



21 Jan 2025

Dear Parent,

1. We are excited to introduce Grow Well SG (GWSG), a new national initiative to promote children's health in the digital age. GWSG focuses on helping kids eat, sleep, learn, and exercise well, aiming to establish healthy habits early for a better future.
2. To support this, your child will receive **personalised lifestyle advice** during their annual health screening at school. This advice aims to improve your child's habits based on their current lifestyle and interests, and will be based on the **Child Lifestyle Questionnaire** you complete.
3. After the health visit, your child will be given a **Health Plan** comprising their:
 - a. Health screening results
 - b. Vaccination reports (if any)
 - c. Referral letters for further assessment (if any)
 - d. Lifestyle prescription based on your completed Child Lifestyle Questionnaire

You can find your child's **Health Plan** online via the *School Health Assessment Summary Report* on HealthHub.

3. Our health services provide provisional findings based on selected basic assessments. For more information, please refer to the link provided. If you have any concerns about your child's health, we encourage you, as the parent, to consult with your family doctor or an appropriate specialist, as you hold the ultimate responsibility for your child's well-being.
4. By allowing your child to be enrolled in these services (health screenings and vaccinations), you agree that HPB may share your or your child's personal information to our authorised partners¹ to support your child's health. We or our authorised partners may contact you or your child to provide better support for your child's health needs, seek feedback to improve our services, or to inform about relevant programmes and events offered by us or our partners.

¹ HPB's authorised partners include Government Agencies, vendors and healthcare institutions.



4. If you do not wish for your child to undergo HPB's health screening in school, please write to [Contact YPS@hpb.gov.sg](mailto:YPS@hpb.gov.sg).

5. For more information, please click on the links below:
 - [Grow Well SG](#)
 - [Health screening and vaccination](#)

Thank you.

Director
Youth Preventive Health Service
Health Promotion Board