

N.O.W

NEWS ONLINE FOR WORKPLACES

THEY TRAINED,
THEY BONDED,
THEY CONQUERED.

56 teams. 30 business clusters. Only one game to win it all. The inaugural HPB Healthy Workplace Ecosystem (HWE) Champions League Finals on July 21st 2017 at the Kovan Sports Centre witnessed the ultimate cross-clusters fight for the 5-a-side futsal Champions League. Prior to this finals, HWE organised regular sessions of futsal at the various ecosystems, culminating to this final. Competitors interviewed said the tournament made them more aware of their fitness and health and that they were glad for the times they bonded closer together as colleagues, even for those who don't play or train regularly.

The night's nail-biting final between Smove Team 1 from Clean Mobility Singapore, representing one-north, and Swoosh United FC from Nike, representing Mapletree



Business City. Smove Team 1 finally emerged victorious from the intense 15 minutes of competition. The third place was taken home by BHP Crushers from BHP Marketing (Asia), representing Marina Bay Financial Centre.

This tournament also brought staff of the companies together. Take AbbVie for instance. Marc O'Donoghue, Site Director, organised transport, gear, dinner and drinks for his players, ABB Young Boys. He mentioned: "It's important to show that we support them as a team. We are all in this together".

"We dedicate this win to team work, playing together."

Despite football being a "man's game", the night also witnessed a touch of feminine flair with the participation of two ladies - Maggie Lupinski (Swoosh United FC from Nike) and Jasmine Kua (Team Suntec from Suntec Singapore International Convention).

Perhaps Farouq Farkhan of champions Smove Team 1 summed up the tournament best: "We dedicate this win to team work, playing together. We want to thank also the all the competitors for putting up a fierce fight and making this competition challenging and exciting". Looks like Smove Team 1 weren't the only winners of this tournament.

TRIPARTITE OVERSIGHT
COMMITTEE ON WORKPLACE
HEALTH: OVER 300,000
EMPLOYEES HAVE BENEFITTED

The Tripartite Oversight Committee (TOC) has shared that over 300,000 employees benefitted from customised health and wellness programmes at their workplaces. Co-chaired by Senior Minister of State for Health, Dr Amy Khor, and Minister of State for Manpower, Mr Sam Tan, the Committee released a report, as well as held a media conference on the 20th July at OUE Downtown to share its achievements along with key learnings and recommendations over its three-year term.

**Cooking Workshop at the Social Kitchen**

Apart from making informed choices when dining out, participants can pick up useful information at the lunchtime workshop as well. For example, the participants at OUE Downtown get to attend a hands-on session of healthy cooking workshop, whipping up a healthier version of the classic local delicacy laksa with brown rice.

In relation to the Healthy Workplace Ecosystem, it perpetuates the Committee's objective in creating holistic safety and health ecosystems in business clusters. To date, more than 30 business clusters has been transformed into Healthy Workplace Ecosystem and 178,000 workers has benefitted from safety and health programmes at their doorstep.

Following the media conference, the Guest-of-Honour, guests and media entourage were treated to an on-site experience of a Healthy Workplace Ecosystem at OUE Downtown. The tour showcases not only the activities rolled out in the Ecosystem, but also OUE's own initiatives to integrate healthy living into its workspace.

The Work it Circuit installation

One example of the OUE's initiative would be the Work it Circuit installation – a pop-up workstation to engage tenants and their employees to create a more vibrant and sporting working environment.

Healthier Dining Programme

Knowing that employees tend to dine in the vicinity of their workplaces during lunchtime, the Healthier Dining Programme is being introduced to F&B partners at OUE Downtown to offer healthier food options and encourage workers to eat healthily.

**WHAT IS THE TRIPARTITE OVERSIGHT COMMITTEE?**

It is a committee that drives and implement workplace health and safety initiatives at the national level. It aims to promote well-being at work by adopting a more holistic approach to focus on workers' health and wellness, and increase the reach and penetration of workplace health promotion. The Tripartite Oversight Committee on Workplace Health 2014 – 2017 report is available for download [here](#)

**DIABETES.
ARE YOU AT RISK?****THE WAR IS ON AGAINST DIABETES!
1 IN 3 DIABETICS IS UNAWARE OF
THEIR DIABETIC STATUS!**

On 1 September 2017, MOH and HPB rolled out the Diabetes Risk Assessment (DRA) tool to help individuals aged 18 to 39 years assess their risk for undiagnosed diabetes and based on the assessment, determine if they need to go for diabetes screening.

We will be bringing DRA roadshows to selected business clusters from September onwards for you to know more about diabetes and your personal risks. The best cure is prevention and knowing how to manage diabetes if you have it.