii. CPF Insurance Schemes
- iv. Baby And Child Support Schemes
- v. Buying A Home Within Your Means
- vi. Assessing Your Retirement Income Needs

...and many others.

F) PEOPLE DEVELOPMENT: Be The Best That You Can Be

[Min 30 pax, 4-6 weeks' notice]

I) Crack the Boss Code

Wondering about how we can understand our bosses better in helping us to do the right things and to get in to their good books? Through Enneagram, a powerful personality profiling tool, we will explore how to understand what drive our bosses and how they prefer to be treated.

II) Relationship Mastery: A Piece of cake

What can be trickier than handling relationships? Through Enneagram, a powerful personality-profiling tool, we will explore how we can handle different types of difficult people and understand how different personality types prefer to be treated.

III) 5 Love Languages

What is love and how can you express your love for someone you care about? Find out about the importance of understanding the love languages of your loved ones, so you can be more effective in showing you love, in the way they want and expect.

IV) Men are from Mars, Women are from Venus

Curious to find out about the difference between men and women? We will be exploring how are they different, why do they see things differently and how can we bridge those differences for a happier relationship.

V) Conflict Resolution

We all encounter conflicts from time to time but what if we are afraid of confrontations? How do we then resolve the conflicts? Do they go away on their own? What if your conflict is with someone who determines your next career move, or your loved ones? Let's explore the possibilities and how to simplify the process for harmony and peace.

VI) Navigating 2022 using the "Science of numbers"

2021 has been another challenging year in worldwide Covid situation. When we look around, there are some who are doing well while others have been affected badly by the climate. My question: How has it affected you and how do you want 2022 to impact you in a positive way?

Join Master Trainer Peter Koh to discover your patterns and how to predict your potential situation in the new year using the "Science of Numbers" and what you can look out for to create more positive change.

All you need is your date of birth.

Webinar content:

- 1) Using your own Date of birth to forecast your Financial / Personal Issues
- 2) Learn whether if it's a year to "Attack" or "Defend"
- 3) Find out what a CLASH YEAR is and who is facing one in 2022.
- 4) Q & A and LIVE reading

G) WELLNESS & HEALTHY LIVING:

Maintaining Well-Being For A Healthier & Happier Life

[Min 30 pax, 4-6 weeks' notice]

Chiropractic Care

I) Common sports injuries and how you can treat them

People have started to be more physically active during the COVID-19 pandemic, especially during the Circuit Breaker period. While, exercise is encouraged, this has led to more people experiencing sports injuries. We will cover what are some of the common injuries to look out for and simple ways you can prevent or remedy them on your own.

II) Posture and Desk Exercises

Does your backache after a long day at work? Are you experiencing headaches or migraines, neck and shoulder tension? Desk jobs are not only making you less active throughout the day, but also increase the likelihood of major health problems. Sitting in a slouched, poor-posture position for 5+ hours a day is crushing the spine's limited load. How should you be sitting at your desk? This workshop will teach you how you can start to improve your seated posture and minimize the pain. Simple exercises that you can do at your desk to help relieve the pain and tension and will boost your energy, engagement and efficiency throughout the workday.

III) The Vital Importance of Posture and How It Affects Health

We live in a world where degenerative spinal conditions are becoming the norm, with 80% of people eventually requiring medication. In Singapore where people spend very long hours at work, often leaning forward over a computer, spine problems have reached epidemic levels. Spine problems in turn will lead to uncomfortable and unhealthy bodies at old age, high medical expenses, and may

cause working people to lose decades of productive and healthy life. Find out how to spot spine problems early and take corrective actions to literally save your neck.

Meridian Care

I) Human Reset

An easy-to-learn daily acupressure routine based on TCM's 5 Elements theory, for an instant boost to your immune system.

II) Respiratory Care

Learn how to strengthen your respiratory system through aromatherapy and lung meridian guasha, to fortify against viral infections.

III) Intestinal Care

Learn why probiotics are so important to tuning up your immunity, and how to strengthen your digestive and detoxification systems with acupressure on your stomach and spleen meridians.

IV) Cardiovascular Care

Learn how to de-stress, manage anxiety and get restful sleep through acupressure on Heart and Pericardium meridians, and aromatherapy.

Women's Health

I) Breast Screening

Risk Factors, Screening and Detection Breast Screening

II) Cervical Cancer Screening

No woman should die from cervical cancer: With comprehensive approach to prevent, screen and treat, cervical cancer can be eliminated.

III) Three Common Gynaecological Issues To Know

Understand uterine fibroids, endometriosis and ovarian cysts

IV) Breaking Down the Mystery of Menopause

This talk will dispel common stereotypes and myths of menopause while taking an in-depth look at the physical, emotional, psychological, and sexual health changes that accompany this hormonal transition. She will also address how these changes can affect – and grow – the relationships around you.

Traditional Chinese TCM Care

I) TCM approach to boosting immunity

Explore the types of herbs you can take to support your immune health and function (varies based on your body constitution). They will also demonstrate the acupoints to massage daily at home to help boost your immunity, as well as wider lifestyle choices to make for a healthier and stronger immune system.

II) Common work-related pain, stress and acupoint exercises to relieve it.

Modern fast-paced work environments invariably subject us to a constant stress that drags our health to suboptimal levels. This suboptimal health, along with our postural behaviour, ultimately manifests to the many aches and pains we face. We will introduce these phenomena with strategies to cope with stress and acupressure exercises to relieve mild pain. We will also talk about the TCM therapies for the treatment of severe or chronic pain.

III) Understanding your body constitution

Body Constitution is the individual's body condition that makes an individual susceptible to certain diseases but not others. It is a fundamental concept in TCM, as it lays the foundation for diagnosis, treatment and disease prevention. In this talk, you can learn about your body constitution and what food you can take or tea recipes you can try out to alleviate any symptoms you may be experiencing.

Gastro Care

I) Indigestion, Heartburn and Constipation

Many people in Singapore suffer from indigestion, heartburn, or constipation. These conditions can restrict your day-to-day activities and sometimes cause abdominal pain. These symptoms are associated with lifestyle and dietary factors. Sometimes these conditions are warning signs for cancer of esophagus (food-pipe), stomach, and/or cancer of the large intestine.

Why do you get these symptoms? When should you see a gastroenterologist?

When do you need to do an endoscopy? What lifestyle modifications can you do to minimise these symptoms?

The talk can cover topics on Gastrointestinal cancers, Fatty liver diseases as well.

Mental Health Care

I) Managing Stress in the Workplace

Mental health is a growing concern. International studies have suggested that work stressors were among factors associated with poor mental health. According to World Health Organisation (WHO), although work is good for health, various factors ranging from home-work interface to excessive workload can still lead to chronic work stress, which can have an adverse impact on an individual's mental and physical health, ultimately resulting in lower productivity and job satisfaction. Join us in this talk where the doctor shares helpful coping strategies to deal with such stressors.

II) Stress and its impact on health

Do you suffer from recurring symptoms such as headaches, insomnia and digestive issues despite seeking medical attention to resolve them on multiple occasions? While it is normal to associate these symptoms to an underlying physical illness, they might be due to stress instead. Stress can negatively affect our emotions, our behaviour, as well as our physical health. Through this talk, you will be able to learn more about recognising symptoms of stress, how these symptoms affect your health, as well as learn coping strategies to enhance your overall well-being.

III) Practising Mindfulness in Daily Life

Are you mindful or is your mind full? And how do you tell the difference? Mindfulness refers to the practice of focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations, without judgement. The benefits of practising mindfulness include reducing stress, anxiety and depressive symptoms, as well as improving cognitive ability. Through this talk, you will be able to learn mindfulness strategies that you can practise in your daily life for greater well-being.

IV) Managing Insomnia

Insomnia is one of the most prevalent sleep disorders. According to various studies worldwide, insomnia affects about 10-30% of the population, with some countries as high as 50-60%. This lack of sleep can lead to impairment in daily functioning, such as

poorer work performance, reduced quality of life, or even increase the risk of road accidents. The talk shares more about the factors that contribute to insomnia and some general sleep hygiene strategies that can help manage sleeplessness.

V) Anger Management

Anger is a common emotion that we experience every now and then. While anger is normal, excessive anger can turn destructive if not managed properly. Anger can lead to poorer health, interpersonal conflicts and reduce quality of life. Through this talk, you can learn how to identify triggers to anger and effective solutions to deal with your reaction towards these triggers.