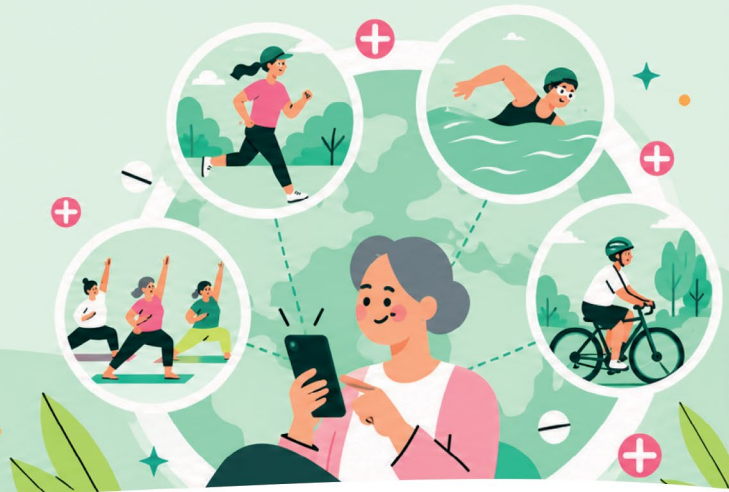


Health Plan AI: Turning Goals into Action

by the Agency for Integrated Care (AIC)



Under Healthier SG, enrolled residents work with their doctors to develop personalised Health Plans that include health goals and actions enrollees can partake in such as engaging in regular physical activity. However, questions often arise about suitable activities and how enrollees can fit exercise into their daily lives.

The Health Plan Artificial Intelligence (AI) beta feature on HealthHub aims to help address these questions.

Introducing Health Plan AI

Health Plan AI enables eligible Healthier SG enrollees to generate a personalised seven-day exercise plan based on information in their Health Plans, together with demographic data and personal preferences.

Developed by the Ministry of Health (MOH) and Synapse in collaboration with healthcare professionals, Exercise Is Medicine Singapore (EIMS), and the Health Promotion Board (HPB), the feature follows the Singapore Physical Activity Guidelines (SPAG).

The beta feature was launched on HealthHub on 27 July 2026 and will run for an initial six-month period to assess user behaviour and receptivity. MOH will review the outcomes of the beta before deciding the direction forward for the feature.

Supporting Health Plan Conversations

Health Plan AI complements existing Health Plan discussions and does not change the process for creating or updating Health Plans. Its recommendations serve as a guide and do not replace personalised medical advice. The feature also incorporates safeguards and is developed in line with Responsible AI principles and the Infocomm Media Development Authority's (IMDA) Model AI Governance Framework for Agentic AI.

Doctors should continue discussing health goals and recommended actions with their enrollees. Following these discussions, enrollees can use Health Plan AI to generate personalised exercise plans, which can be further tailored to their preferences, location and availability. The exercise plans may include a mix of self-guided exercises, as well as programmes offered by HPB, People's Association and SportSG.

By supporting enrollees beyond the consultation room, the feature helps enrollees translate goals into action, while enabling doctors to focus on preventive and chronic care discussions.

Setting Clear Exercise Goals

While safeguards help ensure appropriate use, the recommendations do take into consideration the information recorded in enrollees' Health Plans by doctors.

A clear and specific Frequency, Intensity, Time and Type (FITT) aerobic exercise goal also enables the feature to generate more relevant recommendations. Doctors are encouraged to record FITT duration in minutes per day, based on what the enrollee should aim to achieve by the next Health Plan check-in.

Clear targets can also help motivate action. According to a report by HPB, enrollees who were given more specific goals, such as 30 minutes of moderate-intensity aerobic activity three times a week, showed an almost twofold increase in median weekly physical activity levels compared with those given a basic goal.

Doctors can also reinforce the importance of strength exercises in line with SPAG, and highlight any needs for flexibility and balance exercises. Where applicable, any precautionary remarks, injuries or contraindications can also be documented in the Health Plan's free-text fields.

A Simple Prompt beyond the Consultation

After creating or updating a Health Plan, doctors can encourage eligible enrollees to access their personalised exercise plan through the Healthier SG module on HealthHub. Feedback submitted through the platform will help shape future enhancements to the feature.

During the beta phase, the AI-generated exercise plans are visible only to enrollees and are not automatically shared with doctors. If interested, doctors may ask their enrollees to show their exercise plans during Health Plan check-ins.



HEALTH PLAN AI (Beta)

Available until 27 January 2027

Set specific exercise goals in Health Plan. Help eligible Healthier SG enrollees act on it.

ELIGIBILITY CRITERIA

- Healthier SG enrollee aged 40–64
- No chronic conditions
- Has a Health Plan

Eligible enrollees will automatically be able to access Health Plan AI on HealthHub.

WHAT WILL HEALTH PLAN AI DO?

Health Plan + Demographics + Preferences → Tailored seven-day exercise plan

May include self-directed exercises, community exercise programmes, rest days, recommended weekly frequency and exercise guidance.

SAFEGUARDS BUILT IN

Before an exercise plan is generated:

- A one-time physical activity readiness declaration by the enrollee is required
- No plan if: BMI $<18.5 \text{ kg/m}^2$ or $\geq 32.5 \text{ kg/m}^2$; declared injury or mobility limitation; Frequency, Intensity, Time, and Type (FITT) aerobic exercise goal recorded on Health Plan is <10 minutes/day or >300 minutes/week

During the beta:

No intensity progression unless the prescribed intensity in the Health Plan is updated

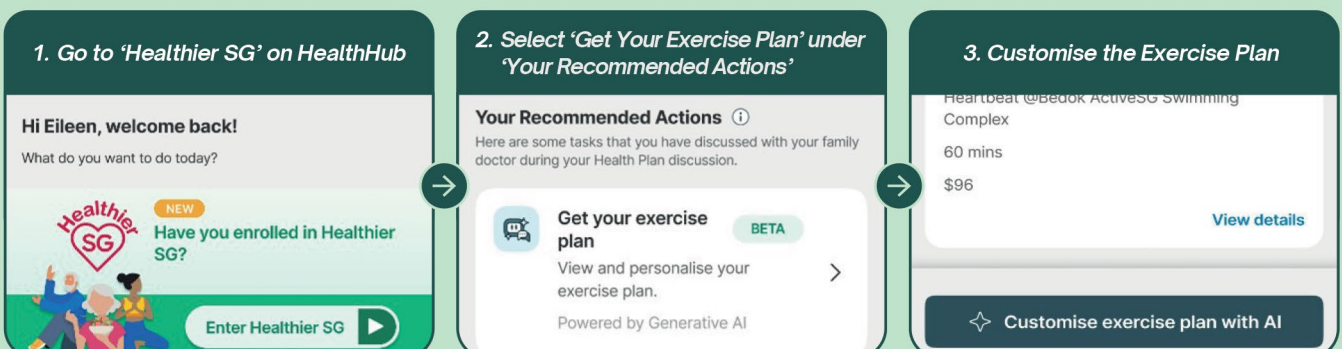
HOW CAN HEALTHIER SG DOCTORS HELP?

1. Set specific exercise goals in Health Plan

- Set clear and specific FITT aerobic exercise goal for enrollee to achieve by their next Health Plan check-in
- Record FITT duration in minutes per day
- Document any precautionary remarks, injuries or contraindications in the 'Record of Discussion' free text field (if applicable)

There is no change to the existing process to create and update Health Plans.

2. Encourage eligible enrollees to try Health Plan AI



Enrollees can provide their feedback through HealthHub.

The Health Plan AI project team would like to express our appreciation to the following clinicians and representatives who have contributed to the development of Health Plan AI:

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