

Smartfuture deploys kiosks to tackle diabetes and hypertension in Singapore

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Singapore - 26 self-monitoring health check-up kiosks have been installed by Smartfuture in offices across Singapore since March this year. Employees in these offices use the kiosks to check key health metrics such as blood pressure, blood glucose, BMI, SpO2 and ECG. They receive personalised diet and fitness recommendations via the kiosk or the associated mobile App. They can tele-consult a fitness trainer or nutritionist, or call a wellness provider to their office or home for a 1-to-1 session. Employers receive a secured dashboard to view summarised health metrics of their workforce.

"Number of cases of diabetes, hypertension, obesity, and mental health cases is on the rise and there is a strong correlation to unhealthy diet and sedentary lifestyle at the workplace. Through regular checks of vitals, teleconsultation with wellness providers, and increased awareness and motivation, employees will build long-term and sustainable habits to live a healthy lifestyle," says Sumit Khemani, Chief Executive Officer of Smartfuture. "And the effects of healthy, fitter and motivated employees will provide business benefits to the company as well."

Smartfuture's vision is to deploy 5000 such kiosks across Singapore by the end of 2019, and to get 300,000 users to move towards a more active, healthy and productive lifestyle. The kiosk encourages eating well, exercise, mindfulness and healthy lifestyle habits at work and home, leading to healthier living and reduced costs to individuals and companies.