



**My Health Map**  
By NUHS



**Take Charge of  
Your Health Today**

## **My Health Map (MHM) is a preventive health management plan that empowers you to take the first steps to staying healthy.**

Developed by the National University Health System (NUHS), MHM recommends health screening and vaccinations appropriate for individuals aged 40 years and above. These preventive health milestones are based on age and gender guidelines provided by the local health authorities.

Keeping track of your health status can help you make informed decisions about your lifestyle choices to improve your well-being and staying healthy as you age actively.

When you sign up for MHM, we can support you on your health journey by:

- + Keeping you updated on preventive health milestones appropriate for you.
- + Sending timely reminders about your upcoming screening or vaccination schedule.
- + Providing information about where you can access relevant health services at government subsidised rates.

# Essential health screening & prevention milestones

Recommendations Following guidelines for individuals at average risk, with no known conditions	Age (years)		
	40–49	50–64	65 & up
<b>Obesity</b> Body Mass Index (BMI)	Once a year		
	 	 	 
<b>High Blood Pressure</b> Blood pressure measurement	Once every 2 years		
	 	 	 
<b>High Cholesterol</b> Lipid profile	Once every 3 years		
	 	 	 
<b>Diabetes</b> Fasting blood glucose or Glycated Haemoglobin (HbA1C)	Once every 3 years		
	 	 	 
<b>Cervical Cancer*</b> Human Papillomavirus (HPV) DNA testing <small>*For those who ever had sexual activity</small>	Once every 5 years		
			
<b>Breast Cancer</b> Mammogram		Once every 2 years	
			
<b>Colorectal Cancer</b> Faecal Immunochemical Test (FIT)		Once a year	
		 	 
<b>Pneumococcal Vaccine</b>			2 doses
			 
<b>Influenza Vaccine</b>			Once a year
			 
<b>Functional Screening for Vision, Hearing and Oral Health</b> (From 60 years of age)		Once a year	
		 	 
<b>Frailty Screening</b>			Once a year
			 

# Start your journey to health today

---

Sign up for My Health Map today, and embark on a journey to better health and an active lifestyle.



Take charge of your health today and  
sign up for My Health Map!

An initiative by:  
**National University Health System (NUHS)**

NUHS is an integrated Academic Health System and Regional Health System that delivers value-driven, innovative and sustainable healthcare in Singapore.

For more information about us, visit [www.nuhs.edu.sg](http://www.nuhs.edu.sg).

Information is correct at time of printing (Apr 2021)  
and subject to revision without prior notice.

