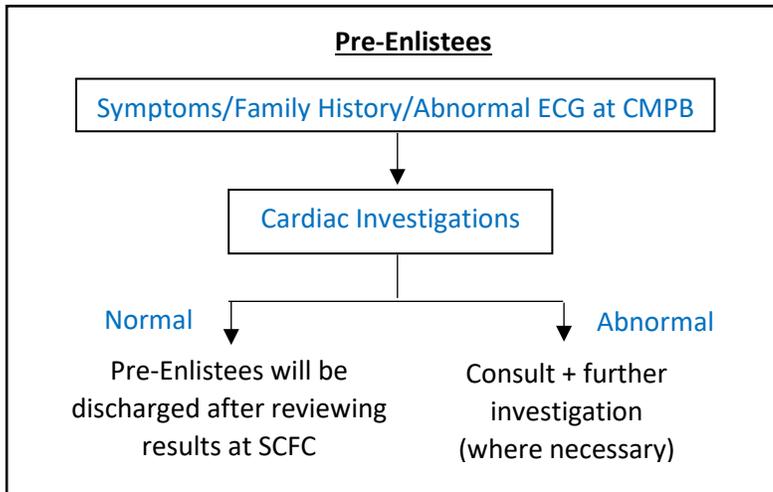


SAF Health Screening Programme (HSP)

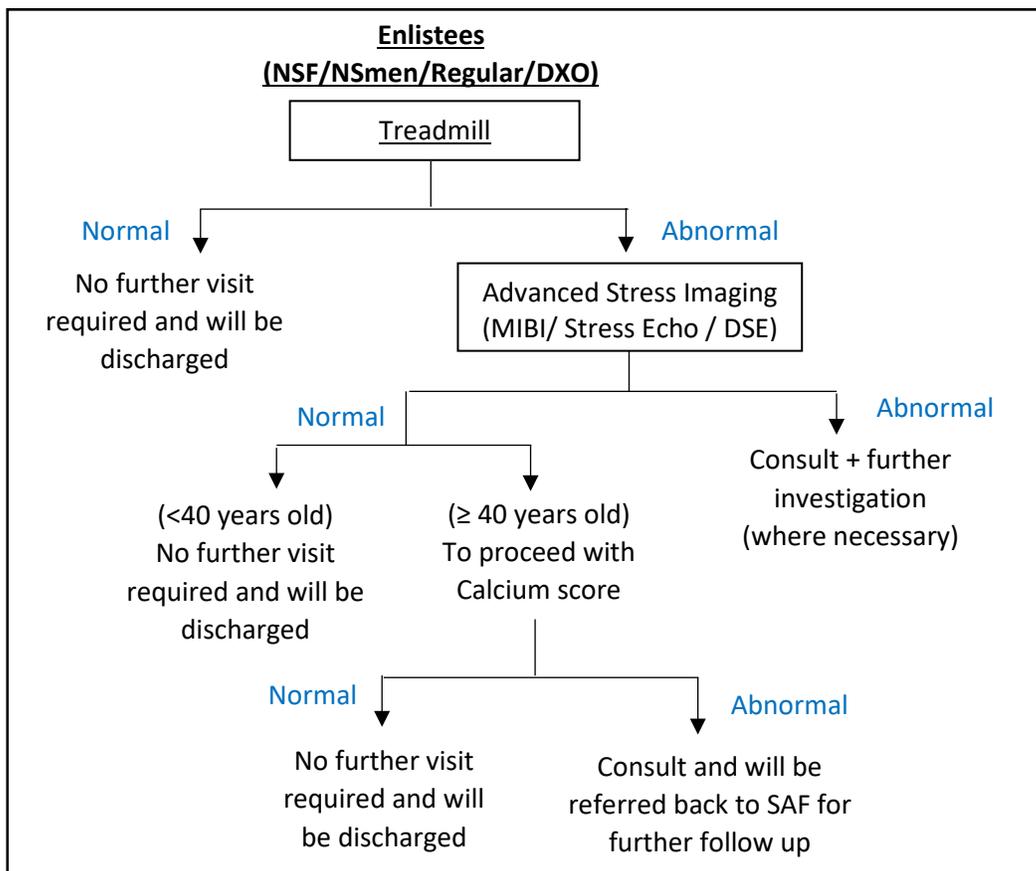
SAF Pre-Enlistee Programme

(For determination of PES Grading)



SAF Health Screening Programme

(For determination of fitness for IPPT)



The SAF Health Screening Programme (HSP): Information for NSmen and Regular Servicemen

1. It is mandatory for (1) all IPPT-eligible NSmen aged 35 years and above and (2) Regular Servicemen to undergo the SAF HSP.
2. There are two tiers of screening:
 - i. Tier 1: Risk factor screening is performed at SAF Medical Centres and consist of blood tests (cholesterol and blood sugar levels) and urine tests. You will need to complete an online questionnaire on your medical history prior to your medical appointment. This is followed by a review and examination by the Medical Officer (MO) on the day of your appointment.
 - ii. Tier 2: Stress ECG is the default advanced cardiac test to be performed at the SAF Cardiac Fitness Centre (SCFC). Eligibility for this test is generally based on age and presence of risk factors such as hypertension, hyperlipidaemia etc.

What Happens Next after a Stress ECG

1. Scenario 1: Stress ECG is normal

You are cardiovascularly fit for fitness testing, and a HSP outcome of “Low” will be reflected in your SAF eHealth profile and you will be issued a HSP certificate.

2. Scenario 2: Stress ECG is abnormal

- Further 2nd line advanced cardiac testing would be required (e.g. stress echo).
- If you are < 40 years old and your 2nd line advance cardiac test is normal, then you are considered cardiovascularly fit as per SAF's standards, and a HSP status of “Low” will be reflected in your SAF eHealth profile.
- If you are > 40 years old and your 2nd line advance cardiac test is normal, you will still need to undergo an additional scan called the CT coronary calcium scan, to assess long term overall cardiovascular risk. The HSP outcome will depend on the result of the calcium score.

3. If your 2nd line advanced cardiac investigations are abnormal

- You may require additional cardiac investigations, as determined by the Cardiologist.