



# **Benefits@Worksite**

## ***Corporate Wellness Programme***

### **Activities for Corporate Clients**



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## **BENEFITS@WORKSITE CORPORATE WELLNESS PROGRAMME TALKS / WORKSHOPS / SCREENINGS / EXERCISE / BLOOD DONATION**

### **A) BASIC HEALTH SCREENING:** Find Out About Your Current Health Status

[Min 30pax, 6-8 weeks' notice]

The journey towards better health and wellness begins with an understanding of one's basic health status. The complimentary basic health screening includes the following test components:

- Blood Glucose
- Blood Pressure
- Height/Weight/Waist Circumference Measurement
- Cholesterol
- BMI

Each participant will receive his/her individual medical report once the screening results are ready.

### **B) VISION CARE:** Windows To Your Overall Health

[Min 20pax, 4-6 weeks' notice]

Our eyesight is precious. In addition to safeguarding our vision, our eyes can also tell us a lot about our health condition in relation to diabetes, cholesterol and blood pressure. The talk covers:

- Eyes - Windows to Your Overall Health
- Overcoming Visual Fatigue
- Getting the Right Outdoor Eyewear
- Getting the Right Contact Lenses

Participants will be entitled to a complimentary Eye Screening during the talk.

### **C) FAMILY LEGACY PLANNING:** Wills, LPA & AMD

[Min 20pax, 4-6 weeks' notice]

The basis of family legacy planning starts with understanding how Wills, Lasting Power of Attorney (LPA) and Advanced Medical Directive (AMD) can create a complete solution to your estate planning and asset protection needs. This seminar gives a deeper appreciation on how you can better protect your loved ones and think about the assets that you wish to leave behind for them.

**D) FINANCIAL LITERACY: Learn How To Plan For Yourself Financially**

Financial literacy can help minimize the undesirable impact on an organization's healthcare costs, employees' productivity and absenteeism resulting from financial stress. We can customize a talk or workshop on specific topic i.e. Portable Medical Insurance Scheme.

- I. CUSTOMISED TOPICS:** Talks and Workshops are conducted by Great Eastern  
[Min 20pax, 4-6 weeks' notice]

To customize a talk or workshop on a specific topic (i.e. Portable Medical Insurance Scheme) please contact your designated Benefits@Worksite Consultant for more information or email to Benefits\_Worksite@Greateasternlife.com.

Alternatively, you may wish to select a topic offered by MoneySense-Singapore Polytechnic Institute for Financial Literacy.

- II. MoneySENSE:** Talks and Workshops are conducted by MoneySense-Singapore Polytechnic Institute for Financial Literacy  
[Min 20pax, 4-6 weeks' notice]

MoneySENSE is the national financial education programme in Singapore, and is not affiliated with Great Eastern Life or any other financial institution. Launched in 2003, the programme aims to enable consumers to become more self-reliant in their financial affairs. It does this by helping consumers acquire the knowledge and skills to manage their day-to-day finances, make prudent investments, plan for their longer-term needs and exercise their rights as consumers of financial services.

Select from a wide range of Financial Literacy Talks and Workshops, topics include;

- i. Measuring Your Financial Fitness
- ii. Basics Of Money Management
- iii. CPF Insurance Schemes
- iv. Baby And Child Support Schemes
- v. Buying A Home Within Your Means
- vi. Assessing Your Retirement Income Needs

...and many others.

Contact us to find out more.

## **E) HOME LOANS: Things They Never Told You About Housing Loans**

(Talks are conducted by OCBC)

### **I. Things They Never Told You About Housing Loans**

[Min 20pax, 4-6 weeks' notice]

Your home is your biggest asset – or is it? If you will be paying your monthly instalments for many years to come, it is important to be aware of industry and interest rate trends and how they affect you. By the end of the talk, you will learn to make smart choices with your home loan to free up your cash flow, and even find out how to unlock standby funds from your property that can be put to better use.

### **II. Hidden Costs To Watch Out For When Buying A Home**

[Min 20pax, 4-6 weeks' notice]

For most homebuyers, the finances involved when buying a home appears fairly straightforward - the purchase price, the loan amount, and interest rates are usually your primary concerns. However, you may have overlooked some other costs that can add up significantly when you are budgeting your cash flow. Here, we give you a heads up on what you should be looking out for.

### **III. Are You Ready To Commit? (To A Bank Loan)**

[Min 20pax, 4-6 weeks' notice]

Purchasing a residential property is the biggest financial commitment most people will make in their lifetime. When making such a big decision, we are here to guide you on how banks assess the amount you can borrow, and help you decide the best way forward.

### **IV. The Layman's Guide to Home Loan Speak**

[Min 20pax, 4-6 weeks' notice]

Have you ever wondered whether you should be “Refinancing” or “Repricing” your housing loan? Do you find yourself often confused with terms like “Lock-in period”, “Subsidy clawback”, or “FHR”? This talk will decode the jargon for you, so that you can speak to your lender with more confidence.

## **V. What You Need To Know About Refinancing**

[Min 20pax, 4-6 weeks' notice]

Refinancing home loans can be tricky if you are not fully aware of all the considerations. In this talk, we alert you to the few things to bear in mind before you decide to refinance with another bank or reprice your home loan.

## **VI. The Lowdown on Property Loan Regulations**

[Min 20pax, 4-6 weeks' notice]

Property loan regulations are put in place to ensure a sustainable property market and to safeguard homebuyers from overcommitting to a property purchase. That being said, there is a burning question on everyone's mind: "How is this going to affect me?" You will find out here.

## **F) PEOPLE DEVELOPMENT: Be The Best That You Can Be**

### **I. Crack the Boss Code**

[Min 20pax, 4-6 weeks' notice]

Wondering about how we can understand our bosses better in helping us to do the right things and to get in to their good books? Through Enneagram, a powerful personality profiling tool, we will explore how to understand what drive our bosses and how they prefer to be treated.

### **II. Relationship Mastery: A Piece of cake**

[Min 20pax, 4-6 weeks' notice]

What can be trickier than handling relationships? Through Enneagram, a powerful personality-profiling tool, we will explore how we can handle different types of difficult people and understand how different personality types prefer to be treated.

### **III. 5 Love Languages**

[Min 20pax, 4-6 weeks' notice]

What is love and how can you express your love for someone you care about? Find out about the importance of understanding the love languages of your loved ones, so you can be more effective in showing you love, in the way they want and expect.

#### **IV. Men are from Mars, Women are from Venus**

[Min 20pax, 4-6 weeks' notice]

Curious to find out about the difference between men and women? We will be exploring how are they different, why do they see things differently and how can we bridge those differences for a happier relationship.

#### **V. Conflict Resolution**

[Min 20pax, 4-6 weeks' notice]

We all encounter conflicts from time to time but what if we are afraid of confrontations? How do we then resolve the conflicts? Do they go away on their own? What if your conflict is with someone who determines your next career move, or your loved ones? Let's explore the possibilities and how to simplify the process for harmony and peace.

### **G) HEALTHY LIVING: Managing Stress, Weight, Diet and Exercise**

#### **I. Healthy Eating at Workplace**

[Min 25pax, 4-6 weeks' notice]

Do you want to know how to eat healthily at your workplace? Learn from experts about the types of food to avoid at your workplace and get 6 tips to achieve healthy eating. Discover the Top 5 snacks to combat stress at your workplace. Learn the difference between emotional eating and mindful eating.

#### **II. Combat Stress Through Happy Foods**

[Min 25pax, 4-6 weeks' notice]

Find out what stress is, and how to manage it. Learn the different types of stress you might face, and gain valuable tips on how to combat these. Learn simple exercises to relieve stress. Discover the Top 10 Happy Foods to eat in order to improve one's mood and reduce stress.

#### **III. The Art of Strength**

[Min 30pax, 6-8 weeks' notice]

Learn the importance of building muscular strength and endurance to maintain optimal functional capacity. These strengthening exercises will be of low impact moderate intensity, focusing on the major muscle groups in the body. This workshop consists of a 25-minute talk and light 35-minute workout exercises. Gym wear is optional for this.

#### **IV. Health is Wealth**

[Min 30pax, 6-8 weeks' notice]

How do you kick-start a wholesome and active lifestyle? Focusing on the benefits of flexibility, strengthening and cardiovascular fitness, you will understand the importance of incorporating these 3-exercise components to your exercise routine for a wholesome workout. This workshop consists of a 25-minute talk and 35-minute workout. Participants are encouraged to be in gym attire for this.

#### **H) WELLNESS: Maintaining Well-Being For A Healthier & Happier Life**

##### **I. Posture and Desk Exercises**

[Min 30pax, 4-6 weeks' notice]

Does your backache after a long day at work? Are you experiencing headaches or migraines, neck and shoulder tension? Desk jobs are not only making you less active throughout the day, but also increase the likelihood of major health problems. Sitting in a slouched, poor-posture position for 5+ hours a day is crushing the spine's limited load. How should you be sitting at your desk? This workshop will teach you how you can start to improve your seated posture and minimize the pain. Simple exercises that you can do at your desk to help relieve the pain and tension and will boost your energy, engagement and efficiency throughout the workday.

##### **II. Sports Injuries Prevention**

[Min 30pax, 4-6 weeks' notice]

Are you pushing yourself stronger and harder than ever before in your fitness? Are you experiencing more pain or sports related injuries? This talk will take you through some basic tips on how to keep on the field rather than the sidelines. You should definitely attend if you:

- Have pain during or after sports
- Persistent or new swelling around a joint
- Recurrent instability - joints that 'give way'
- Pain that does not respond to a period of rest

### III. **The Vital Importance of Posture and How It Affects Health**

[Min 30pax, 6-8 weeks' notice]

We live in a world where degenerative spinal conditions are becoming the norm, with 80% of people eventually requiring medication. In Singapore where people spend very long hours at work, often leaning forward over a computer, spine problems have reached epidemic levels. Spine problems in turn will lead to uncomfortable and unhealthy bodies at old age, high medical expenses, and may cause working people to lose decades of productive and healthy life. Find out how to spot spine problems early and take corrective actions to literally save your neck.

### IV. **Aromatherapy**

[Min 30pax, 4-6 weeks' notice]

In this hands-on interactive workshop, participants can experiment with different essential oils and learn about their properties. This workshop is great for people who want a more natural way to relieve various conditions. Learn the basics of common aromatherapy essential oils, their therapeutic properties and their safe usage. Learn to apply essential oils for first aid, your wellbeing, and for health care.

## I) **BEAUTY: Attaining Optimal Beauty From Within**

### I. **East Meets West GUASA Secrets**

[Min 20pax, 4-6 weeks' notice]

TCM GUASHA Facial Beauty Workshop is an interactive session that shares with you the ancient beauty remedies of the TANG DYNASTY. Be amazed by a "live" demo of TCM GUASHA techniques using acupoints and meridian lines to rejuvenate your face and body. Witness instant results and benefits!

**II. Healthy Scalp, Glossy Hair**  
[Min 20pax, 4-6 weeks' notice]

Your hair is the crown you never take off. It is time to give it the care it deserves. Did you know that your scalp actually age 6 times faster than your face? Join us on this hair workshop for more tips and tricks on how to maintain or restore a head of youthful, lustrous hair. This workshop will cover;

- i. Get hair smart with our modern hair/scalp tips and tricks
- ii. Get to know your hair types
- iii. Prevent future concerns and tackle current issues with your hair/scalp
- iv. Daily hair regimes for maintaining healthy hair
- v. Solutions to treat your hair concerns
- vi. Live demonstration for proper hair care in the long-term
- vii. Get informed about the occasionally neglected yet very essential part of our body –our hair

**J) YOUR HEALTH AND YOU: The Greatest Wealth Is Health**

**I. Healthy Portions for Healthy Kidneys / Healthy Eating at Your Workplace**  
[Min 30pax, 6-8 weeks' notice]

How do my eating habits have an effect on my kidneys? Understand the healthy plate concept and dispel diet myths while gaining tips on how to manage your diet effectively. Chronic illnesses such as Diabetes and Hypertension can be prevented through healthy eating. Eating healthily can be easy and fun!

**II. Keep Salt Away**  
[Min 30pax, 6-8 weeks' notice]

How does a high sodium diet affect my kidneys? Learn the differences between salt and sodium and the effects of excessive sodium intake. Find out how you can identify hidden sodium in food and take home tips on how to enhance flavor by using natural ingredients and how to reduce sodium intake when dining out.

**III. Say No to Sugar**  
[Min 30pax, 6-8 weeks' notice]

Will eating too much sugar cause Diabetes? Join us as we debunk common sugar myths, identify hidden sugar in foods and highlight the effects of sugar affecting your kidney health. Useful tips to control daily sugar intake more effectively will also be shared.

**IV. Why Fat Matters**  
[Min 30pax, 6-8 weeks' notice]

How do fats affect my risk of getting kidney disease? Recognize the different types of fats and their effects understand the importance of fat to our body and learn how to read food labels to make better food choices. Mindful eating can also help to reduce the risk of kidney disease.

**V. The Art of Living Well Naturally**  
[Min 30pax, 6-8 weeks' notice]

It is not only important to know that “you are what you eat” – you could be eating the healthiest diet on the planet, but with compromised digestion, you might be wasting your effort and time! Poor digestion has been discovered by many health experts to be the root of many health ailments. In this workshop, learn about the causes of indigestion, how the body digest food and steps to improve your digestion to ensure that you maximized absorption of nutrients from your food intake and have the energy to lead a fulfilling life! The topic will touch mostly on the importance of healthy digestion, healthy natural food, lifestyle and some suitable natural supplements to take for staying healthy, especially during period of physical/emotional stress.

**VI. Managing Cholesterol The Natural Way**  
[Min 30pax, 6-8 weeks' notice]

It is commonly known that one of the main risk factors for the development of cardiovascular disease (CVD) is raised blood levels of blood cholesterol. Do you know about ‘good’ and ‘bad’ cholesterol and it is not just a matter of taking fat out of the diet? Learn to support healthy cholesterol levels with nutrients, through simple yet effective changes to your diet and lifestyle.

**VII. Science and Weight Loss**  
[Min 30pax, 6-8 weeks' notice]

Are you still wearing the New Year goodies at your waist? Getting tired of the “yoyo” weight loss effort? Want to lose weight but not knowing how to start? In this workshop, learn to be successful at weight loss and the prevention of weight gain the scientific way, backed by clinical studies.

**VIII. The Natural Way to Life Stages Health : Pregnancy – Breastfeeding – Toddler**  
[Min 30pax, 6-8 weeks' notice]

Do you know that studies have shown that some chronic diseases such as heart disease, obesity and diabetes in adulthood are “programmed” during pregnancy and the early stages of a child’s life? A woman’s diet and lifestyle before conception and during pregnancy have important effects on the subsequent health of her child. It is therefore important that you adopt healthy habits even before you plan for a baby. However, it is never too late to start even if you are already pregnant. Learn what solution science has for you and your love ones!

**IX. Women’s Health – PMS – How to Get Relief Naturally**  
[Min 30pax, 6-8 weeks' notice]

Premenstrual syndrome (PMS) is a term used to describe a cluster of emotional and physical symptoms that occur during the second half of the menstrual cycle. Symptoms can last from a couple of days up to two weeks which can be physical or emotional and can cause mild, moderate or severe disruption to day-to-day wellbeing. It is thought that between 70% to 90% of women experience some form of PMS. Join us for an enlightening session discovering the possible factors that may contribute to PMS and how you can naturally combat them.

**X. Antioxidant – The Secret to Youth & Longevity**  
[Min 30pax, 6-8 weeks' notice]

Learn the relationship between free radical and aging as well as how antioxidant aids in anti-aging. Practical tips on diet, lifestyle and hero antioxidants savaging supplements will be introduced. Join us for an enlightening session discovering the secret to youth and longevity.

**XI. Natural Solutions for Stress & Energy**  
[Min 30pax, 6-8 weeks' notice]

Understanding the reasons to health challenges caused by modern day stressors and the solutions through a sound diet and lifestyle with supporting key nutrients. Join us to find out how you can eliminate stress and sustain your energy levels.

**XII. General Aspects of Cancer**  
[Min 50pax, 6-8 weeks' notice]

The General Aspects of Cancer talk is an educational effort to reach out to members of the public in Singapore. Cancer is the most-common killer in Singapore and 1 in 3 Singaporeans die of cancer. The talk aims to instill awareness of cancer, as well as the need for better lifestyle and diet choices. The talk covers: Incidence of Cancer in Singapore, Risk factors, Prevention of Cancer, Diagnosis of Cancer and Treatment Options for Cancer.

**K) CORPORATE BAZAAR / ROADSHOW**

**I. Corporate Bazaar/Roadshow**  
[Min 150pax, 6-8 weeks' notice]  
[Fees apply]

To organise a corporate bazaar/roadshow for your employees at your office premises, we have merchants from the various industries for your consideration. Clients are required to provide the venue's floor plan prior to the scheduling of the event, for the assessment of space suitability for the proposal of the number of booths. Please note that the participation from our merchants is subject to their availability on the client's preferred date for the activity.

## L) CORPORATE SOCIAL RESPONSIBILITY

(BLOOD DONATION DRIVE) – GIVE BLOOD, SAVE LIVES

### I. Corporate Social Responsibility (Blood Donation Drive)

[Min 100pax, 6-8 weeks' notice]

[Fees apply]

To organise a blood donation for your employees at your office premises, clients are required to arrange for a site recce visit by our partners from the Singapore Red Cross, to assess the venue suitability.

#### Requirements:

- 2-3 Power Outlets
- Loading Bay
- Air-Conditioned, Well-Lit, Quiet Space (size of 2 Badminton Courts) – Larger space is required if more donors are expected

Please be informed that registration does not constitute to eligibility for the blood donation. Our partners will assess the health condition of the individual donors during the donation drive to determine if they are eligible to donate blood.

## M) SPORTS ACTIVITIES: Get Fit, Start Moving

### I. Sports Activities from A to Z

[Max 30pax, 6-8 weeks' notice]

[Fees apply]

From low intensity to high intensity workouts, we have exercise programmes that suit your employees' demographics. Our exercises vary from Aerobics to Zumba.

- Aerobics
- Kickboxing
- Static Workout
- Zumba

Get in touch with us for the list of available exercises. Please note that the prices may vary according to topic and/or date, subject to the sole and absolute discretion of our partners.

**N) MAMMOGRAM SCREENING: Early Detection Can Save Lives**

**I. Mammogram Screening**

[For half-day session, min 15pax, 6-8 weeks' notice]

[For full-day session, max 35pax, 6-8 weeks' notice]

[Fees apply]

To organise a corporate Mammogram screening session for your employees at your office premises, clients are required to arrange for a site recce visit by our partners from the Singapore Cancer Society and National Healthcare Group Diagnostics, to assess the venue suitability.

**Requirements:**

- The dimension of the Mammobus is; L 11.5m X W 2.5m X H 3.6m. Adequate parking space, about 5-6 normal parking lots, is required on level ground within 60 ft. from the power source of the Mammobus
- The Mammobus requires a power supply of 30amps. Legrand 32 A plug and socket
- Provision of generator is also available at S\$250.00 per day at the same location (subjected to prevailing GST)
- In the event that Mammobus is required to be parked at a third-party venue, the Organiser has to obtain prior approval from the approving authority

Please be informed that registration for the Mammogram Screening does not constitute to eligibility for the screening, as our partners will assess the health condition of the individuals. The rates may differ for each individual. Please get in touch with us at [Benefits\\_Worksite@greateasternlife.com](mailto:Benefits_Worksite@greateasternlife.com) for more information.