

# WHO TO TRUST?

FINDING RELIABLE SOURCES WHEN THERE IS AN INFORMATION OVERLOAD

## Useful Sources You May Consider Using:



HealthHub is an initiative by the Ministry of Health and the Health Promotion Board, this one-stop health and lifestyle resource portal aims to provide useful information and advice on health living and medical care options.



Health Buddy / Healthxchange is a comprehensive health application for users to easily find information related to a wide range of health conditions, health tips and advice contributed by SingHealth medical professionals.



The Pharmaceutical Society of Singapore (PSS) is a professional organisation representing Pharmacists in Singapore. PSS aims to provide Singaporeans with high quality pharmaceutical services, such as through promoting good health by fostering the optimal and responsible use of medications.



Office of Dietary Supplements is a website managed under the U.S. National Institute of Health that aims to strengthen knowledge and understanding of dietary supplements.



MedlinePlus is a service part of the U.S. National Institute of Health with easy-to-read high quality, relevant health and wellness information.

## When Should You Consult Your Pharmacist?

As long as you have a medication-related enquiry, you may consult your pharmacist!

For example:

- If you are taking supplements or traditional medicines.
- If you are pregnant or currently breastfeeding.
- If supplement or drug is intended for children below 16 years old.

## How to consult a Pharmacist?

Approach your community pharmacists at any retail pharmacies!

Alternatively, just ask your community pharmacists through their website or mobile application! Scan the QR code to access them.

SCAN HERE



## Use Tele-Pharmacy!

Community Pharmacists provide consultations through telephone and video conferences, or even through a mobile application!



Speak with your Pharmacist for advice on medication management, and always purchase from reputable sources!

