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First-of-its-kind hybrid telehealth weight management care launched in Singapore.

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Singapore's obesity and overweight rates are increasing, placing strain on the health system and necessitating innovative care models



ORA Group, a Singapore-based health and wellness company known for its leading telehealth services, *and Sons* and *OVA*—catering to male and female healthcare needs respectively—has expanded its portfolio by launching hybrid weight management care. The model uniquely combines highly specialized virtual and in-person care giving.

The launch comes in response to Singapore’s rising obesity rate and the growing role of telehealth in the country’s healthcare system, with a need for ongoing efforts to balance convenience, affordability, and quality care.

A partnership with Arden Endocrinology Specialist Clinic facilitates hybrid care expansion. Adjunct Assistant Professor Dr Ben Ng, Director of the Clinic, has been appointed as ORA's first Chief Medical Advisor.

“With nearly 12% of Singaporeans obese, and a further 30% overweight, and with those figures rising and placing pressure on our health system, innovative care models are required to tackle the issue in uniquely in Singapore,” said Dr Ng.

A comprehensive assessment of the patient's weight and any possible associated health conditions, such as diabetes, endocrine disorders, and thyroid disorders, is now made conveniently accessible. In conjunction with hybrid telehealth and clinic care, Singaporeans now have an integrated path to comprehensive health care that combines latest digital health conveniences and specialized in-person care.

By leveraging the expertise of multidisciplinary health care professionals, the partnership also opens up a broader range of care options, including a full range of tailor-made anti-obesity medication options, customized nutrition and exercise plans, bariatric surgery counseling, and referrals with and Sons and OVA interspersed telehealth support.