CONNACT Plus

Introduction of the Programme

CONNACT Plus is a group-based programme specifically designed for adults with knee osteoarthritis. It was first conceptualised by Dr Bryan Tan, Consultant, Orthopedic Surgery, Woodlands Health and a team of healthcare experts comprising physiotherapists, psychologists, social workers and dietitians.

The programme is led by experienced physiotherapists, and supported by dedicated health coaches. In addition to physiotherapy sessions, the programme provides information on knee osteoarthritis, treatment options and psychoeducation to help with pain management.



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CONNACT Plus

Information Guide for referring Healthcare Professionals

Step 1

Eligibility for CONNACT Plus

Inclusion Criteria

1) 45 years old and above
2) Experience activity related joint pain in the knees
3) Independent community mobiliser with or without walking aids

Exclusion Criteria

1) Secondary arthritis e.g. inflammatory, post traumatic
2) Previous knee arthroplasty on the symptomatic knee
3) Any other medical condition that the programme determines would impair a participants ability to participate fully in the programme e.g. cognitive impairment, pregnancy etc

Step 2

Share about the CONNACT Plus programme with the client

Benefits

1. Exercises that improve your mobility, flexibility, strength and balance



3. Group support



2. Learn about knee osteoarthritis, pain management with your peers



4. Boost your confidence in managing your condition



Programme Fees

Per Session
$10 - $150*

*Subject to means testing

Programme typically includes



8 -12 Exercise sessions



1 - 2 Health coaching sessions (FOC until further notice)



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If client is interested to enroll into CONNACT Plus

Brief to Client:

- Assessments upon enrolment, 3rd month and 12th month to monitor client's progress and evaluate programme's outcomes.
- A $20 token of appreciation will be given upon client's completion of assessment at 3rd and 12th month.
- Each assessment will take approximately 40 mins.

Estimated cut-off date for distribution of token of appreciation
For completion of 3rd month assessment:
Client to be recruited by 31st Jan 2026
For completion of 12th month assessment:
Client to be recruited by 31st Apr 2025

- 1 - 2 sessions of approximately 1-hour psychoeducation session(s) (FOC until further notice)

Indicative Fees* Range

	Out of Pocket per Session	Out of Pocket per Session	Out of Pocket per Session
Subsidy after Means-testing	0 – 30%	50 – 60%	75 – 80%
SLEC	$40 - $70	$31 - $33	$12 - $16
NTUC	$33 - $104	$20 - $45	$10 - $27

***For active rehab with One-Rehab discount. Fees indicated are before MediSave and exclude GST. MediSave can be used up to $25 per exercise session per day. Fees stated may subject to change.**
***For Singaporeans and Singapore permanent residents (PR) only**

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Referral process for Healthcare Providers

For referrals to SLEC:

Step 1: Submit SLEC referral form via QR code:

https://for.sg/connactplusslecreferral

Website link:
https://for.sg/connactplusslecreferral

Step 2: Provide Medical Attachments/Memo:

To provide SLEC with:

- Patient Name and NRIC/FIN
- Past medical history
- Recent medical history
- Recent medical condition including "knee pain"
- Medication list

Step 3: Email Medical Attachments/Memo to:

Send an email to SLEC (referrals_admission@slec.org.sg) with patients' medical attachments after submitting the referral form via the link in Step 1.

For referrals to NTUC Health:

Step 1: Scan the QR code to download NTUC Health's referral form:

https://for.sg/connactplusntuchealthreferral

Website link:
https://for.sg/connactplusntuchealthreferral

Step 2: Fill in NTUC Health's Referral form.

Step 3: Provide Medical Attachments/Memo:

To provide NTUC Health with:

- Patient Name and NRIC/FIN
- Past medical history
- Recent medical history
- Recent medical condition including "knee pain"
- Medication list

Step 4: Email Medical Attachments/Memo + Referral form:

Send an email to NTUC Health (physio@ntuchealth.sg) with patients' medical attachments and referral form.

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Resources for clients

Poster



Website link:
https://for.sg/connactplusposter

Brochure



Website link:
https://for.sg/connactplusbrochure

Locations

Partner	Site	Address
SLEC	Ang Mo Kio Polyclinic	21 Ang Mo Kio Central 2, #02-01, S(569666)
	Ang Mo Kio Centre	2 Ang Mo Kio Street 23 Singapore 569341
	Kebun Baru Centre	216 Ang Mo Kio Avenue 4, #04-01 569897
	Nee Soon	Blk 766, Yishun Ave 3, #01-295, S(760766)
	Salem Centre	323 Yishun Central #01-271 760323
	Chong Pang Centre	113 Yishun Ring Road #01-457 760113
	Hougang	Blk 126, Hougang Avenue 1, #01-1506, S(530126)
	Golden Years Centre	831 Hougang Central #01-502 530831
	Hougang Meadow Centre	364 Upper Serangoon Rd #01-02 530364
	Serangoon Centre	217 Serangoon Avenue 4, #01-156, 550217
	Active Ageing Hub @ Bishan	Blk 152B Bishan Street 11 #01-271 S(572152)
	Whampoa Centre	97 Whampoa Drive #01-222 320097
	One Punggol Centre	1 Punggol Drive, #04-06 828629
	Telok Blangah Centre	33, Telok Blangah Way #01-1038 090033
NTUC Health	Kampong Admiralty	676 Woodlands Drive 71, Singapore 730676