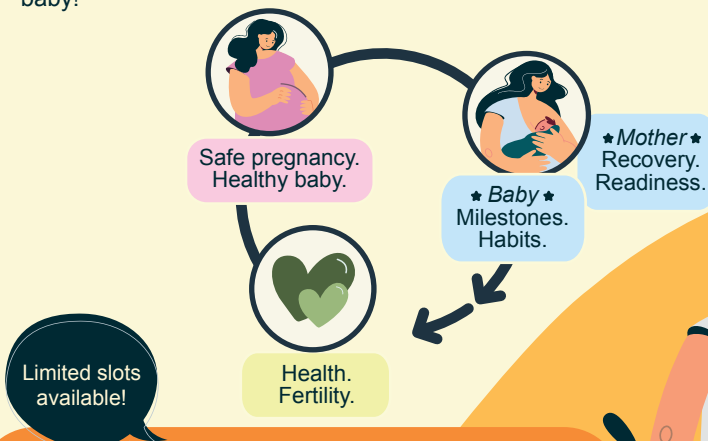


Want a healthier pregnancy but don't know how?

Join *Healthy Early Life Moments in Singapore* (HELMS)!

The **HELMS** programme aims to lower the risks of hypertension and diabetes during pregnancy, premature birth, and caesarean delivery.

Let us help you get prepared for a healthy pregnancy and give the best start for your baby!



Contact us to find out more

☎ 8044-4556 (Monday to Friday, 9.00am to 5.00pm)

✉ helms@kkh.com.sg

🌐 www.kkh.com.sg/helms



Scan the code to
find out more

Principal Investigators

Prof Jerry Chan, Clin. A/Prof Sadhana Nadarajah, Dr Shephali Tagore
Clin. Prof Fabian Yap, Clin. A/Prof Chua Mei Chien

HELMS is a research study initiated by KKH.
Led by:



Healthy Early Life Moments
in Singapore

Supported by:

KKH Health Services
Model of Care
Transformation Fund (MoCTF)



Can I take part?

We are looking for women who fulfil the following criteria*:

- ★ Between 21 and 40 years old
- ★ Body mass index of 25 to 40 kg/m²
- ★ Residing in Singapore for the next 4 years
- ★ Possess a device with internet access
- ★ Able to understand English
- ★ Planning to conceive within 1 year
- ★ To be under the care of KKH before pregnancy until delivery of your child
- ★ No pre-existing Type 1 or Type 2 diabetes

** Other eligibility criteria apply. Contact us to find out more!*

What should I expect?

Throughout your HELMS journey before, during and after pregnancy (up till 18 months after delivery), we will:

- ★ Perform body measurements
- ★ Collect bio-specimens (stool, blood, placenta and breast milk samples)
- ★ Conduct interviews and surveys
- ★ Provide an activity and sleep tracker to monitor physical activity and sleep
- ★ Provide guidance for healthy lifestyles and parentcraft
- ★ Provide supplements

