

# 1doc<sup>+</sup> Academy

Enhancing Health,  
Empowering Lives,  
& Creating Opportunities.



# Health Coach Programme

Empower yourself and inspire others to make a change.

Our **Doctor-Led Health Coaching Programme** offers an evidence-based curriculum aligned with medical standards, providing comprehensive understanding of the intersection between medicine and health coaching.

## Some topics covered in the programme

### Level 1: Health Associate Course

SG's Healthcare system & iAPPS Health Group	Red Flags in Acute conditions
Concepts of Motivational Interviewing	Diabetes & Hypertension
Hyperlipidemia	Diet Plan & nBuddy

### Level 2: Health Coordinator Course

Role Play Workshops	1doc Clinic Operations & procedures
Case Studies & Doctor Shadowing	nBuddy & Meal Planning
Vaccinations Health Plan	Chronics Health Plan

### Level 3: Health Coach Course

Specialisation in your preferred field	Internship in a 1doc Clinic
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## Scope of Practice

As a Health Coach, your scope of practice involves promoting healthy lifestyle behaviours and habits, and supporting clients in achieving their health goals.



Learn comprehensive holistic health coaching from our panel of experienced medical personnel



Receive a 1doc certificate once you graduate from the Health Coach programme



Health care experience is not required, but you must be passionate about helping people achieve their wellness goals

## Who can become a Health Coach?

### This course is suitable for:

- Nutrition Consultants
- Exercise / Fitness Professionals
- Caregivers
- Healthcare professionals
- Healthy lifestyle advocates
- Members of the general public who have experience with caring for family members or friends suffering with chronic diseases

As a Health Coach, you do not diagnose or treat medical conditions or prescribe medication. You should refer clients to licensed healthcare professionals as needed for medical care. Celebrate successes and encourage progress as clients work towards their health goals!

**Family Physician,  
1doc Medical Director**  
Dr Eugene Loke





# Inspiring change through 1doc Health Coaching

Certified Integrative  
Nutritional Health Coach  
Dina Sim



*After completing 1doc's Health Coach course, I have gained the necessary tools and knowledge to not only improve my own life but also empower others to achieve their health and wellness goals. With a client-centred approach, I strive to create personalised plans that address each individual's unique needs, preferences, and challenges.*

*What truly fulfills me as a Health Coach is the opportunity to positively impact someone's life.*



## Ready to take the first step towards a healthier, happier life?

Explore the fulfilling world of Health Coaching with 1doc! Visit our website [1doc.sg/academy](https://1doc.sg/academy) or scan the QR code to find out more.



Scan QR Code  
for more information



# Health Coach Services

**Transform Your Life with Personalised Health Coaching!**

Embark on a journey towards a healthier, happier, and more fulfilling life with our tailored health coaching services. Our Health Coaches are here to guide, support, and motivate you every step of the way.



## Health Coach Programme Packages

### Personalised Health Coaching Programme

#### Health Coaching 1.5 to 6 months

Suitable for **Individuals and Families**

Available in Durations of **6 weeks, 3 months and 6 months**

#### Daily hand-holding support

Achieve a **custom health plan** through our **personalised 1-1 coaching**.

Let's discuss privately to turn your health goals into a reality. It's all about you — your life, your health, your way.

Scan the QR code below to book a 30 minute discovery call.



### CareGivers Easy Programme

#### \$250 for 2hrs + 2 weeks monitoring

Ideal for **caregivers caring for seniors aged 70 & above**

The 2 hours includes a 1-1 coaching session **home visit/online, food planning, cooking demonstrations, and recipes personalised** to the preference and needs of the patient.

**Health plan is led by a Family Physician.**  
Follow up sessions after programme (\$150)

Scan the QR code below to book a 30 minute discovery call.

### Health 101 Programme

#### \$250 for 2hrs + 2 weeks monitoring

Ideal for anyone who wants to **understand the fundamental principles** of healthy living based on the individual's health condition and needs. **Health Plan is led by a Family Physician.**

The 2 hours includes a 1-1 coaching session **home visit/online, food planning & recipes and ideas based on the patient's preference & needs.**

Follow up sessions after programme includes additional 1.5hrs and 1 week monitoring (\$150)



Scan the QR code to book a 30 minute discovery call!







## Eat with nBuddy

**\$68/pax for 2 weeks**

**2x physical meetups**

(Once during onboarding, once during programme completion)

Participants will have access to **self-learning materials and self directed learning** during the initial seven days.

Gamification: Collect points by completing daily tasks and sending in meal photo.

(Minimum 30pax to start as a group — suitable for **Corporate Post Screening activities**. Winner gets a 1-hour individual health coaching session!)

*Please note there will be no extensive hand-holding or direct support provided for this program, as our focus is on empowering individuals to take ownership of their progress.*



## Libre Coaching Blood Glucose Monitoring

**Initial 2 weeks: \$298**

**Next 2 weeks (optional): \$198**

Facilitated by our Family Physician and Health Coach; enabled by **LibreView** and **Telegram** chat functionalities.

Gain a deeper understanding of **managing blood sugar levels**, making informed choices and obtain practical strategies for **managing blood sugar levels** and **improving overall well-being**.

Designed for **pre-diabetic** and **diabetic individuals** seeking insights into sugar spikes and their relationship with food, activity levels, and general approaches.



## H.E.A.L with HOPE (Primer)

**\$498/pax for 3 weeks**

A thorough strategy focusing on **monitoring & goal setting, planning a course of action, and reflection & sharing**.

**3-week plan includes**

- Week 1: Track Your Health
- Week 2: Habits for Health
- Week 3: Reflect for Health & Change for Health

Learn how to deal with **metabolic syndrome or fatty liver** to lead a healthier life.

# Top 10 Benefits to work with a Health Coach!



## **Personalised Guidance:**

Health Coaches customise their advice and recommendations based on your specific goals, lifestyle and preferences, providing the support and resources you need for success.



## **Improved Self-awareness:**

Health Coaches facilitate a deeper understanding of your overall health, empowering better choices and a balanced lifestyle.



## **Accountability:**

Health Coaches provide regular check-ins to keep you on track, offering motivation, encouragement, and constructive feedback.



## **Access to Resources:**

Health Coaches offer a range of educational materials, tools and resources, such as meal plans, recipes, workouts and stress management techniques to support your health journey.



## **Expertise:**

Health Coaches possess broad expertise in nutrition, fitness, and behavioural change, offering valuable insights and strategies for optimal health.



## **Prevention and Management of Chronic Conditions:**

Health Coaches address lifestyle factors like diet, exercise and stress to reduce the risk of chronic conditions or manage existing ones.



## **Goal Setting:**

Health Coaches assist in setting realistic goals and creating a clear roadmap by breaking down larger objectives into smaller, manageable steps.



## **Enhanced Quality of Life:**

Working with a Health Coach enhances energy, mood, sleep and immune system leading to a higher quality of life.



## **Emotional Support:**

Health Coaches provide a safe space for discussing challenges, setbacks and emotions, offering empathy to support your focus and commitment.



## **Habit Formation:**

Health Coaches guide in developing healthy habits and routines, addressing barriers to change and ensuring sustainable, long-term habits.

## Health Coach Success Stories

Inspiring Transformations  
through Our Health Coach  
Programme

*"It's been a great experience and having someone just watching (and giving pointers) is already super helpful. The journey is not as scary and overwhelming."*

Male Client, Age 43

*"I am so glad I can check with you. Didn't know that we can have healthy & tasty snacks!"*

Female Client, Age 50



Ready to take the first step  
towards a healthier, happier life?



# 1doc Medical

A Men



## Contact Us

 [iappshealthgroup.com](http://iappshealthgroup.com)

 [solutions@1doc.sg](mailto:solutions@1doc.sg)

 [1doc.sg](https://www.instagram.com/1doc.sg)

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download the 1doc app

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