

EIM Singapore

South East Asian Regional Center



Dr. Benedict Tan

Regional and National Center Director

Dr. Benedict Tan

Affiliation

Changi General Hospital

National Center Manager

Loo Chuan Ing, Senior Manager
Loh Pei Shan, Coordinator

Affiliation

Changi General Hospital

Host Institution – Changi General Hospital

Changi General Hospital is an award-winning hospital with over 1000 beds caring for a community of 1.4 million people in eastern Singapore that offers a comprehensive range of medical specialties, helmed by an experienced and skilled team of healthcare professionals. Situated within Changi General Hospital, the Changi Sports Medicine Centre is the largest multidisciplinary sports medicine centre in Singapore. Equipped with the latest technologies and an in-house gym, they cater to recreational and competitive athletes from a wide range of sports, such as golf, soccer, running, tennis, bowling, swimming, sailing, wakeboarding, scuba diving, performing arts, disabled sports, etc. The Sports Medicine Centre also provide exercise testing and customised exercise prescription for those with medical conditions, such as coronary artery disease, hypertension, dyslipidemia (disruption in the amount of lipids in the blood), diabetes, and obesity.



Singapore also serves as the Regional Center for EIM Southeast Asia.

National Center Advisory Board

Affiliation

Dr. Ng Chung Sien	Changhi General Hospital
Dr. Fadzil Hamzah	Changhi General Hospital
Dr. Cindy Lin	Changhi General Hospital
Dr. Ivy Lim	Changhi General Hospital
Dr. Teh Kong Chuan	Khoo Teck Puat Hospital's Sports Medicine Centre
Dr. Sherry Young	Changi General Hospital, Dept of Rehab Medicine
Dr. Angela Chan	Changi General Hospital, Department of Psychological Medicine
A/Prof Lee Kheng Hock	Singapore General Hospital, Dept of Family Medicine and Continuing Care
Dr. Noel Stanley Tay Wey Tut	Jurong Health Services, Dept of Respiratory Medicine

2015 Goals

- Organise an EIM SE Asia Regional meeting in Singapore (June 2015)
- Publish a new course book with new modules included to optimize learning for participants for their

EIM healthcare provider training course

- Organise EIM on Campus outreach activities with local tertiary institutions
- Organise 10 courses for doctors and fitness trainers
- Participate in two community projects

Past Accomplishments

- Conducted 9 training courses in Singapore; 3 were for primary care physicians and 6 for fitness professionals
- Have certified 95 primary care physicians and 35 fitness professionals
- Launched EIM Singapore newsletter and provided quarterly editions
- Helped organize and training EIM health care provide and exercise professional courses throughout Southeast Asia (Malaysia, Indonesia, Philippines and Thailand)
- Assisted in the launching of an EIM National Center in Doha, Qatar
- Set-up the first EIM™ compliant fitness corner at Simei Park connector, which officially opened on 29 March 2014
 - As part of their public outreach efforts they have set up displays and conducted forum talks at the 50 Plus Expo and Health & You expos in Singapore