



Singapore Healthcare Management 2016

Healthy Living @ SKH A Sustainable Model for Fulfilling Life



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1. Vision

In line with SKH's vision, "Healthy Living. Fulfilling Life.", we set out to build a healthy and engaged workforce by facilitating fun and engaging activities initiated by SKH staff. This model will allow staff of similar interests to get together, hence improving camaraderie among colleagues.

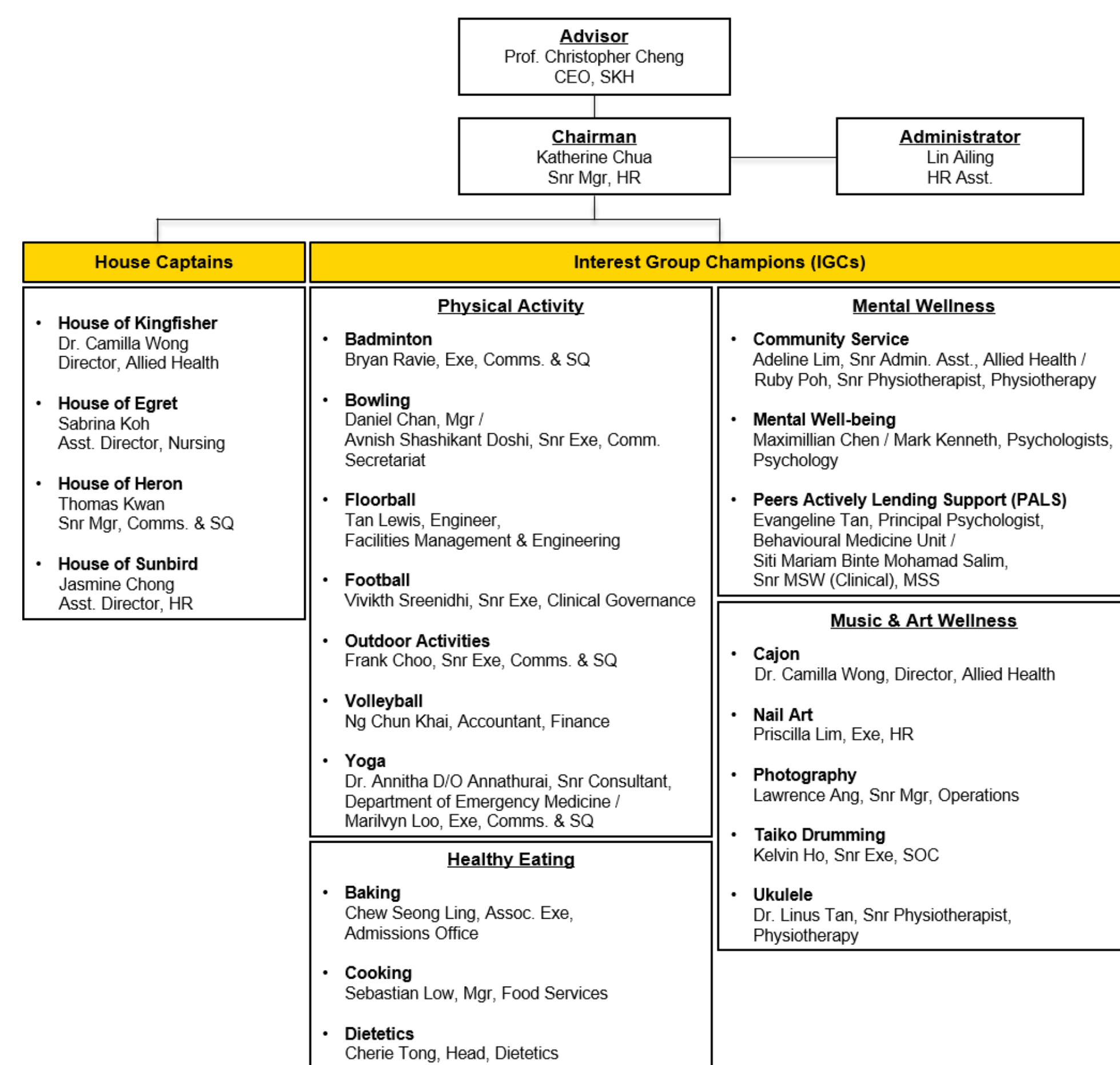
2. Motivation

As SKH is a relatively new organisation, we strive to create a sustainable model to promote healthy living with the management, colleagues and community. Aligning to SKH's mission, staff can support one another to achieve **Better Health Together**.

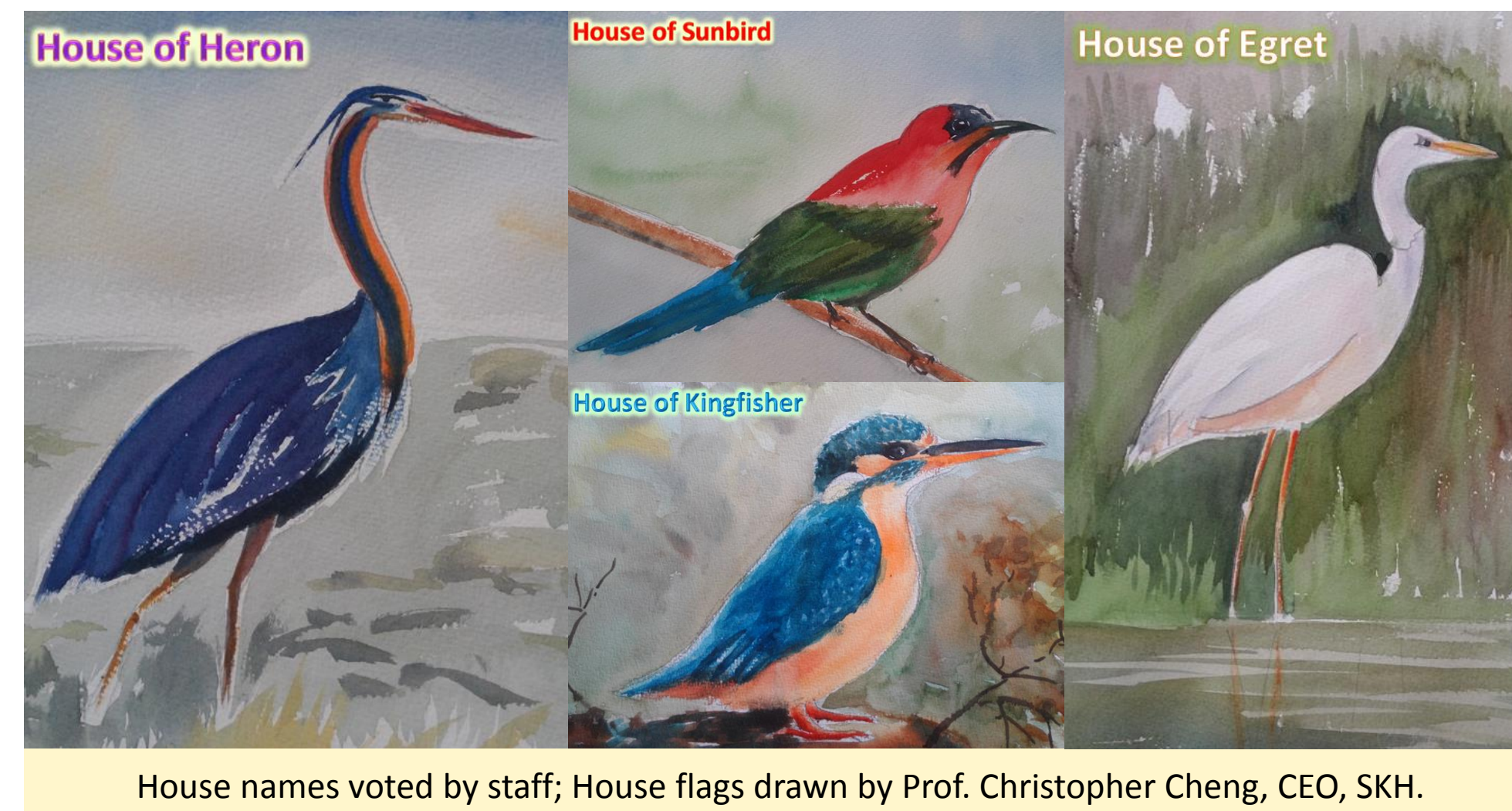
4. Results

Formation of Healthy Living Committee

Healthy Living Committee



Launch of House Names



House Allocation System

Birth Date (Day)	Birth Date (Month)	House Captain	House Name
Even Date (2, 4, 6, 8, 10, 12, 14, 16, 18, 20, 22, 24, 26, 28, 30)	Even Month (Feb, Apr, Jun, Aug, Oct, Dec)	Dr. Camilla Wong, Director, Allied Health	Kingfisher
Even Date (2, 4, 6, 8, 10, 12, 14, 16, 18, 20, 22, 24, 26, 28, 30)	Odd Month (Jan, Mar, May, Jul, Sep, Nov)	Sabrina Koh, Asst. Director, Nursing	Egret
Odd Date (1, 3, 5, 7, 9, 11, 13, 15, 17, 19, 21, 23, 25, 27, 29, 31)	Even Month (Feb, Apr, Jun, Aug, Oct, Dec)	Thomas Kwan, Sr Mgr, Comms. & SQ	Heron
Odd Date (1, 3, 5, 7, 9, 11, 13, 15, 17, 19, 21, 23, 25, 27, 29, 31)	Odd Month (Jan, Mar, May, Jul, Sep, Nov)	Jasmine Chong, Asst. Director, HR	Sunbird

Every staff is allocated to a House upon commencement of employment based on their birth date. Respective Houses will have their list of members updated monthly via the Infopedia.

Point Awarding System

Points	Event Organiser
500 points per event	Organise Corporate Event (e.g. Walk-the-Talk) / Inter-house Competitions
100 points per event	Organise Interest Group Activity
5 points per participant	Organiser receive participation points when other house members participate

Points Awarded for Participants	House Team (Non-organiser)
10 points per member e.g. 10 participating staff from "Egret", hence "Egret" earns 100 points	House teams to receive participation points when their house members participate in the events

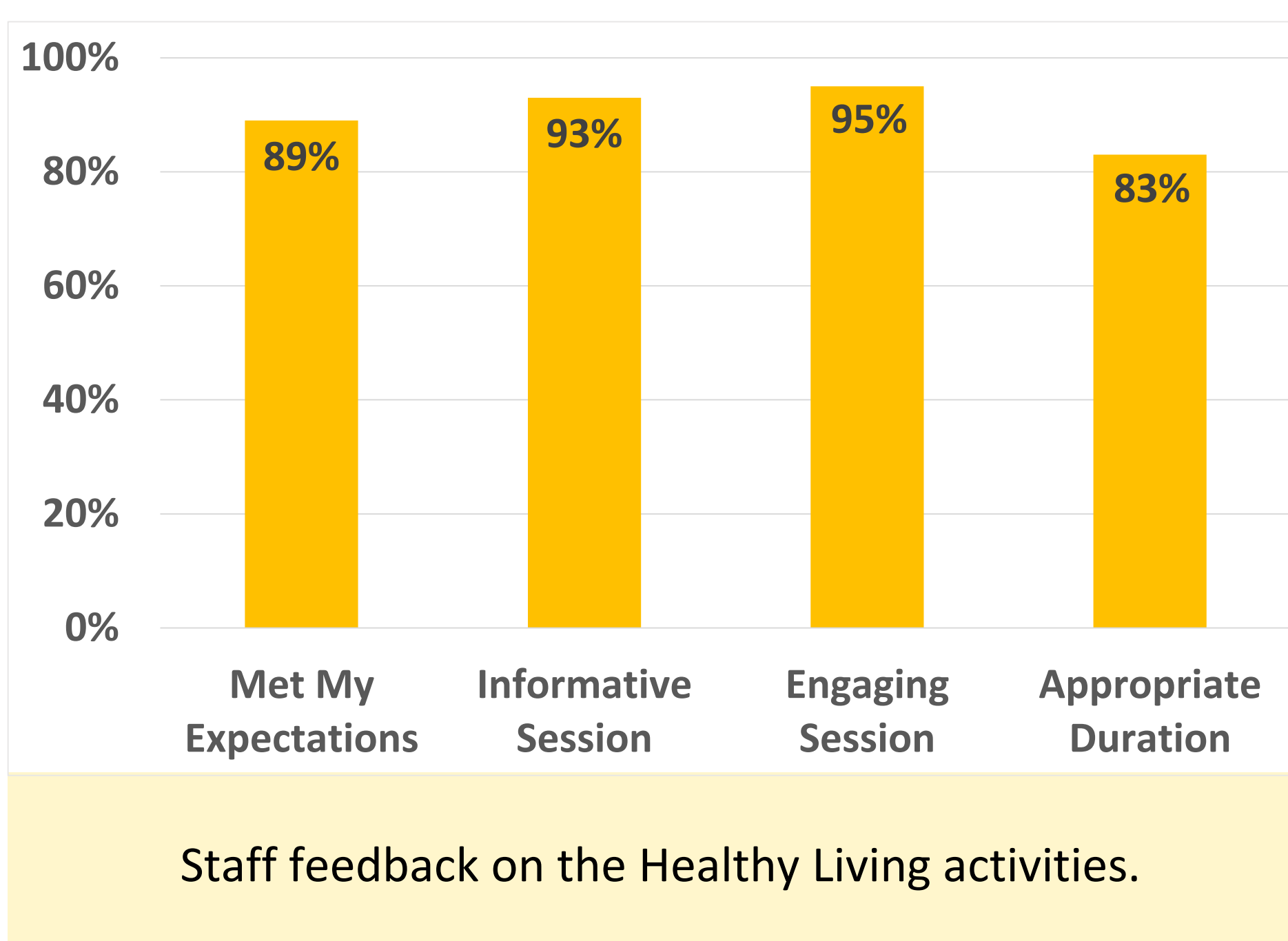
Each house will earn points for the number of activities organised by their IGCS or when their members participate in the activities organised by other house teams.

3. Methodology



Platforms	Ideas	Recommendations
CEO Engagement	Why not a House concept?	<ul style="list-style-type: none"> Set up a Healthy Living Committee Implement a House points system
Focus Group Discussions	How do we ensure it is a sustainable model?	<ul style="list-style-type: none"> Activities should be driven by staff Recruit House Captains and Interest Group Champions (IGCs) Launch our House Names
Healthy Living Survey	What really interest our staff?	<ul style="list-style-type: none"> Identify key interest groups and activities Reach out to potential IGCS Develop a Healthy Living Calendar

Feedback on Healthy Living



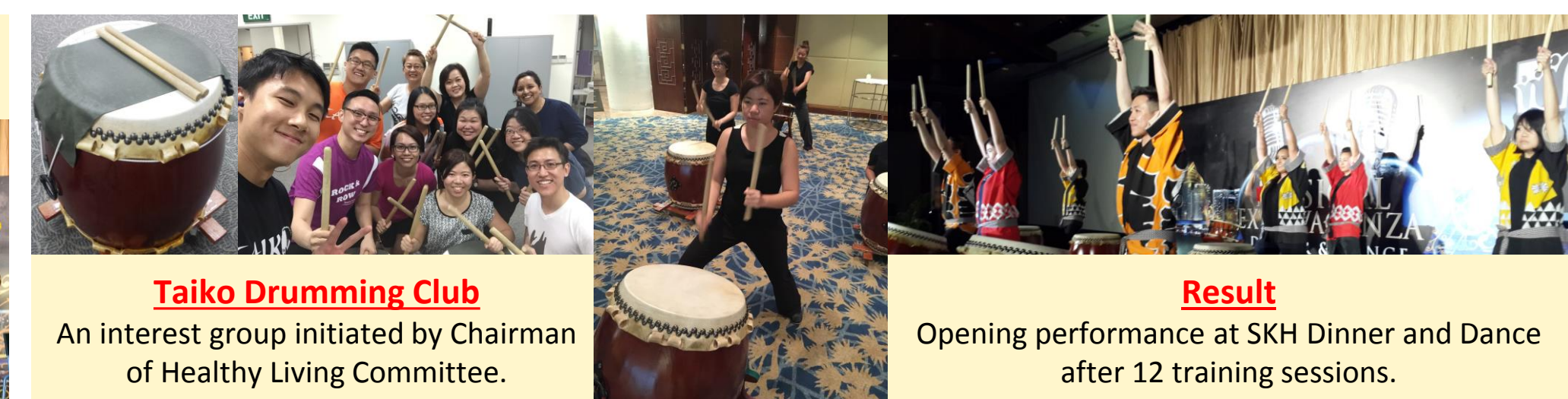
House Champion of the Year



Transferring Skills and Knowledge



Acquiring a New Skill



Collaboration Works! Physiotherapy Month Leading to Healthy Living Month



Care to Go Beyond



Gearing up for Inter-institution Competitions



A Trained Eye to Frame Pictures



Reaching out Beyond SKH



5. Conclusion

The healthy living concept has been well-applauded in SKH, evident by the active participation from the management, House Captains, IGCs and staff. To create a sustainable healthy work culture, it is imperative for staff of all levels to work together to support healthy living initiatives.