

WORKPLACE HEALTH PROMOTION

Holistic Health and Nutrition Programs

Our Programs include:

- ❖ Health Screening
- ❖ Stimulated Activity Sessions
- ❖ Cooking Demos
- ❖ Fitness Fun Classes
- ❖ Nutrition and Health Talks & Workshops
- ❖ Mental Wellness Assessments & Workshops
- ❖ Health Equipments and many more!



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Get up to 75% funding (85% for qualifying SMEs) and a maximum grant of up to \$15,000.00 per year*!

COMPLIMENTARY CONSULTATION SERVICES FOR FIRST 2 YEARS OF GRANT APPLICATIONS!**

* Subjected to terms and conditions under Red Element's WHP programme and HPB's workplace health grant criteria.

** For Red Elements' Partners Referral Programme, members of SNEF / ASME / EuroCham and its affiliated chambers.

HEALTH PROMOTION PROGRAMME 2014-2015

HEALTH SCIENCE EDUCATION

Dietary & Nutritional Requirement

- Individual Counselling & Needs Assessment

Talks/Workshops

- Super Healing Foods, Gold Medal Nutrition, Stretch Your Way Out Of Backaches, Supermarket Sleuth Tours, Caring For Your Eyes, Read Your Label

Chronic Disease Management

- Stop Dieting, Lose Weight
- Low Down on Hypertension
- Love Your Heart

Women's Health

- Pregnancy At Work (3 part series)
- Eating Well For Conception
- Food and Mood
- Skin Booster Therapy

Mental Wellness Workshops

- Laughter Session, Mental First Aid, Movie Therapy, Positive Role Play, Destress Puzzles

MENTAL WELL-BEING

Mental Health Index and Profiling

- Corporate & Individual Needs Assessment

Para-Counseling Workshops

- Introductory (3 hour)
- Advanced (2 day)

Talks/ Workshops

- Art of Stress Management, Rational Thinking, Constructive Anger Management
- Art Therapy Workshops

CULINARY & FOOD

Healthy Cooking Demonstration

- Fat-Fighter Desserts, Low GI Meals, Breakfast On The Go, Snack Booster

Cooking Competition

- Healthy Sushi, Nutri-Smoothies, Salads, Sandwiches, Desserts, Power Juices

EXERCISE & FITNESS

Fitness Fun Classes

- Boot Camp, Dance Aerobics, Cardio Work-Out, Fit Move Sessions
- K-Pop and Hip Hop Dance

Sports Competition

- Badminton, Bowling, Futsal, Table-tennis

Sports Tryout

- Fencing
- Nature Walks
- Martial Arts
- Self Defense

HEALTH & SPORT EQUIPMENTS

- Blood Pressure Monitors
- Pedometers
- Exercise Bands
- Weighing Machines
- Yoga / Pilates Mat

WHP CONSULTATION SERVICES

PLANNING, IMPLEMENTATION & CO-ORDINATION OF WHP PROGRAM

- Preparation of WHP program plan and budget.
- Drafting of grant application forms and cover letters to HPB (if applicable).
- Set goals and objectives for the WHP program.
- Recommend intervention initiatives to impact and change the health behaviour of employees.
- Recommend evaluation methods (pre and post-evaluation on knowledge, skills and behaviours) to measure and record results of WHP program.
- Advice for sustaining long-term WHP program and application for the Singapore Health Award.

FLEXIBILITY OF HEALTH SCREENING

- Availability of health screening reports (individual / corporate) in both languages (English and Chinese) at no extra cost.
- Onsite health screening can be conducted at different sessions/timings (eg. 3 sessions for 300 staffs based on minimum of 100 staffs per session).
- Onsite workshop and analysis of screening results conducted by a nurse/health educator, for example based on age or gender profile.

MARKETING OF WHP AND HEALTH MESSAGES

- E flyer for marketing of WHP Program activities.
- Selection of health articles, health pamphlets, booklets from Health Promotion Board (subject to availability).



FABuLOUS PROGRAMME 2014-2015

Designed and formulated by Red Element and our partners.



HEALTH SCIENCE EDUCATION

5 to 10 sessions per quarter
1 hour per session

FABuLOUS Belly Dance

Have a Belly Good Time with
Kavita S. K. (Miss Singapore India 2012)

10 to 20 sessions per quarter
1 hour per session

DIETARY, FOOD & NUTRITION

5 to 10 sessions per quarter
1 hour per session

TARGETED INTERVENTION PROGRAMME

(BMI, Hypertension, Blood Glucose & Cholesterol Management)

12 - 15 sessions per quarter
1 to 2 hours per session



KAPAP Academy
Singapore
Martial Arts

MARTIAL ARTS & SELF DEFENCE

10 - 20 sessions per quarter
1 to 2 hours per session



FABuLOUS FENCING

4 to 24 sessions per quarter
1 to 2 hours per session



K-POP & HIP HOP Dance

10 to 20 sessions per quarter
1 hour per session



Clinical Laboratory Medical
diagnostic & laboratory services

Medical Diagnostic & Health Screening

Corporate and individual
health profile reports