



Health screening 101

# Early detection makes a **difference**

Early detection, followed by treatment and good control of the condition, can result in **better outcomes** and **lowers the risk of complications**.

Certain chronic diseases such as diabetes take time to develop and if **detected early can be better managed** with less complications and improved long-term outcomes.

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## Post-screening to-dos

**If your screening results are normal:** continue to go for regular screening at the recommended frequency because screening only detects health conditions that are present at the time of screening. If you develop signs or symptoms after your screening, please see your doctor and do not wait for your next screening appointment.

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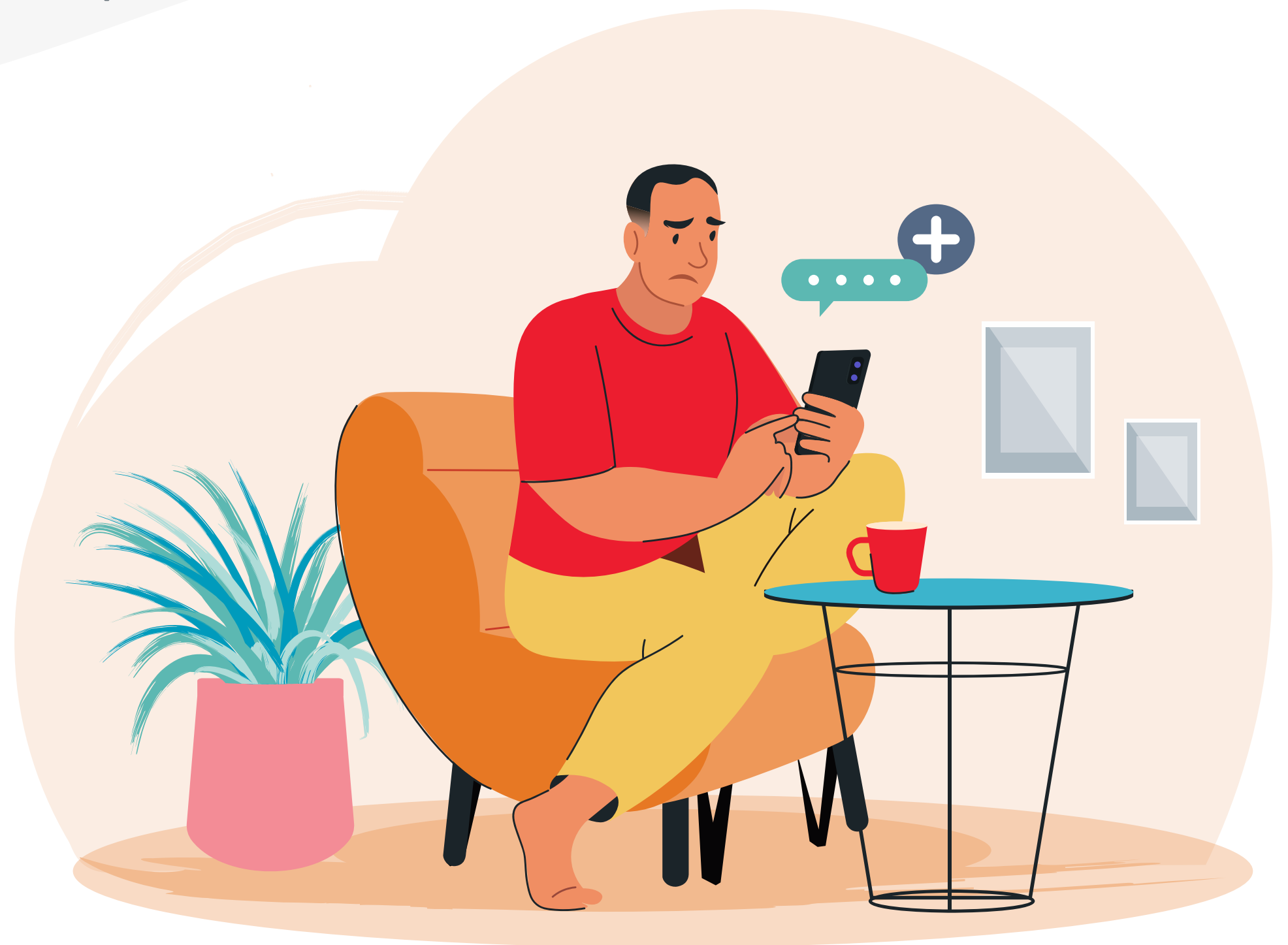
Source: HPB HealthHub

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# Post-screening to-dos

**If your screening results are abnormal:** you should **follow-up with your doctor immediately** even if you feel perfectly well. Early treatment and good control of your condition can result in better outcomes and prevent or delay serious complications.





Are you placing enough importance on your health and physical fitness?

**34%**

of Singapore respondents said **physical fitness was one of their most important priorities**, compared to only 23% five years ago.

For more information, visit [bit.ly/ff-pru](https://bit.ly/ff-pru)

