



# How to seek medical help

This circular is disseminated as part of the medical support plan, which has been communicated to all employers and dormitory operators.

If you are experiencing any of the symptoms below, you should not go to work. You should see a doctor immediately.



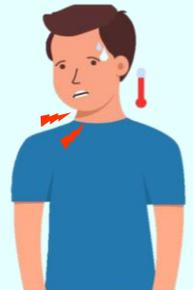
Feeling unwell, having a headache, stomach ache, etc.



OR

If you have chronic diseases such as high blood pressure, high cholesterol, diabetes and have no more medication.\*

Having a fever, runny nose, cough or sore throat.\*



\* Migrant workers with acute respiratory illness (ARI) e.g. fever, cough, running nose or sore throat will continue to receive medical care at no cost. Consultation fees for all conditions will be free too. However, medication and treatment, including point of care testing and routine panels for chronic diseases will be charged. Fees will range from \$14 - \$18 for acute conditions, to \$33 - \$55 for chronic conditions.



**Use Telemedicine** via your FWMOMCare app to videocall a doctor.

Ask your employer or dormitory operator if you need help.

Telemedicine is available 24-hours a day and free\*



\* Free for Work Permit and S Pass holders living in dormitories, and community-dwelling migrant workers from the Construction, Marine & Process sectors only.

OR



**Visit a Medical Centre** by reporting sick to your employer or dormitory operator.

They will book an appointment and arrange for free transport for you to visit the Medical Centre.

Medical Centres are operational daily from 9.30am to 5.30pm; 9.30am to 12.30pm on public holidays.

Night clinics are available at Space@Tuas, Cochrane Recreation Centre, and Kaki Bukit Recreation Centre from 6.30pm – 9.30pm.

1

You do not have to worry about the medical fees when you visit the Regional Medical Centre for acute respiratory illness.

2

You can also seek medical help at any MOM-designated GP clinics.

3

We must continue to take steps to remain safe. This includes seeking help when you are not feeling well.