HELPING SENIORS STAY HEALTHY AND CONNECTED WITH THE MOMENTS OF LIFE APP

Being home to one of the fastest ageing populations in the world, it is crucial for Singapore to support and promote seniors' involvement and engagement in the community. In line with this, the Moments of Life (MOL) mobile app has been enhanced with an Active Ageing module catered to senior citizens aged 60 and above. First introduced in June 2018, the MOL app is one of the Strategic National Projects in Singapore's Smart Nation initiative. It is a suite of services which supports citizens' needs at key junctures by integrating and bundling services across Government agencies.

To better tailor to the unique requirements of senior citizens, AIC and the Government Technology Agency (GovTech) have co-developed the Active Ageing module after consultation and user testing sessions with over 400 seniors. The Active Ageing features designed for seniors allow them to access senior-centric programmes and information to various schemes. This enables the seniors to stay active, healthy and informed of resources available in the community.

Get access to their Merdeka Generation (MG) e-card to receive benefits

Find active ageing programmes near them

Have quick and easy access to government benefits they are eligible for

HONOURING THE MERDEKA GENERATION

One important feature of the MOL Active Ageing module is an embedded Merdeka Generation (MG) e-card.

MG seniors are able to use the MG e-card in place of the physical card to enjoy the benefits of the Merdeka Generation Package (MGP) at CHAS GP clinics as well as participating merchants.

Clinics should note that the MG e-card from the Moments of Life app is an accepted alternative of the physical MG card.

MG seniors will be able to see their MG e-card after logging in with their SingPass. Clinics can verify patients' MG e-card validity on MHCP or their Clinic Management Systems (CMS) as well.
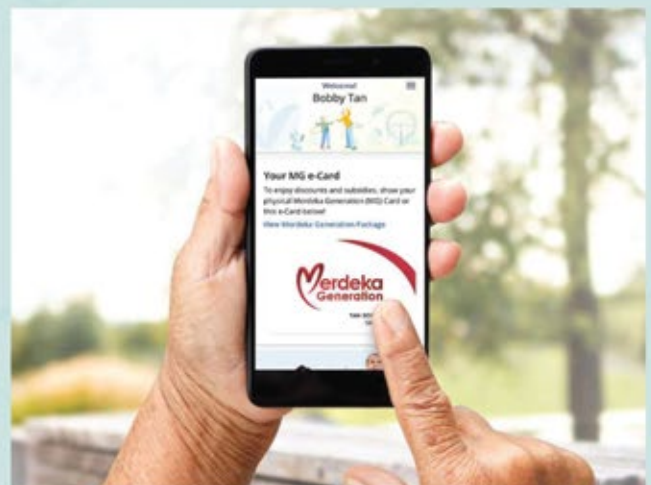
# SOCIAL-HEALTH INTEGRATION TO SUPPORT ACTIVE AGEING

Besides clinical care provided by GPs, an important component of a senior's active ageing journey is having them be socially engaged. To this end, the Health Promotion Board (HPB) and the People's Association (PA) frequently organise events, courses and workshops suitable for the elderly. With MOL, your patients will now be able to tap on a geo-spatial event finder to browse various Active Ageing Programmes near them.

Additionally, to ensure patients are cared for holistically, GPs can also encourage your senior patients to attend functional screenings for early identification of any age-related decline in a senior's vision, hearing and oral health. Seniors who wish to attend functional screening may tap on Project Silver Screen (PSS), a national functional screening programme for seniors. MOL users will be able to access the latest PSS schedule on the app and walk-in at their preferred screening session for registration.

HPB Activities
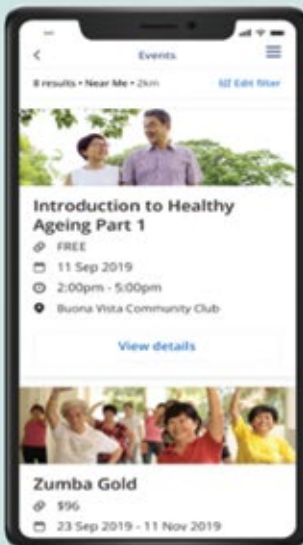
Functional Screening
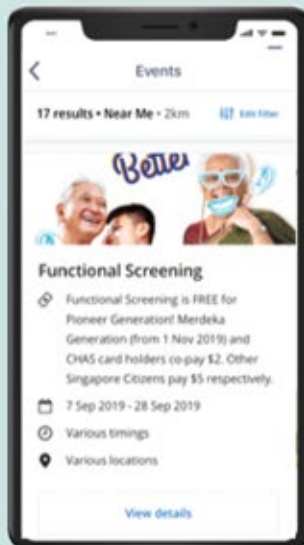
PA SkillsFuture Courses

IMDA Digital Clinics

DOWNLOADING THE APP

To download, please search for "Moments of Life" on Google Play or Apple App stores. Alternatively, users may scan the following QR code:

http://momentoflife.sg/bSJU