



Benedict Tan, MD

Regional & National Center Director

Dr. Benedict Tan

Affiliation

Changi General Hospital

National Center Manager

Loo Chuan Ing

Affiliation

Changi General Hospital

Host Institution – Changi General Hospital

Changi General Hospital is an award-winning hospital with more than 1,000 beds caring for a community of 1.4 million people in eastern Singapore. It offers a comprehensive range of medical specialties and is helmed by an experienced and skilled team of health care professionals. Situated within Changi General Hospital, the Changi Sports Medicine Centre is the largest multidisciplinary sports medicine Centre in Singapore. Equipped with the latest technologies and an in-house gym, the Centre caters to recreational and competitive athletes from a wide range of sports, such as golf, soccer, running, tennis, bowling, swimming, sailing, wakeboarding, scuba diving, performing arts, disabled sports, etc. The Sports Medicine Centre also provide exercise testing and customized exercise prescription for those with medical conditions, such as coronary artery disease, hypertension, dyslipidemia, diabetes, and obesity.



National Center Advisory Board

Affiliation

Dr. Benedict Tan	Changi General Hospital, Sports Medicine
Dr. Ng Chung Sien	Changi General Hospital, Sports Medicine
Dr. Fadzil Hamzah	Changi General Hospital, Sports Medicine
Dr. Lim Ang Tee	Changi General Hospital, Sports Medicine
Dr. Ivy Lim	Changi General Hospital, Sports Medicine
Dr. Angela Chan	Changi General Hospital, Psychological Medicine
Dr. Joan Khoo Joo Ching	Changi General Hospital, Endocrinology
Dr. Sherry Young	Changi General Hospital, Rehabilitative Medicine
Miss Shayne Hu	Changi General Hospital, Rehabilitative Medicine
Adj Assist Prof Tong Khim Leng	Changi General Hospital, Cardiology
Adjunct Assist. Prof Tan Tze Lee	College of Family Physicians Singapore
Dr. Cindy Ng Li Whye	Singapore General Hospital, Physical Therapy
Ng Wei Joo	BridgeWords Consulting Pte Ltd
Desmond Ang	National Kidney Foundation

2018 Goals

- Integrate EIMS with mainstream health care ecosystem through two key projects: Heath Peers Programme and Active Health project
 - Incorporate exercise prescription into the curriculum of undergraduate and post graduate medical schools, as well as polytechnic undergraduate course
 - Expand number of research projects
-

Accomplishments to Date

- Trained and provided EIM certification to more than 500 *physicians* and 250 *fitness professionals* across Singapore
- Conducted EIM training course for Allied Health Professionals at the Singapore National Kidney Foundation
- Hosted and trained international contingents from Japan, Sri Lanka, and Taiwan
- Organized EIM health care provider and exercise professional training courses in Southeast Asia (Malaysia, Indonesia, Philippines, Taiwan and Thailand) and the Middle East (Qatar)
- Set-up the first EIM compliant fitness corner at Simei Park connector (March 2014)
- Eastern Health Alliance, South East Community Development Council and EIMS jointly developed and launched the Health Peers Programme on January 7, 2017 to encourage residents to lead healthier lives by creating awareness on diabetes prevention and management
- Signed a Memorandum of Understanding (MOU) On 28 July 2017 with SportSG and SingHealth to collaborate in the Active Health initiative. Under the MOU, the parties work closely to develop and pilot a structured fitness pathway between health care providers and SportSG's first Active Health Lab at Our Tampines Hub.
- Rolled out phase one of "Physical Activities as a Vital Sign" in Changi General Hospital. Roll out included brief training for six other clinical and non-clinical departments to promote physical activity directly to patients.
- Publish EIM Singapore quarterly newsletter
- Published a total of seven articles in newspaper, magazine and online platforms (in 2016 alone) with a total readership of 4.8 million achieved and a media value of \$122,516.26
- Public outreach talks on:
 - Exercise in Pregnancy for the Thomson Medical Centre
 - Physical Activity and Exercise Prescription in Diabetes for: Association of Diabetes Educators of Singapore
 - Diabetes Awareness and Physical Activity in Diabetes for East Coast Constituency Malay Activity Executive Committee

**Exercise
is Medicine[®]
Singapore**