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WORLD'S FIRST MENTAL HEALTH & WELLNESS AI TECH SUMMIT

6 - 7 JAN 2025

ANDAZ SINGAPORE
BY HYATT



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PACIFIC PRIME CXA

NOT YOUR ORDINARY STIFFY EVENT

2-DAY SUMMIT PASS \$1800
EARLY BIRD \$1500 BEFORE 15 NOV 2024

Out with the old. In with the new. New attitudes towards mental health and wellness, that is. Once a taboo - especially in Asia - conversations and attitudes towards mental health have shifted seismically, owing to COVID. Gone are the social stigmas and fear of repercussions. Today, more people are actively seeking out resources and help. According to Statista, **revenue in the mental health market is projected to reach US\$161.90m in 2024 and US\$169.50m by 2029.** Beyond mental health, there's an empowering movement towards mental wellness – the active process that helps us to build resilience, grow, and flourish.

There's more than meets the eye. Or mind. Enter AI and Tech – we're in a new, coded world of mental healthcare and wellness. From early detection, diagnosis, to deep learning, predictive modelling, accessing solutions and to treatment generation, there is a dearth of possibilities. **Mental health is now a priority for governments, as it integrates into public health structures, alleviating strain on healthcare systems.** At the workplace, employers are now expected to provide mental healthcare and wellbeing benefits. Plus, crack the code on Gen Z mental health and wellness support.

This inaugural revolutionary summit brings together all the **high-profile trailblazers** for deep, serious learning and to create a future of AI and Tech mental health opportunities. Be a part of global history. Be at the summit. More at www.healthcAlre.space



WHO MUST ATTEND

Singapore and Regional C-Suite, Senior Executives / Professionals of AI, Innovation, Tech, IT, Product, Marketing, Communications, Consultants and Wellness Designers from:
Mental health or wellness related AI or Big Data firms, Tech Start-ups, Platforms, Wearables Solution Providers, Digital Healthcare, Mental Healthcare, Healthcare, Insurance, InsureTech, Venture Capitalist, Lifescience, consulting companies and Property Developers.

C-Suite, Executives, Scientists, Consultants, Therapists, Psychologists, Psychiatrists, Clinicians, Coaches, healthcare providers and Advisors from:
Government, Academia, Neuroscience-focused Pharma, hospitals and clinics.

CHROs, HR leaders, Corporate Health & Wellness leaders. Open to AI enthusiasts, Editor and anyone interested in Mental Health, Wellness and Digital Health and Tech.

WIN WELLNESS PRIZES

3 lucky winners get to immerse in an exclusive spa journey with a complimentary 75-min Anti-Aging Collagen Facial + Eye Treatment in Pablo Blau Signature Salt Room (worth up to \$580). Prizes kindly sponsored by Pablo Blau.

AWARDS WON BY ANDAZ SINGAPORE, BY HYATT:

2024 Travel + Leisure 500 Best Hotels in the World
2024 Travel + Leisure Luxury Awards Asia Pacific – Best Hotel & General Manager
2024 DestinAsian Readers' Choice Awards – #1 Best Hotel in Singapore
2023 Condé Nast Traveller Readers' Choice Awards – Top 6 Hotels in Singapore





ADJ ASSOC. PROF. LEE CHENG

Psychiatrist and Senior Consultant, Institute of Mental Health (IMH), Singapore. Clinical Director, Office of Population Health, IMH.

Adj. Assoc. Prof. Lee has been with the Institute of Mental Health (IMH) since 1994. Currently a Psychiatrist, Senior Consultant, and Clinical Director at the Office of Population Health (OPH), he held multiple administrative appointments over the years - Programme Director of National Addictions Management Service (NAMS) 2017 - 2024; Vice-Chairman Medical Board (Clinical) 2012 - 2021; Head of the Emergency Services 2015 - 2021; Programme Director of Mobile Crisis Service from 2007 - 2021; Chief of the Department of Community Psychiatry 2004 - 2014 and Programme Director of the Community Mental Health Team 2007 - 2017. He is a member of multiple committees in the National Healthcare Group.

Credentials:

- Adjunct Associate Professor, Lee Kong Chian School of Medicine • Adjunct Associate Professor, Nanyang Technological University (NTU) • Adjunct Assistant Professor and Clinical Senior Lecturer, Yong Loo Lin School of Medicine, National University of Singapore • Academic Board Member, Executive Counselling & Training Academy (ECTA) • Fellow of Academy of Medicine, Singapore (Psychiatry) since 2003 • Vice President of the College of Psychiatrists (Council Member since 2017) • Appointed Justice of the Peace in 2018 • Member of the Board of Visiting Justices and Board of Inspection, Ministry of Home Affairs and Public Service Commission's Disciplinary Panel of Persons • Chairman, Singapore Armed Forces (SAF) Psychiatry Advisory Board since 2020 • Chair of a Drug Rehabilitation Centre Review Committee since 2021 • Appointed by Ministry of Health to be Council member of the Singapore Medical Council since 2021 • Member, NTU Health Specialist Panel since January 2024 • Member, Workplace Safety and Health WSH Council (Mental Wellbeing) Committee from July 2024 • Accredited Mediator, Singapore Mediation Centre, November 2018 – 2024 • President, Singapore Association for Mental Health (SAMH) • Board of Director, Impart and We Care Community Services • Advisory Board, Society of Sheng Hong Welfare Services • Member, Steering Committee for Beyond The Label 2.0 • Member, MigrantWell Singapore Expert Panel since July 2024

Past

- President, Silver Ribbon Singapore (SRS) • Chairman, Section of Addiction Psychiatry, 2018 – 2022 • President, Singapore Psychiatric Association (SPA) • Member, Inter-agency Taskforce on Mental Health & Wellbeing • Board Member, National Council for Social Service (NCSS), 2014 – 2020

Awards:

- Ministry of Health/National Healthcare Group Distinguished Senior Clinician Award 2021 • Commendation Medal (Covid-19) 2022 • National Day Long Service Award 2020 • Public Administration Medal (Bronze) 2019 • Ministry of Social and Family Development (MSF) 5 years Long Service Award 2021 • 'Friends of MSF' award 2017 • NCSS 20 years Long Service Award (voluntary service to SAMH) 2017 • National Healthcare Group (NHG) Distinguished Achievement Award 2014 • Public Service (PS21) Star Service Award 2010 • Healthcare Humanity Award 2008



DR. WILSON GOH WEN BIN

Assistant Professor of Biomedical Informatics, Lee Kong Chian School of Medicine, School of Biological Sciences. Senior Lecturer (Honorary), Imperial College London. Chief Data Scientist, NTU Center of AI in Medicine. Academic Lead, Data Science Research Programme. Co-Director, Centre for Biomedical Informatics. Group Leader, Bio-Data Science and Education Laboratory

Dr. Goh's research focuses on leveraging complex multimodal clinical datasets to develop and deploy AI solutions within hospital environments, with a particular emphasis on mental health. His recent work has expanded into implementation science, where he explores data governance issues and investigates how clinicians trust and interact with AI systems. Through his research, Dr. Goh aims to bridge the gap between AI innovation and practical, effective application in healthcare settings.



ASSOC. PROF. JIMMY LEE CHEE KEONG

Psychiatrist & Senior Consultant, North Region & Department of Psychosis, Institute of Mental Health. Associate Professor, Lee Kong Chian School of Medicine, NTU.

Assoc. Prof. Lee graduated with his medical degree from the National University of Singapore in 2000 and attained specialty accreditation in Psychiatry in 2009. Assoc. Prof. Lee's research motivation centres on the improvement of outcomes and recovery in people with serious mental illnesses. His specific clinical research area is in psychosis. He adopts a multi-modal phenomics approach to bridge the gap between clinical sciences and neurosciences with a vision to improve clinical decision making and treatment modalities. Additionally, Assoc. Prof. Lee is interested in the development and application of digital technologies in mental health care. He is involved in several projects on digital phenotyping, digital therapeutics and AI-enabled platforms.

Awards/Honours (Post-PhD):

- National Medical Research Council Clinician Scientist Award (2018 & 2023) • National Healthcare Group Clinician Scientist Career Scheme (2015) • Ministry of Health Manpower Development Plan (2013) • National Medical Research Council Transition Award (2012) • National Research Foundation – Ministry of Health Healthcare Research Scholarship (MCI, 2008)



PROF. SIMON COLLINSON

Consultant Neuropsychologist, Dr. Collinson. Professor of Psychology (Neuropsychology & Digital Health), James Cook University Singapore. Visiting Professor, NUS Yeo Boon Khim Mind Science Centre.

Professor Simon Collinson trained in Clinical Neuropsychology in Sydney, Australia and received his doctorate in Clinical Medicine from the University of Oxford. His research work has led to over 80 peer reviewed publications and 5 book chapters in cognitive testing, neuropsychology and the relationship between lifestyle and risk for dementia, with a specific emphasis on brain

health in Asia. He has held academic positions in Australia and the UK including the Departments of Psychiatry at Oxford, Imperial College London & Florey Institute for Neuroscience and Mental Health in Melbourne. He has held honorary clinical appointments at the National University Hospital and Institute of Mental Health Singapore & has had over 20 years of experience as a clinical neuropsychologist providing expert opinion & neuropsychological intervention for patients with brain disorders in Singapore and Southeast Asia. He has extensive experience in major mental illness, dementia and in traumatic brain injury (TBI). He also provides expert neuropsychological opinion for over 20 years to Supreme courts in Singapore, Brunei, Malaysia and Australia. Dr Collinson was involved in the early development of digital cognitive tools including Cambridge Cognition, Cogtest and was the Chief Science officer at Savonix - the first digital self-assessment for dementia.



ASSOC. PROF. GEORGIOS CHRISTOPOULOS

Ph.D. (Cambridge). Provost's Chair in Organizational Neuroscience. Associate Professor, Nanyang Business School and Nanyang Technological University, Singapore. Research Director, Culture Science Innovations. Director, NTU-IGP Program in Neuroscience.

Assoc. Prof. Georgios Christopoulos uses traditional and more innovative methods to understand factors affecting the well-being, performance, adaptive responses and decision making of office and critical operations workers, entrepreneurs and university students. Specifically, his research examines (i) detecting mental fatigue using biosensors (ii) dynamics of trust and (ii) the impact of built environment on performance and well-being. His expertise spans a wide range of methods, including computerised testing, computational modelling, brain neuroimaging, psychophysiology, and new methods including wearable devices and digital phenotyping for comprehensive 24/7 "big data" collection. His research has appeared in many interdisciplinary journals and has been highlighted in many media outlets. He is the Director of Culture Science Innovations and he chairs the Education Division of Organizational Neuroscience at the Academy of Management. Lab webpage: <https://deonlabblog.com>

**JOHAN BUSE**

Chief of Consumer Business Group, StarHub

Johan heads the Consumer Business Group, focusing on the consumer and SME markets. He drives strategy, new product development and business delivery transformation across the Mobile (including StarHub's digital brand, giga!), Entertainment and Broadband segments, bringing innovative products and services for consumers and SMEs. Johan's 24 years of experience in the telecommunications industry has brought him across Europe, Asia and the Middle East. Before joining StarHub, he was the Chief Commercial Officer of Ooredoo Oman, where he was responsible for marketing, sales and customer experience for mobile, fixed-line and new businesses. He also assumed senior positions in Deutsche Telekom (T-Mobile), Axis (STC) and Singtel. Johan holds a Bachelor of Science in Economics from Hogeschool Breda, The Netherlands and a Master of Science in Psychology from the London Metropolitan University, The United Kingdom.

**HEENA BOSE**

CEO, Pacific Prime Insurance Brokers Singapore

Heena has more than 20 years of experience in operations, working in various departments related to HR outsourcing and shared services within the functions of customer service, accounts payable, retirement, transitions and has managed flex and broking operations in the Employee Benefits and Insurance industry. She is responsible for providing strategic, financial and operational leadership for the company and will closely coordinate and work with the senior leadership team.

Experience

She spent a significant part of her career working with numerous multinationals, helping them to manage their operational performances and client deliverables. Her forte is in developing, streamlining, documenting processes and delivering client-centric services. Heena is Six Sigma Green Belt certified and has built efficiencies in existing processes through automation, resource management, implementing new technology and process simplification for Singapore, Malaysia and Hong Kong.

**AYAULYM ALIMKULOVA**

Head of Corporate Sales, Pacific Prime Insurance Brokers Singapore

Aya started her career as a management consultant, where she worked on projects ranging widely across different industries, before moving east to Singapore. She has been with Pacific Prime for almost a decade and covered various roles from sales executive to Key Account Manager. She is now leading a corporate sales team for SEA and her passion is to help her clients achieve their goals and provide effective solutions for their Employee Benefits program.

**DR EDWIN HO**

VICE PRESIDENT, HEALTH AND WELLBEING, ASIA PACIFIC, bp

Dr Edwin is an Occupational Health Physician with almost 20 years of experience in the field of clinical and occupational medicine, including public health. He holds a Bachelor of Medicine and Surgery, and a Master of Occupational Medicine, Safety and Health from Australia. He started his career in clinical practice in a tertiary hospital then gained experience in Occupational Medicine with the Department of Occupational Safety and Health as head of unit, before moving to Shell as Country Health Manager. Edwin currently leads Health and Wellbeing for bp Asia Pacific. He is also part of the global health leadership team designing the overall health strategy for bp. Being active in both Malaysia and Singapore, he is the Chairman of Malaysia Corporate Health Advisors' Forum, and council member of the Academy of Occupational and Environmental Medicine. He is also part of the team detailing the National Suicide Prevention Strategy for Singapore and often speaks in conferences sharing his experiences.

**DR. YONG CHERN CHET**

Head of Asia Ecosystem, 22Health Ventures

Chet oversees the development of 22Health Ventures Singapore - APAC ecosystem. Prior to joining 22Health, Chet served as the ASEAN Healthcare Industry Lead for Amazon Web Services (AWS) where he was responsible for healthcare go-to-market strategy. He was also the founding Chief Operating Officer for Good Doctor Technology, a startup joint venture between Ping An and Grab where he led cross-geography medical teams and business operations across Southeast Asia. Chet's career spans over 20 years in a variety of regional healthcare and business transformation/innovation leadership roles; from a medical doctor trained in surgery (orthopaedics) to management at Raffles Medical Group and as Healthcare and Life Sciences Industry Leader for Deloitte Southeast Asia. Other leadership/C-Suite appointments for Chet were with iHH Healthcare Berhad as Parkway Pantai VP/CEO of Parkway Laboratories and Ananda Development PCL as Chief Innovation Officer.

**JOYCE NG**

General Partner, iGlobe

Joyce brings over 25 years of expertise spanning Fund Management, early-stage VC investments in high-tech ventures, Funds of Funds investments, Insurance and Financial services. Joyce held several board seats of iGlobe's investees in Singapore (namely SWAT Mobility & Partipost); and for US investees, she had been instrumental in supporting iGlobe's investment in Unity Software (NYSE:U), Nerdwallet (NYSE: NRDS) and Matterport (NASDAQ: MTTR). Beyond her role as a Venture Capitalist, Joyce is dedicated to giving back to the community by mentoring female executives and entrepreneurs. Currently, she serves as a Mentor at SheLovesTech, WomenVSEA and Mentor Walks.

**MANPRIT SINGH**

Principal Architect Data & AI, Microsoft

Manprit works with Microsoft's top customers to help them define their AI strategy. He consults in AI value assessments, identifying potent use cases and creates an AI adoption roadmap, implementation architecture and MVPs. By identifying innovation hotspots in their respective value-chains, he helps realise real business value using AI. He has 25 years of experience in applying AI in various industries, like Fintech, Energy, Healthcare, and Public Sector. Prior to his current position, he worked for Accenture/Avanade, IBM, and Siemens Healthcare. He also is a guest lecturer at Singapore Management University and NUS where he shares his personal industry experience in applying AI to help students have a better intuitive grasp of AI and its applications.

**SARAH POH**

Founder and CEO, The Therapy Platform

Sarah has worked in the social service, mental health care, and education sector for nearly 20 years. She has been providing counselling to people from all walks of life, who face challenges such as domestic violence; parenting and marital, mental health, and teenager issues. In 2019, she founded her company - The Therapy Platform and has been practising at her own firm. She is presently

focusing her energy on building mental health care services powered by AI to offer low cost, effective, and accessible mental health solutions and systems.

**AXEL TAN**

VENTURE PARTNER, IMC VENTURES, OCTAVE WELLBEING ECONOMY FUND. INNOVATION LEAD, IMC PAN ASIA ALLIANCE.

Axel manages the Octave Wellbeing Economy Fund which invests in start-ups in the Agrifood, Wellbeing and Sustainability space. He is also responsible for organising and scouting for new technologies. Prior to IMC, Axel has had 10 years of investment and corporate development experience, having set up a Venture Capital fund, which invested in over 20 start-ups and funds globally.

**SANJEEV MAGOTRA**

Founder and CEO, Joye.ai

Sanjeev is a technologist with passion for people. During his 27 years of career in leadership roles with companies like Accenture and IBM, he built faith that happier employees are more productive. He worked with a global team of psychologists, behavioural scientists and technologists to create Joye's mental fitness habit. What's your joy level today?

8.30 – 9 AM | WARM WELCOME & PICK-ME-UP COFFEE**9 – 9.15 AM | DAY 1 OPENING ADDRESS****9.15 – 10 AM | MENTAL HEALTH AND WELLNESS - WHAT'S THE DIFFERENCE?**

'Mental Health' and 'Mental Wellness' may appear to be interchangeable terms. But there are differences. Mental health relates to our brain's health and emotional stability, and mental wellness is a wider term that covers all aspects of our overall positive functioning. It's an active self-directed and personal process which pursues a higher level of happiness, wellbeing, meaning and purpose. Discover how those who suffer from poor mental health and wellness cope with both clinical and non-clinical strategies and tools, in Singapore and beyond.

Adj. Assoc. Prof. Lee Cheng. Psychiatrist and Senior Consultant, Institute of Mental Health (IMH), Singapore. Clinical Director, Office of Population Health, IMH.

10 - 10.45 AM | INTEGRATING DIGITAL AND AI TECH DATA ANALYSES FROM VARIED SOURCES FOR EARLY DETECTION

LYRIKS dataset represents a rare and valuable longitudinal study focused on Singaporean youths at ultra-high risk (UHR) of developing a range of mental health disorders. Although the initial study concluded over 13 years ago, its richness continues to generate new insights thanks to the advent of cutting-edge digital technologies and analytical methods. The integration of omics data, natural language processing (NLP), and advanced AI models breathed new life into this dataset, allowing us to explore mental health in ways previously unimaginable. Dr. Goh presents their latest work in speech analytics - using NLP and emotional variance analysis method to extract meaningful patterns from speech to aid in early detection and diagnosis of mental health disorders. He also presents efforts in multimodal data integration, combining clinical, genetic, and behavioural data to create more robust predictive models. These advances highlight the potential of modern AI-driven approaches to not only uncover novel insights from historical dataset, but also transform how we approach mental health research and care in the future.

Dr. Wilson Goh. Assistant Professor of Biomedical Informatics, Lee Kong Chian School of Medicine, School of Biological Sciences. Senior Lecturer (Honorary), Imperial College London. Chief Data Scientist, NTU Center of AI in Medicine. Academic Lead, Data Science Research Research Programme. Co-Director, Centre for Biomedical Informatics. Group Leader, Bio-Data Science and Education Laboratory.

10.45 - 11.15 AM | TEA BREAK | NOT JUST A TEA BREAK. MORE OF AN ICEBREAKER.

11.15 AM - 12 PM | HIGH HOPES ON HOPES (HEALTH OUTCOMES THROUGH POSITIVE ENGAGEMENT AND SELF-EMPOWERMENT)

Digital phenotyping and digital therapeutics enable in-situ mental health assessment and intervention strategies via personal digital devices. HOPES platform, co-developed by MOHT and the Institute of Mental Health (IMH), enables digital phenotyping from wearable devices and smartphones. The first-of-its-kind digital phenotyping platform features both passive and active data monitoring, paired with automated AI- and human-based interventions. The goal? Improved care of psychosis and mood disorder patients and enhance self-management of their condition. MOHT leads in the modelling of the digital phenotyping data and serves as the technology platform owner. IMH patients are equipped with fitness trackers and a mobile app on their smartphones. The app enables them to monitor their daily activities, mood and sleep patterns. And provides them with valuable self-help resources, mental health management tools (including journaling, psychoeducation materials and therapeutic exercises), and the automated, personalised just-in-time digital therapeutic interventions. The platform remotely tracks various biomarkers - sleep quality, activity and sociability through robust safeguards. Anomalies are promptly identified using AI algorithms, enabling the care team to access and implement appropriate follow-up actions.

Assoc. Prof. Jimmy Lee Chee Keong. Psychiatrist & Senior Consultant, North Region & Department of Psychosis, Institute of Mental Health. Associate Professor, Lee Kong Chian School of Medicine, NTU

12 - 1 PM | GREAT MINDS HUDDLE – FIRESIDE CHAT GOVERNMENT’S ROLE AND SUPPORT IN MENTAL HEALTH AND WELLNESS – WHY IT MATTERS

According to a recent Ipsos Global Health Service Monitor report, “close to half of Singaporeans (49%) reported feeling depressed to the point that they felt sad or hopeless

almost every day for weeks at a time”. Mental health is now a priority. High prevalence of mental illness leads to increase in healthcare costs (frequent hospitalisations, emergency care and increase in medical services), social welfare spend, loss of productivity, which impacts economies and societies. And gives rise to deviance, criminality or even substance abuse. Increasing, we see our government’s support and investments in:

- Built environments in affecting mental health
- R&D
- Increasing public awareness and education; de-stigmatising mental health
- Integrating mental health into mainstream healthcare systems
- Creating preventive strategies and recognising early mental health issues
- Integrating AI and machine learning to help lessen economic burden associated with mental illness.
- Addressing deep fakes

PANELISTS

Adj. Assoc. Prof. Lee Cheng, Assoc. Prof. Jimmy Lee Chee Keong, Dr. Wilson Goh Wen Bin and Prof. Simon Collinson (moderator)

12.45 – 2.15 PM | NETWORKING BUFFET LUNCH | FEAST ON STUNNING VIEWS WHILE YOU FEAST ON AN INDULGENT SPREAD.

2.15 - 3 PM | BEHAVIOURAL HEALTH PREDICTIVE TOOL

The behavioral health landscape has been revolutionised by robust sources of clinical data for real-world data and uniquely powerful evidence engines. These are poised to set the standard for behavioural health. AI analyses information from “notes-driven” mental health treatment or therapy. Data in areas like medication and treatment feed into predictive models to understand the risks surrounding each patient. The rich data enable the development of a suite of digital tools for hospitals and clinics.

Prof. Simon Collinson. Consultant Neuropsychologist, Dr. Collinson. Professor of Psychology (Neuropsychology & Digital Health), James Cook University Singapore. Visiting Professor, NUS Yeo Boon Khim Mind Science Centre.



3 PM – 3.45 PM | ARE YOU TIRED? USING WEARABLE TECHNOLOGY TO ASSESS MENTAL FATIGUE

More people are reporting feeling mentally tired and demotivated. Cognitive fatigue is a silent - but increasingly influential - phenomenon affecting performance, work and life balance, cardio-metabolic health and overall wellbeing. Learn how signals from wearables can unobtrusively detect and even predict cognitive fatigue and related variables. In addition, we share how we design simple and personalised space interventions to achieve cognitive restoration of the individual. The experimental paradigm could serve as a golden standard to evaluate nootropics. The session touches on a personalised, dynamic, preventive approach to mental health and the spaces we live in.

Assoc. Prof. Georgios Christopoulos. Ph.D. (Cambridge). Provost's Chair in Organizational Neuroscience. Associate Professor, Nanyang Business School and Nanyang Technological University, Singapore. Research Director, Culture Science Innovations. Director, NTU-IGP Program in Neuroscience.

3.45 – 4.15 PM | TEA BREAK | BRAIN FUEL

4.15 – 5 PM | SCREEN TO HEALTH – STARHUB'S STORY OF DIGITAL HEALTH SERVICE

Johan shares how StarHub is transforming healthcare through its LifeHub+ platform, offering on-demand, 24/7 access to a wide range of trusted health and wellness services. LifeHub+ leverages on StarHub's award-winning network to bundle curated services tailored to individual needs. He will highlight StarHub's journey into digital health, the challenges faced, the impact on users, and the future vision for expanding LifeHub+ to further redefine healthcare accessibility.

Johan Buse. Chief of Consumer Business Group, Starhub

5 - 5.15 PM | DAY 1 ROUND UP

8.45 – 9.15 AM | YOU KNOW THE DRILL & COFFEE KICKER

9.15 – 9.30 AM | DAY 2 OPENING ADDRESS

9.30 – 10.15 AM | FLEX BENEFITS AS ANTIDOTE TO A ONE-SIZE-FITS-ALL GROUP INSURANCE PLAN

Given the rise of a multi-generational workforce and increasing diversity in the workplace, it seems almost impossible to please everybody with standard, one-size-fits-all employee benefits – unless we turn towards flexible or flex benefits. We highlight:

- High demand for customised benefits provides a driving impetus for flex: Wellbeing and technology are the top strategic benefits objectives for employers.
- Flex to become more flexible: Start simple and do not over-complicate.
- Successful flex programme to come with education, heavily leveraged on a digitalised platform.
- Explorations on different major life stages with employees – personalised benefits for a more curated and protected future, as well as promoting the ideology of 'prevention is better than cure'.

Heena Bose. CEO

Ayaulym Alimkulova. Head of Corporate Sales, Pacific Prime Insurance Brokers Singapore

10.15 - 11 AM | GENERATIONAL PERSPECTIVES OF MENTAL HEALTH: ADAPTING WORKPLACES FOR EVERYONE

This session explores the diverse attitudes towards mental wellbeing across four generations and how these shifts are reshaping workplace culture. This session will unpack the unique expectations each generation has regarding mental health, from overcoming stigma to embracing tech-driven and AI wellness solutions. Valuable insights will be shared on how organizations can create inclusive and supportive environments by tailoring mental health strategies to meet the evolving needs of a multi-generational workforce, ultimately fostering a workplace where every employee is heard and supported, allowing them to thrive and be at their very best.

Dr. Edwin Ho. Vice President, Health and Wellbeing, Asia Pacific, bp

11 – 11.30 AM | TEA BREAK | COFFEE, ANYONE?

11.30 AM - 12.15 PM | LESSONS LEARNT IN RESPONSIBLE USE OF AI IN POWERING HUMAN INTERACTIONS

AI can help scale mental health care by being a omnipresent advisor. It can partner with caregivers to ensure protocol adherence and also compliance. However, safe and responsible use is critical to adopting AI. In this session, learn how Generative AI can be tuned to:

- Exhibit appropriate empathy in interactions on mental health
- Detect and assess risks and adhere to guardrails during conversations
- Provide personalised, yet compliant responses to questions from patients

Manprit Singh. Principal Architect Data & AI, Microsoft

12.15 – 1 PM | PSYCHOTHERAPY IN-PERSON VS VIRTUAL (VIDEO CALL/ TEXT-BASED): WHAT ARE THE CLINICAL CONSIDERATIONS?

Psychotherapist Sarah shares her experience as a therapist moving towards founding an AI-powered, measurement-based therapy platform that offers full-servicing experience for both mental health care consumers and providers. Armed with a social mission to offer barrier-free quality counselling, she aims to enable her clients to reach their highest potential as human beings. She taps on her experience to illuminate the differences between in-person and virtual consultations and how tech and AI has changed mental health for her and her patients.

Sarah Poh. CEO and Founder, The Therapy Platform

1 – 2.30 PM | LUNCH | THERE'S BREAKFAST AT TIFFANY'S. THEN THERE'S LUNCH AT ALLEY ON 25.

2.30 – 3.15 PM | TECHNOLOGY FOR MENTAL HEALTH

Sanjeev is a technologist with a passion for people. During his 27 years of career with companies like Accenture and IBM, he built faith that happier employees are more productive. Working with a global team of psychologists, behavioural scientists and technologists, he created a mental fitness habit integrated in Microsoft to add joy to work - the '10,000 steps' for the mind. Based on leading research on happiness and wellbeing,

these interactions are designed for people to be happier and for them to keep a positive mindset. Sanjeev shares his motivation on why he founded his company and how tech enables people to be the best version of themselves - emotionally, socially and professionally, every day.

Sanjeev Magotra. Founder & CEO, Joye.ai

3.15 – 3.45 PM | TEA BREAK | MENTAL BREAKS. BEST ACCOMPANIED BY REFRESHMENTS.

3.45 – 4.45 PM | GREAT MINDS HUDDLE - FIRESIDE CHAT INVESTING IN MENTAL HEALTH AND WELLNESS TECH START-UPS

Leading VCs share how funding is successfully raised. Get insights on how to navigate financing through challenging times. VCs share what they're looking for when it comes to investing in Startups.

PANELISTS

Joyce Ng. General Partner, IGlobe

Axel Tan. Venture Partner at IMC Ventures and Octave Wellbeing Economy Fund

Dr Chern Chet Yong. Head of Asia Ecosystem, 22Health Ventures (Moderator)

4.45 - 5 PM | DAY 2 ROUND UP & FAREWELL

Lucky winners of Pablo Blau spa journey announced. Talk about ending on a winning note.