



OBSTETRICS ASSESSMENT UNIT

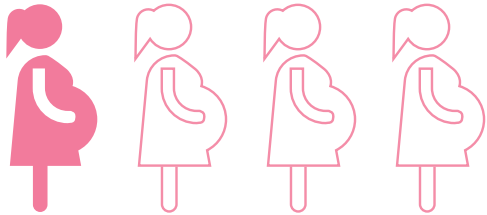
**HOLISTIC PERSONALIZED  
[HOPE] Program**  
for Gestational Diabetes



## What is Gestational Diabetes?

Gestational diabetes is a condition in which high blood glucose (sugar) develops during pregnancy, in a person without pre-existing diabetes. It can happen at any stage of pregnancy but is more common in the second or third trimester.

If gestational diabetes is not properly controlled, it can increase the risk of pregnancy-related complications such as preeclampsia, pre-term delivery and macrosomia (large baby). Very large babies may need to be delivered via Caesarean sections and also risk sustaining birth injuries.



Although

**1 in 4**

**pregnancies in Singapore is affected by gestational diabetes, most women with this condition deliver healthy babies.**

## We Care for You

Thomson Medical Centre (TMC) is Singapore's first private hospital to have an in-house obstetrics assessment unit to help expectant mums with gestational diabetes better understand and manage their condition.

Under the **HOPE Program for Gestational Diabetes**, you will be supported by an experienced team of diabetes nurse educators, dietitians and medical specialists, who will equip you with important and practical skills in areas such as nutrition and lifestyle management, and glucose monitoring. You will also receive 2 weeks of individualized digital health coaching and feedback from a dietitian through NOVI Health (NOVI)'s app. This program

is run by TMC in partnership with NOVI, an innovative medical and digital health provider specializing in the prevention and reversal of chronic lifestyle conditions such as diabetes.

Armed with the knowledge on how to choose healthier food options while fulfilling pregnancy-related nutritional needs, as well as how you can better control your sugar levels, you will feel even more empowered to manage your condition, setting you on the right path to a healthier pregnancy for you and your baby, with a reduced risk of gestational diabetes-related complications.

# HOPE Program for Gestational Diabetes

**\$380**

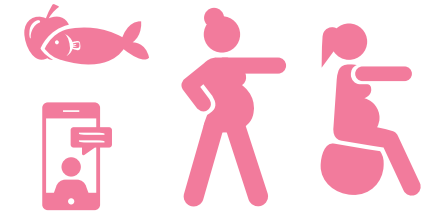
excludes prevailing GST

This program consists of:

**Full-day session at Thomson Medical Centre**  
**Additional 2 weeks of digital health coaching**

During the full-day session, you will:

- Learn more about gestational diabetes
- Learn how to measure your glucose levels correctly and understand what the levels mean
- Acquire practical knowledge in nutrition and exercise for gestational diabetes and pregnancy, through hands-on activities
- Get a 1-on-1 assessment and counselling session with our dietitian
- Track and monitor your lifestyle habits easily through the NOVIFY App
- Receive a personalized assessment report at the end of the day



After you have completed the day session, you will continue to be supported through the NOVIFY App and receive ongoing feedback from our dietitian, over a two-week period. In the second week, our dietitian will do a follow-up review with you and provide you with a more in-depth personalized action plan to further guide you on how to better manage your condition.

### Terms & Conditions

- Price indicated excludes prevailing GST.
- Full-day session starts from 7.30am to 4.30pm (subject to changes), inclusive of breakfast, lunch and tea break.
- Based on your glucose profiles and/or your medical condition, a same-day review by an endocrinology specialist may be required for medical management of your gestational diabetes. This will incur an additional fee of \$200 before GST.
- Medisave is claimable up to \$450 per day with a minimum 8 hour stay, and is only valid on the fees for the HOPE Program for Gestational Diabetes and same-day Specialist Review (if required).
- Additional fees will be incurred for purchases not within the scope of this program.
- This program is strictly by appointment only.

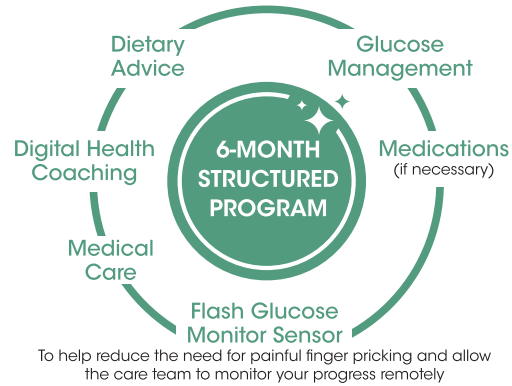


## HOPE Plus Program

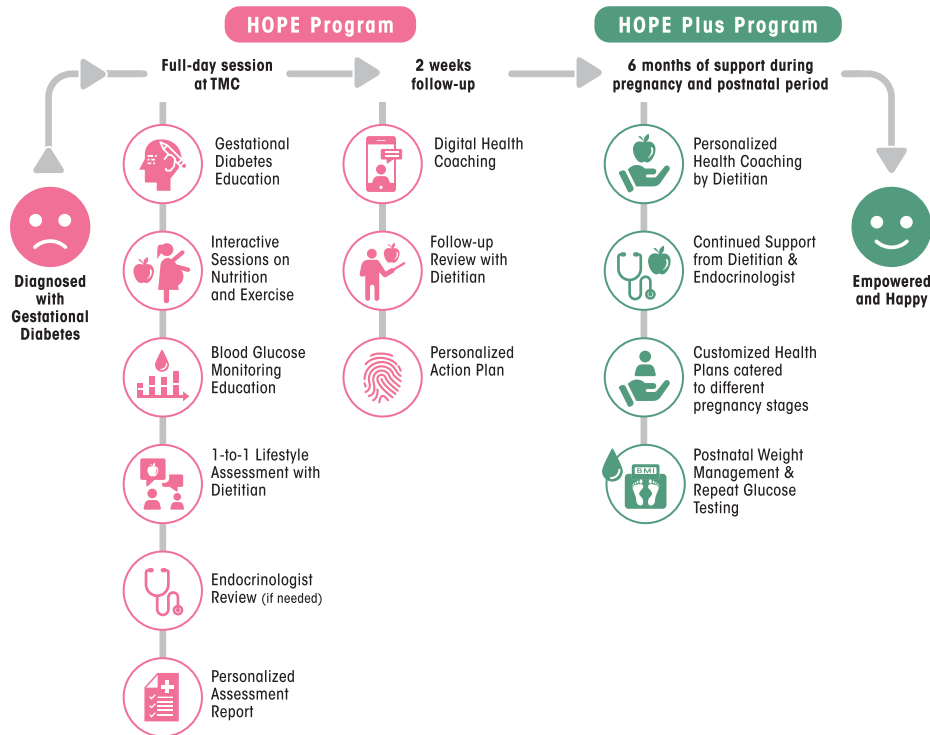
You may also sign up for NOVI Health's **HOPE Plus Program**, which is a 6-month structured program that follows on from the HOPE Program. It is a comprehensive and holistic program that combines medical care with nutritional and lifestyle guidance.

You will receive customized action plans to meet your changing needs at each stage during and after your pregnancy, plus the option to do your consults digitally for increased convenience.

For more details, please refer to the NOVI Health brochure or contact NOVI Health at **+65 8600 3628 / info@novi-health.com** or **www.novi-health.com/hope**



## Your Care Journey



## FAQs

### 1 Can my spouse or family members accompany me for the full-day session?

The full-day session is from 7.30am to 4.30pm (subject to changes), inclusive of breakfast, lunch and tea break.

To respect the privacy of other patients and minimize disruption to the program schedule, it is not recommended to have your spouse or family members accompany you for the full-day session.

### 2 Do I need to fast before the full-day session?

Yes, please fast from midnight on the day of your appointment for the full-day session, as you will need to take one fasting blood glucose reading at the start of the program, before breakfast is served.

### 3 Do I have to stay for the full-day session?

The program has been designed to address the essential elements of controlling your gestational diabetes and maintaining a healthy pregnancy. Staying for the full day session will thus allow you to reap maximum benefits.

In the event that you need to leave the session early, please note that no refund (whether full or partial) will be provided. In addition, Medisave claims for this program require a minimum 8 hour stay.

### 4 I understand that I will be given a personalized report at the end of the program. Do I need to show this report to my obstetrician?

Your personalized report and medical information belong to you, and you have a choice as to who you share it with. However, it would be helpful for your care team to be aware of all aspects of your health so that they have an integrated and holistic view to give you the best care.

### 5 Can I use my Medisave to cover the fees?

Medisave is claimable up to \$450 per day with a minimum 8 hour stay, and is only valid on the fees for the HOPE Program for Gestational Diabetes and same-day Specialist Review (only if required).

For the remaining payment, it can be paid by cash, debit or credit cards.

Find out more at



<http://tiny.cc/tmc-OAU>



# THOMSON MEDICAL CENTRE

339 Thomson Road, Level 5, Singapore 307677

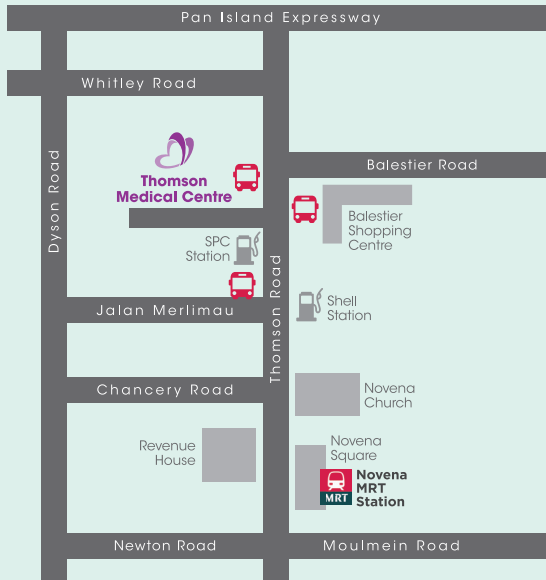
T: 6350 8850 | F: 6350 8851

E: [obs.assessment@thomsonmedical.com](mailto:obs.assessment@thomsonmedical.com)

## OPENING HOURS

Monday to Friday 7.30am - 5.00pm

Closed on weekends and Public Holidays



## COMPLIMENTARY SHUTTLE BUS SERVICES FROM NOVENA MRT

**Operating Hours** (30 mins interval)

**Monday – Friday**

9:00am – 1:30pm | 3:00pm – 6:00pm

**Saturday**

9:00am – 1:30pm | 3:00pm – 4:00pm