NHG Polyclinics
NHG Health

What is Lighter Life?

- Lighter Life[1] is a 6-month structured group weight loss[2] programme
- Interactive in-person and online group learning sessions
- Targeted practical advice from the dietitian, physiotherapist, and psychologist
- Support through mobile chat group
- 1-year follow up measurements after the start of programme

Am I eligible?[3]

- ✓ are 18 - 69 years old **AND**
- ✓ are overweight (with a BMI of 23-39.9 kg/m^2) **AND**
- ✓ have an existing chronic condition such as diabetes or high blood pressure
- ✓ are on regular follow-up with a primary care doctor

How will Lighter Life benefit me?



Improve chronic condition(s) control



Increase physical activity



Set SMART goals



Healthy and sustainable diet



Stress management



Peer support

How much does it cost?[4]

$90
$25 worth of Healthpoints rebate upon goal achievement

Note:
1. Lighter Life is conducted in English.
2. Individual results vary.
3. Eligibility and acceptance into the programme are subject to NHG Polyclinics' final decision.
4. Prices and rebates are subject to change without prior notice; rebates apply only upon achieving ≥5% weight loss.

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Register your interest TODAY



Frequently Asked Questions (FAQs)

- **I have more questions regarding Lighter Life. Who can I contact?**
  - Email nhgp.lighter.life@nhghealth.com.sg
- **Can my family members/friends participate in the group sessions?**
  - They are welcome to register as a participant if they are eligible.
- **Should I inform my doctor that I have joined Lighter Life?**
  - Please inform your doctor that you have joined Lighter Life.
- **Is Lighter Life part of my chronic care plan?**
  - Yes. Achieving and maintaining a healthy weight is part of the holistic care plan for chronic conditions.
- **Is there a make-up session if I miss one?**
  - There are no make-up sessions if you miss any of the sessions. However, you will receive the materials at the following session.
- **Are there extra fees?**
  - Separate fees apply for ActiveSG activities and additional dietitian, physiotherapist or psychologist consultation, if needed.

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