



FOR IMMEDIATE RELEASE

**HEALTH SCIENCES AUTHORITY
PRESS RELEASE
27 FEBRUARY 2004**

HSA MAKES WORKPLACE A GREAT PLACE TO WORKOUT

The Health Sciences Authority (HSA) is fully committed to promoting an integrated workplace health promotion programme that will encourage and enable all staff to achieve an optimum level of physical, mental and social well-being. By changing or setting organisational policies that improve the working environment, implementing social and physical environmental measures that promote and sustain well-being, and equipping staff with skills to adopt a healthier lifestyle, HSA hopes to continually keep its staff in the pink of health!

2 Under this programme, HSA has worked at the following initiatives to continuously improve and maintain the health of its staff, thereby making HSA a great place to work in and to workout:

[A] Refining Organisational Policies

- Staff reimbursement for courses that promote health and wellness under HSA's Flexible Benefits Scheme (Flex-Ben)
- Official half an hour is given per week per staff to work out at the well-equipped HSA Fitness Centre
- Adopt a healthy catering policy to improve the quality of food served at meetings and corporate events
- Include smoking cessation clinics and weight management programme as part of staff training

[B] Creating Supportive Environment

- Subsidised booking of sporting facilities and free bowling weekly
- Implementation of the Family Life Ambassador programme that promotes work-life balance through activities that reduce stress and improve staff morale
- Annual free health screening for all staff

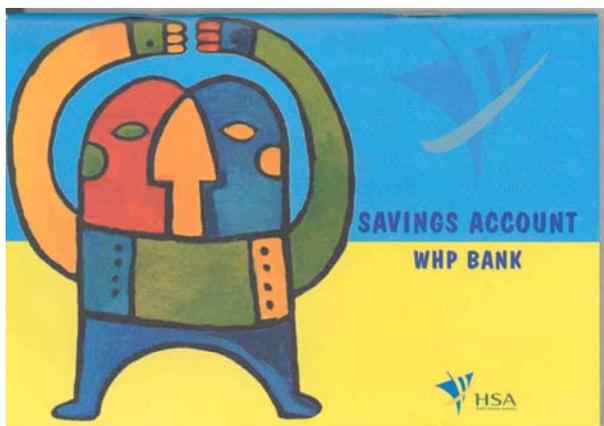
[C] Imparting lifestyle and personal health skills

- Regular talks on management of specific health problems
- Interdepartmental sports competitions for bowling, badminton and table-tennis
- Monthly Fruit Day - each staff is provided with a fruit, educated on its nutritional value and given healthy recipes for the fruit
- Healthy Food Fair that includes cooking competition, sale of wholesome food and snacks to educate staff on proper nutrition
- Family day and recreational outings

[D] Organising “Get Active and Keep Fit” programmes

- Weekly exercise classes, such as aerobics, yoga and line dancing, after work
- Coaching on tennis for beginners
- Regular sessions for interest groups in bowling, badminton and table-tennis
- Monthly Active Day for activities such as cycling or brisk walks in parks, nature reserves and to scenic locations
- Conduct Sports for Life fitness assessment

3 To further motivate the staff to adopt a healthy lifestyle, each staff is given a personal workplace health progress card. Likened to a savings account passbook, staff who earn Health.\$ from their participation in the various health-related activities can deposit their Health.\$ in the Workplace Health Promotion [WHP] Bank [Please see attached below]. The accumulated Health.\$ can be exchanged for gift vouchers for sporting goods and health products.



[WHP Bank Book – Front]



[WHP Bank Book – Back]

About the Health Sciences Authority

At the Health Sciences Authority [HSA], a People Developer and Singapore Innovation-class organisation, we apply medical, pharmaceutical and specialised scientific expertise to safeguard public health and safety in Singapore. As one multidisciplinary agency, we serve as the national regulator of all therapeutic products by providing a seamless yet rigorous regulatory process to the healthcare and biomedical sciences industries. We also operate the national blood bank, Bloodbank@HSA, protecting the integrity of the nation's blood supply. As the national reference agency, we exploit specialised scientific, forensic, investigative and analytical capabilities in order to serve the administration of justice and enhance safety in our community. For more details, visit www.hsa.gov.sg.