

21 July 2023

Dear Sir/Mdm,

**INVITATION TO FULLY SPONSORED CANCER SCREENING(S)
BY SINGAPORE CANCER SOCIETY**

Singapore Cancer Society (SCS) wishes you a happy 50th birthday! As we celebrate this significant milestone, let us also better take charge of our health, to embrace and fully enjoy the next lap.

On your 50th birthday, SCS extends a special invitation for you to undergo cancer screenings at no cost as part of the SCS FIT50 program. This initiative by SCS aims to promote healthy living and regular screenings, and we encourage you to maintain a routine of regular cancer screenings.

SCS FIT50 initiative, in partnership with Financial Alliance Pte Ltd, is exclusive for Singaporeans who will be celebrating their 50th birthday in 2023. Eligible participants can enjoy fully sponsored screening(s) offered by the Singapore Cancer Society until 30 December 2023.

Cancer Screenings provided at no cost

1. Faecal Immunochemical Test or FIT (screening for Colorectal Cancer)
Eligibility Criteria:
 - Men and women aged 50 years and above
 - Have not done a FIT in the last 12 months
 - Have not done a Colonoscopy in the last 10 years or unless otherwise advised by the doctor

2. Mammogram (screening for Breast Cancer)
Eligibility Criteria:
 - Women aged 50 years and above
 - Have not done a Mammogram in the last 2 years

3. HPV Test (screening for Cervical Cancer)
Eligibility Criteria:
 - Women aged 30 years & above
 - Have previously engaged in sexual intercourse
 - Not pregnant
 - Have not done a HPV Test in the last 5 years

Refer to Page 4 and 6 for more details.

Before booking your Mammogram / HPV Test appointment and/or collecting your FIT Kits, please ensure you meet the eligibility criteria. For Mammogram and HPV Test, kindly check your screening eligibility on your HealthHub app (refer to Annex A for the steps).

Participants are only able to claim the above-listed screening(s) once. This offer is valid from now till 30 Dec 2023 by presenting this letter and your NRIC for the screening(s).

Appointments are to be scheduled by 29 Nov 2023 and screenings must be completed by 30 Dec 2023. Any re-appointments or appointments made after 29 Nov 2023 will incur the usual charges. Please bring this letter along for verification purposes. For more information, you may refer to the enclosed FIT50 booklet.

If you are already on medical follow-up for any of the above conditions, please continue your follow-up with your doctor-in-charge and do not collect FIT Kits and/or go for the above screening(s).

For more information on our FIT50 programme, kindly contact SCS at 1800-727(SCS)-3333 or e-mail: communityhealth@singaporecancersociety.org.sg.

About Singapore Cancer Society

Established in 1964, the Singapore Cancer Society (SCS) is a self-funded social service agency which provides care services to cancer patients in need in areas such as cancer control and prevention, patient support services, and palliative care. SCS key services include cancer screening programmes, public education, financial and welfare services, psychosocial support, rehabilitation programmes and hospice care. For more information, please visit www.singaporecancersociety.org.sg

Yours Sincerely,



ALBERT L H CHING
Chief Executive Officer
Singapore Cancer Society

Please note that if you receive multiple invitation letters for the SCS FIT50 programme, it is because we are collaborating with various organisations to encourage Singaporeans to undergo cancer screenings. You only need to refer to one of the letters.

Programme Partners:



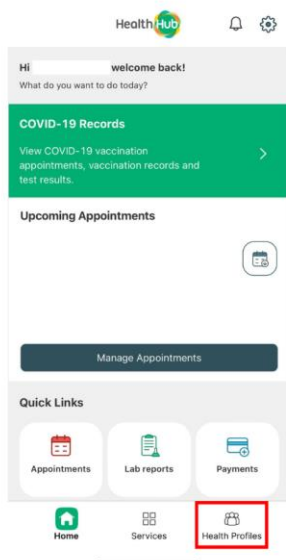
Screening Partners:



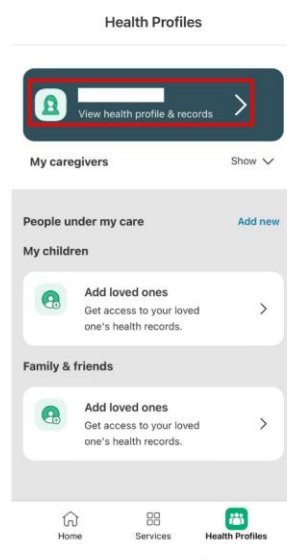
SINGAPORE CANCER SOCIETY

30 Hospital Boulevard, #16-02 NCCS Building, Singapore 168583
www.singaporecancersociety.org.sg | enquiry@singaporecancersociety.org.sg

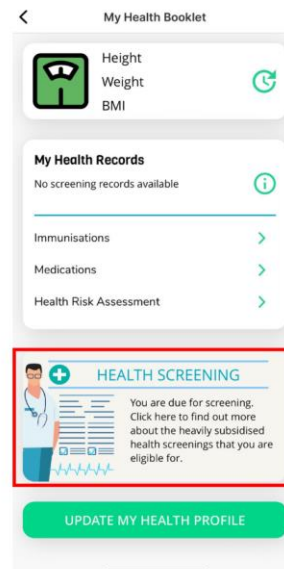
ANNEX A - STEPS TO CHECK ELIGIBILITY FOR MAMMOGRAM AND HPV TEST ON HEALTHHUB APP



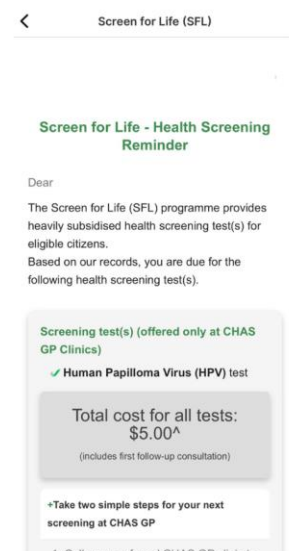
Step 1:
Click on "Health Profiles"



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



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



Step 4:
View your screening eligibility



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.

44

people are **DIAGNOSED** with cancer everyday

16

people **DIE** from cancer everyday

1 IN 4

people may develop cancer in their lifetime



Must I really screen regularly?



Scan to learn why cancer screening is important



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?

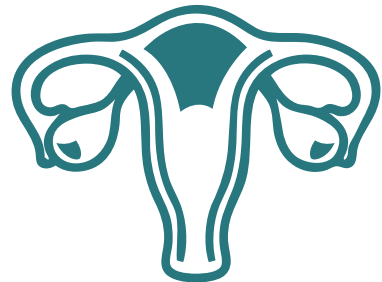
- Early stages of breast cancer typically do not have any signs or symptoms.
- A mammogram screening can help detect breast cancer early thus you should go for a mammogram once every two years if you are aged 50-69.
- Regular mammogram screenings can help detect breast cancer even before lumps can be 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.

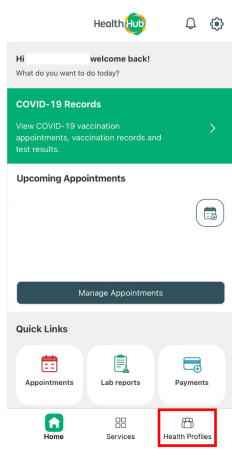
Cervical cancer is highly preventable and curable when detected and treated early through HPV vaccination and regular cervical cancer screenings.



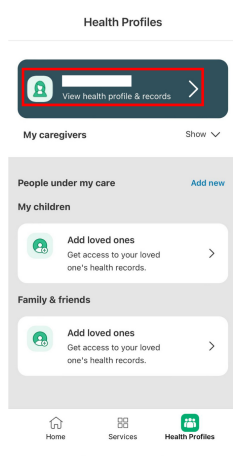
Scan to learn more about HPV Testing.

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

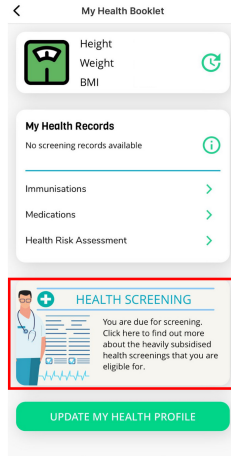
STEPS TO CHECK ELIGIBILITY FOR MAMMOGRAM AND HPV TEST ON HEALTHHUB APP



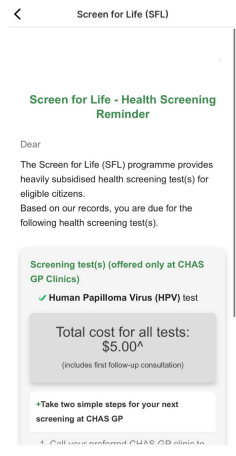
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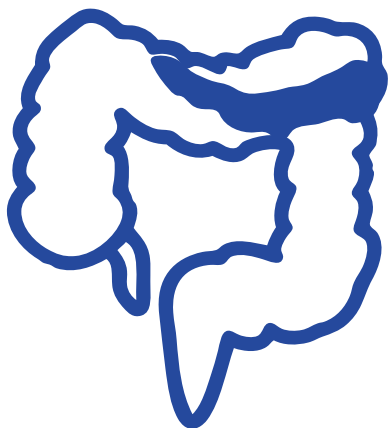


Step 4:
View your screening eligibility

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	
LOCATION	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		

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.



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/request>

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>


<p align="center">Singapore Cancer Society 30 Hospital Boulevard, #16-02, NCCS Building, S168583</p> <p align="center">Singapore Cancer Society Clinic @ Bishan 9 Bishan Place, Junction 8 Office Tower, #06-05, S579837</p>		
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 Woodlands MRT
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:





**SINGAPORE
CANCER
SOCIETY**


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

 1800-727-3333


 6221 9575


 www.singaporecancersociety.org.sg

 enquiry@singaporecancersociety.org.sg

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 [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:

