



ABOUT FIT50

The FIT50 programme was launched in 2014 in conjunction with Singapore Cancer Society's 50th anniversary celebrations. FIT50 programme aims to encourage those entering their silver years to stay "fit" and adopt regular health screening for the three commonly diagnosed cancers affecting Singaporeans.

Singapore Cancer Society will be providing cancer screening services at no cost to Singapore Citizens who are turning 50 years old in 2023 and due for screening. This is to encourage them to stay fit, healthy and cancer-free.

The fully-sponsored cancer screening services will include HPV test, Faecal Immunochemical Test (FIT) and the mammogram screening.

Singapore Cancer Society will pay for remaining charges after prevailing government subsidies for screening tests, so that eligible participants do not pay any amount for it.



MAMMOGRAM FOR BREAST CANCER



Breast cancer is the most common cancer among women in Singapore. The chances of surviving breast cancer increase with early detection via screening.

Between mammograms, breast self-examinations should be done. Scan to learn more.



Why are regular mammogram screenings important?

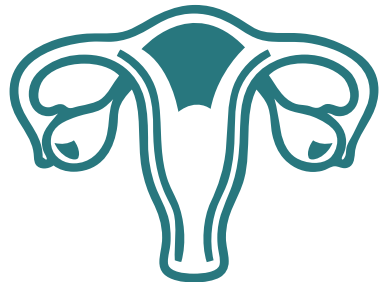
- Early stages of breast cancer typically do not have any signs or symptoms.
- A mammogram screening can help detect breast cancer early thus you should go for a mammogram once every two years if you are aged 50-69.
- Regular mammogram screenings can help detect breast cancer even before lumps can be felt.
- The earlier the cancer is found, the better the treatment options and the greater the chances of survival.

HUMAN PAPILLOMAVIRUS (HPV)

TESTING FOR CERVICAL CANCER

Cervical cancer is a type of cancer that occurs in the cervix – the lower part or neck of the womb (uterus). Abnormal changes in the cells of the cervix may cause the cells to grow out of control, which when left untreated, could develop into cervical cancer.

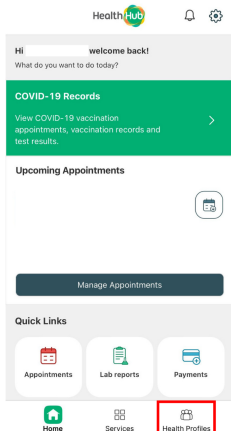
Cervical cancer is highly preventable and curable when detected and treated early through HPV vaccination and regular cervical cancer screenings.



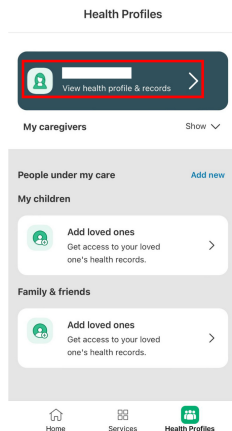
Scan to learn more about HPV Testing.

Turn to the next page for the list of screening locations.

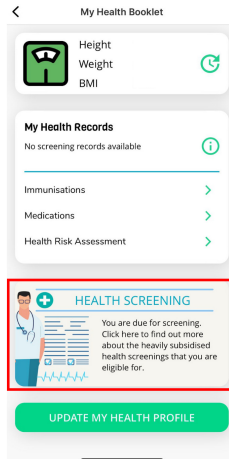
STEPS TO CHECK ELIGIBILITY FOR MAMMOGRAM AND HPV TEST ON HEALTHHUB APP



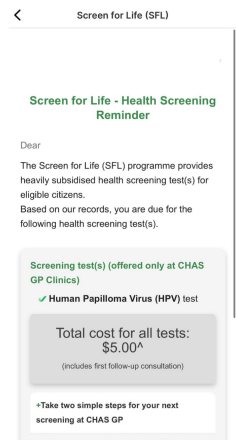
Step 1:
Click on "Health Profiles"



Step 2:
Click on "View health profile & records"



Step 3:
Click on "You are due for screening..."



Step 4:
View your screening eligibility

You can book your appointment with our following screening partners:

LOCATION	MAMMOGRAM	HPV TEST
Singapore Cancer Society Clinic @ Bishan 9 Bishan Place, Junction 8, Office Tower #06-05 Singapore 579837	1800-727-3333	
	✓ valid CHAS Blue or Orange card	✓
SINGHEALTH POLYCLINICS	MAMMOGRAM	HPV TEST
	6536 6000	6643 6969
Bedok Polyclinic Heartbeat @ Bedok, Blk 11, Bedok North Street 1, #02-01/#03-01, Singapore 469662	✓	✓
Bukit Merah Polyclinic Blk 163 Bukit Merah Central, #04-3565, Singapore 150163		✓
Eunos Polyclinic 1 Chin Cheng Avenue, Singapore 429400	✓	✓
Marine Parade Polyclinic Blk 80, Marine Parade Central, #01-792, Singapore 440080		✓
Outram Polyclinic 3 Second Hospital Avenue, Health Promotion Board Building #02-00, Singapore 168937	✓	✓
Pasir Ris Polyclinic 1 Pasir Ris Drive 4, #01-11, Singapore 519457	✓	✓
Punggol Polyclinic 681 Punggol Drive, Oasis Terraces, #02-01 Singapore 820681	✓	✓
Sengkang Polyclinic 2 Sengkang Square, Sengkang Community Hub, #01-06, Singapore 545025	✓	✓
Tampines Polyclinic 1 Tampines Street 41, Singapore 529203		✓

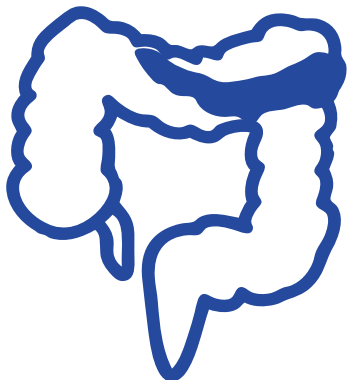
NATIONAL UNIVERSITY POLYCLINICS	MAMMOGRAM	HPV TEST
	6370 6556	6908 2222
Bukit Batok Polyclinic 50 Bukit Batok West Avenue 3, Singapore 659164	✓	✓
Bukit Panjang Polyclinic 50 Woodlands Road, #03-02, Singapore 677726		✓
Choa Chu Kang Polyclinic 2 Teck Whye Crescent, Singapore 688846		✓
Clementi Polyclinic Block 451 Clementi Avenue 3, #02-307, Singapore 120451	✓	✓
Jurong Polyclinic 190 Jurong East Avenue 1, Singapore 609788		✓
Pioneer Polyclinic 26 Jurong West Street 61, Singapore 648201	✓	✓
Queenstown Polyclinic 580 Stirling Road, Singapore 148958		✓



Scan the QR code to register for a mammogram appointment at the National University Polyclinics.

Appointment making URL:
<https://form.gov.sg/6201c1c93bc12500135730b3>

FAECAL IMMUNOCHEMICAL TEST (FIT) FOR COLORECTAL CANCER



Colorectal cancer is the top diagnosed cancer in Singapore – **#1 for men** and **#2 for women**. People who are aged 50 and above are at higher risk of developing colorectal cancer thus the national screening guidelines start at age 50.

Having blood in the stools may be a sign of colorectal cancer and the FIT (Faecal Immunochemical Test) Kit can help detect the presence of small amounts of blood in faeces. The test is safe, easy to do, should be done annually and does not require any prior fasting or change in diet.

Note: You can collect a set of FIT Kits on behalf of your family members or friends who meet the eligibility criteria. Bring along the test taker's NRIC (original, photocopy or mobile snapshot - front and back) when you collect the kits.

You may collect your FIT Kits at polyclinics but do note that they only issue FIT Kits to participants who are Healthier SG enrolled with them.



Scan the QR code to register through Singapore Cancer Society website for a set of FIT Kits to be mailed to your address. Please allow a minimum of 14 working days for mailing after registration.

FIT Request URL:

<https://portal.singaporecancersociety.org.sg/fit/fitrequest>

Alternatively, turn to the next page for the list of FIT Kit distribution locations.

You can collect your FIT Kit with our following distribution partners:


<https://portal.singaporecancersociety.org.sg/fit/fitrequest>


<div><div>Singapore Cancer Society</div><div>30 Hospital Boulevard, #16-02, NCCS Building, S168583</div><div>Singapore Cancer Society Clinic @ Bishan</div><div>9 Bishan Place, Junction 8 Office Tower, #06-05, S579837</div></div>		
EU YAN SANG		WELCIA-BHG
NORTH		
AMK Hub Causeway Point Compass One Hougang Mall Lot One Northpoint City	Novena Square Sun Plaza Serangoon NEX Square 2	Northpoint City
SOUTH		
City Square Mall Marina Bay Sands Tiong Bahru Plaza VivoCity		Not Applicable
CENTRAL		
Bugis Junction Change Alley Mall Chinatown Point City Square Mall Great World City ION Orchard Junction 8	Orchard Paragon Plaza Singapura Raffles City Suntec City Takashimaya Shopping Centre Upper Cross Street	Bugis Junction Suntec City Raffles City Shopping Centre
EAST		
Bedok Central Bedok Mall Jewel Changi Airport Parkway Parade	Paya Lebar Quarter Tampines Mall Waterway Point White Sands Mall	Not Applicable
WEST		
Bukit Panjang Mall Clementi Mall JEM Jurong Point West Mall		Not Applicable


FIT50 is brought to you by:





30 Hospital Boulevard, #16-02, NCCS Building, Singapore 168583


 1800-727-3333


 6221 9575


 www.singaporecancersociety.org.sg

 enquiry@singaporecancersociety.org.sg

 [SGCancerSociety](https://www.facebook.com/SGCancerSociety)

 [@singaporecancersociety](https://www.instagram.com/singaporecancersociety)

 [Singapore Cancer Society](https://www.linkedin.com/company/singapore-cancer-society)

 [@sgcancersociety](https://www.tiktok.com/@sgcancersociety)

SCS Cancer Rehabilitation Centre @ NCCS building | SCS Cancer Rehabilitation Centre @ Jurong Medical Centre

SCS Welfare Services @ NCCS building, L11 | SCS Clinic @ Bishan Junction 8 Office Tower

SCS Satellite Office @ NCIS | SCS Survivorship Centre @ Woods Square

Programme Partners:



Screening Partners:

