

Helping you care with confidence

Navigating caregiving can be tough.

CarePal is a feature on the NHG Health App designed to guide you in your caregiving journey.



Resources & self-help tools:

-  Resource recommender
-  Caregiving library
-  Hotlines & contacts
(e.g. private nursing, product vendors, wheelchair transport)
-  Training videos
-  Caregiving calculator
-  Caregiver wellness
(e.g. self care tips, support groups)

Curated from local sources:



Find out more!



[CarePal features](#) 

How to access CarePal

Step 1: Download the NHG Health App

tap here!



Download on the
App Store

GET IT ON
Google Play

Step 2: Access CarePal



Log in using SingPass or as a Guest



Go to 'More' on the bottom right corner



Find **CarePal** under 'My Programmes'



[Video tutorial](#) 