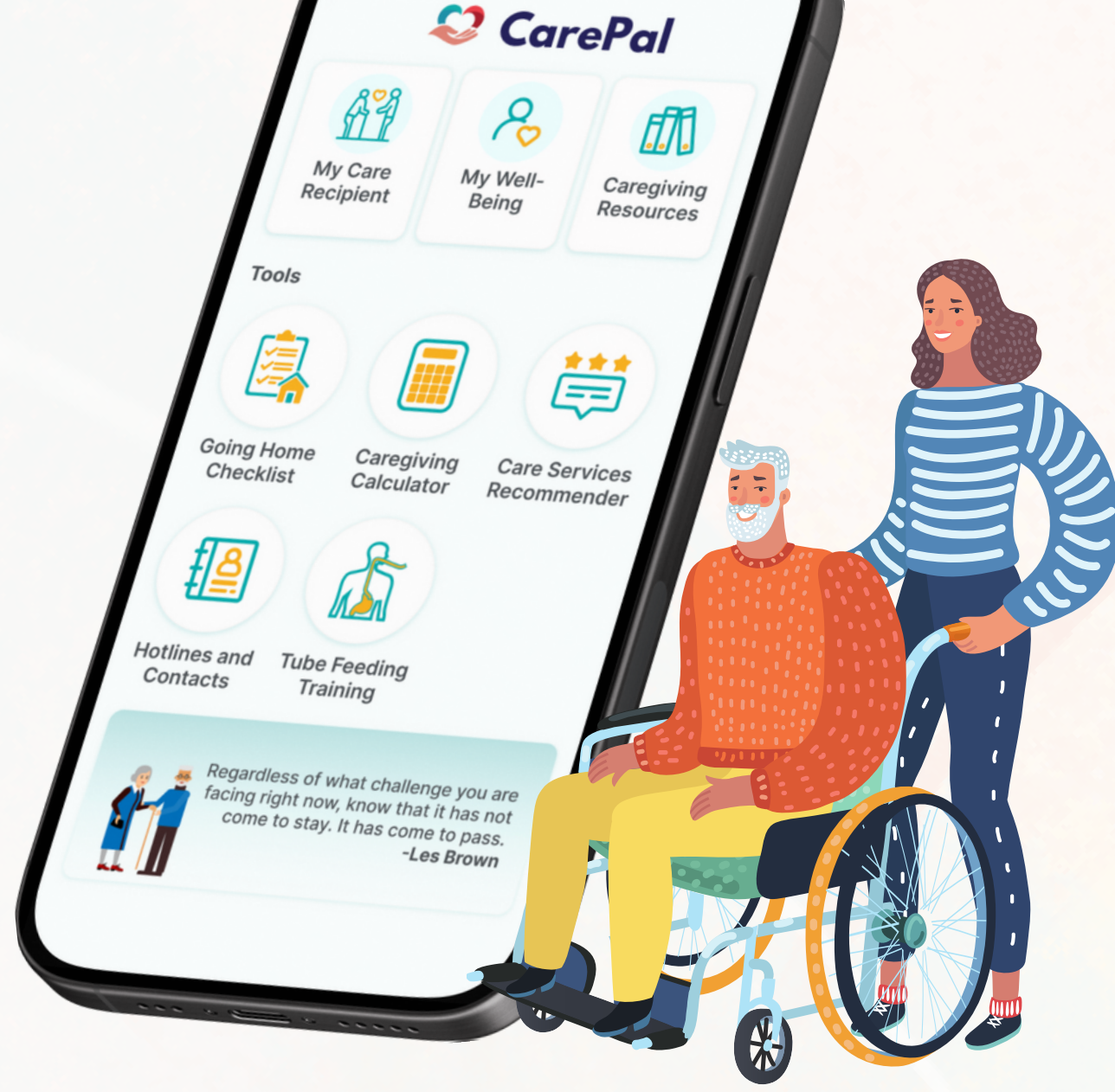








Helping you care with confidence

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**
Information about your loved one and how to care for them
-  **Caregiving library**
Articles and videos on caregiving, links to resources
-  **Hotlines & contacts**
E.g. ambulance, private nursing, product vendors
-  **Training videos**
Step-by-step video guides
-  **Caregiving calculator**
Get rough costs of equipment and medical supplies
-  **Caregiver wellness**
Self care tips, caregiver support groups, and more

Content from local sources:



Find out more!



[CarePal features](#) 

How to access CarePal

Step 1: Download the NHG Health App

tap here!



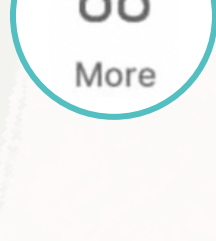
Download on the App Store

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](#) 