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Media Release

NTUC UNITY AND NTUC ELDERCARE HELP ELDERLY TO TAKE CHARGE OF THEIR HEALTH

- Lim Boon Heng, Chairman of NTUC Enterprise announces initiatives at the opening of NTUC Unity's 50th pharmacy outlet at **100 AM** (former Amara Shopping Centre)
- NTUC Unity to set up self-help health check stations in five NTUC Eldercare Senior Activity Centres to help the elderly manage their health
- NTUC Unity to supply a year worth of housebrand supplements to 50 needy elderly each

New Health Check Stations to Help the Elderly Manage their Health

1 Elderly in the vicinity of the NTUC Eldercare Senior Activity Centres (Silver Ace Centres) in Singapore will soon be able to have access to regular health monitoring at the same time. NTUC Unity will be setting up self-help health check stations at five Silver ACE centres, with basic equipment for measurement of blood pressure and weight. There will also be quarterly blood glucose monitoring, medication review and counseling conducted by pharmacists from NTUC Unity. These services will be provided free-of-charge to the elderly.

2 The five Silver Ace Centres are estimated to be able to reach out to more than 1,200 elderly living in the vicinity of the centres. The Silver ACE Centres are located in Henderson, Telok Blangah, Lengkok Bahru, Taman Jurong and Redhill.

3 Said Mr Chua Song Khim, Group CEO of NTUC Unity Healthcare and Executive Director of NTUC Eldercare, "We want to empower the elderly to take charge of their health. Regular monitoring of basic health indicators such as blood pressure, body weight and glucose level can help detect early signs of illness and identify conditions which should be attended to in a timely manner. Many health problems faced by the elderly today can be avoided or delayed if more attention had been paid to looking after their health and managing chronic conditions well."

4 "The health check is beneficial to me because with the available equipment now, I will be able to check on my health condition regularly. This will help keep me healthy and I'll instead be able to take care of my next-of-kin who are unwell", said Madam Elizabeth Ho, 63, from Redhill Silver Ace Centre.



5 The new health-check service was announced today at the official opening of NTUC Unity's 50th pharmacy store opening at **100 AM** (former Amara Shopping Centre) by Guest-of-Honour Mr Lim Boon Heng, Chairman, NTUC Enterprise Co-operative Limited; the holding entity of the NTUC Social Enterprises. Mr Sam Tan, Member of Parliament, Radin Mas SMC was also present to grace the occasion.

Year-long Supply of Supplements for Needy Elderly

6 In conjunction with the celebrations for the opening of NTUC Unity's 50th outlet, 50 needy elderly from NTUC Eldercare's Silver Ace Centres have had their health assessed and will each receive a year's supply of NTUC Unity housebrand supplements such as Vitamin C, Multivitamins, Omega3, and Calcium which will help address their existing health needs.

7 Mr Foong Ban Fatt, 74, from Lengkok Bahru Silver Ace Centre who was one of the selected 50 to receive a year's supply of NTUC Unity housebrand supplements has hypertension and is living alone in a one-room flat in Lengkok Bahru. Expressing his appreciation he said, "If not for the generous sponsorship by NTUC Unity, I would not be able to afford these supplements. I'm grateful that these supplements will be able to help me stay in good health as I age."

8 "NTUC Unity Healthcare has been caring for the healthcare needs of working families since 1992. As the Singapore population continues to age, we strive to do our part to reach out to more families to meet their health and lifestyle needs through affordable healthcare products from Unity pharmacy and dental services at Unity Denticare ", concluded Mr Chua.

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About NTUC Unity Healthcare Co-operative Limited

NTUC Unity Healthcare was established in August 1992 in response to workers' concerns over rising healthcare costs. Today, NTUC Unity Healthcare is the largest healthcare co-operative in Singapore. It currently operates 50 Unity Pharmacies and 13 Unity Denticare clinics island-wide.

NTUC Unity Healthcare's mission is to empower the community to care for their health and wellness, enabling them to live life to its fullest, enjoying every stage of their life. NTUC Unity Healthcare delivers this with its superior range of health and wellness products and services, served by warm and professional staff, pharmacists and dentists, supported by the labour movement's commitment to caring for the community.

About NTUC Unity Housebrand

NTUC Unity housebrand supplements were launched in July 2012 in an effort to help combat the rising cost of living in Singapore. The first batch of eight essential supplements and vitamins is now available in all 50 NTUC Unity pharmacy stores located island-wide. The second batch of the housebrand products, including



supplements, first-aid essentials and others are expected to be launched in the second half of 2013.

NTUC Unity will continue to expand the housebrand product range to more than 100 by end 2014. Together with a team of dedicated and professional pharmacists who will assist in medication compliance and preventive health advisory, NTUC Unity aims to provide a more holistic role in caring for the community.

About NTUC Eldercare

NTUC Eldercare Co-operative Limited was set up in 1997 to provide quality and affordable eldercare services for seniors in the community.

These services include a centre-based day care programme known as Silver Circle, an island-wide home-based service known as Care@home, management of Senior Activities Centres known as Silver ACE, and the sheltered home known as Henderson Senior Citizen's Home.

There are currently 8 **Silver Circle centres** located in various parts of Singapore. The day care programme engages seniors in meaningful and interactive activities during the day while their children are at work. Some centres also provide additional services such as dementia care and active rehabilitation.

Care@home is an island-wide home-care service to look after elderly who are more frail and home-bound. NTUC Eldercare also does caregivers training programmes to equip caregivers, including domestic helpers, with basic skills and knowledge on caring for elderly at home.

The **Silver ACE centres** are Senior Activities Centres which cater to the less privileged elderly living in rental flats. The centres work closely with the local grassroots, schools and other organisations to provide outings, talks, exercises, games, and other activities to these seniors. The centres also act as information hubs and point of contacts.

NTUC Eldercare also manages the Henderson Senior Citizens' Home which is both a sheltered home for needy elderly and a Senior Activity Centre for seniors staying on their own in HDB rental flats. The Home organises activities and programmes to engage these seniors, so that they too can lead happy, meaningful and dignified lives.



Locations of Silver Circle



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