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

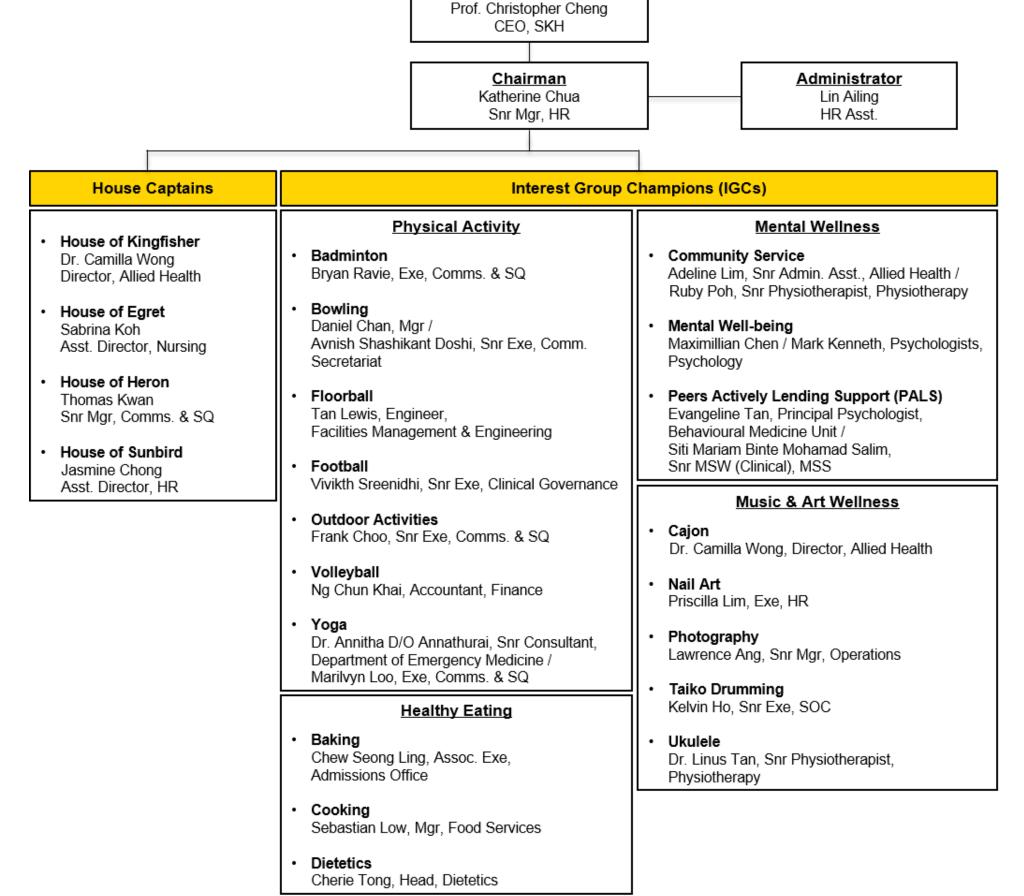
As SKH is a relatively new organisation, we strive to create a sustainable model to promote healthy living with the management, colleagues and community. Aligning to SKH's mission, staff can support one another to achieve **Better Health Together**.

4. Results

Formation of Healthy Living Committee

Healthy Living Committee

<u>Advisor</u>



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, Snr 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 commencem	nent of employment based	on their birth date.							

Respective Houses will have their list of members updated monthly via the Infopedia.

Point Awarding System

activities organised by other house teams.

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 Part	icipants	House Team (Non-organiser)						
10 points per member e.g. 10 participating staff	from "Egret", hence "Egret" earns	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

3. Methodology

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Platforms	Ideas	/ _	Recommendations
CEO Engagement	Why not a House concept?	•	Set up a Healthy Living Committee Implement a House points system
Focus Group Discussions	How do we ensure it is a sustainable model?	•	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?	•	Identify key interest groups and activities Reach out to potential IGCs Develop a Healthy Living Calendar

Feedback on Healthy Living



Transferring Skills and Knowledge

Ukulele Club Request from staff through Healthy Living Survey The Control of Control o

House Champion of the Year



House of Heron was crowned the champion of FY15 during SKH Townhall.

Acquiring a New Skill



Collaboration Works! Physiotherapy Month Leading to Healthy Living Month

1 4				•									•		
	DAY	WORKOUT @ N.O.B. TRAINING ROOMS				A colorf	ful month of acti	ivities, for your bo	ody, mind and soul!					4	
	MONDAY	CARDIO-BOXING 1230-1300	Inter-department	1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	Healthy	dia.				u je r		Mega Yog	a conducted by	Minning patent	UMMER HAWAIIAN PASTA
	TUESDAY	HIIT 1230-1300	Captain's ball		Living	Talk: Effective Stress and	Nail Art	Health Screening	Talk: Workplace	Pilloxing	And a second sec		Consultant	Winning entry	BY TEAM WAIKIKI
	WEDNESDAY	PILATES-YOGA FUSION 1230-1300	friendly match.			l October	2 October	5 – 6 October	6 October	From 8 October	2902 19 22		Executive.	of the	We .
45.	Thursday	CIRCUIT TRAINING 1230-1300			Month A fun-filled	Ý	n n	(*		anu	executive.	Photography	
	FRIDAY	CARDIO-BOXING 1230-1300	一种		month with	Mega Yoga	Zumba	"Shoot Around AH" Photography	Talk: Smart Food Shopping for a	Football				Contest shot	
	Physio	therany Month	The state of the s		activities	9 October	From 13 October	13 October	Healthy You! 14 October	16 October				by our	
	Dailyaya	thouts designed by		CEO and staff attended one of the			3		Healthy Living	Month	Lunch talk conducted			photography	Healthy Lunch
L. Alle.	•	kouts designed by		daily lunch workouts,	organised by	Workshop:	Mega		for more informa	ation!	Lunch talk conducted			club member.	Salad Challenge
	Phy	siotherapists.		conducted by Physiotherapists.	our IGCs!	Workshop: Floorball 23 October	Hip Hop Dance 28 October	Salad Challenge 30 October	SICH Healthy Livi Southy Living States 80	ing	by Psychologist.			ciab illelliber.	Salau Challenge

Care to Go Beyond



A Trained Eye to Frame Pictures



Gearing up for Inter-institution Competitions



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, ICGs 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.