



A social initiative of:



Cervical cancer screenings, at no cost, for foreign domestic workers
Limited screenings available on a first-come, first-served basis

FAQs for helpers

What is the Helping our Helpers programme?

Helping our Helpers is a programme which offers cervical cancer screenings, at no cost, for foreign domestic workers in Singapore.

Why should I participate in this programme?

Cervical cancer is almost entirely preventable with screening and vaccination.¹

As busy women, you may overlook your own health. However, by taking care of yourself and participating in programmes such as Helping our Helpers, you can continue to take care of your family. Cervical cancer is the third most common cancer affecting women in the Philippines and the second most common among women in Indonesia, India and Myanmar.²

What is a cervical cancer screening test?

Screening and early detection is one of the best ways to protect yourself against cervical cancer.

There are two types of screening tests: Pap test and a high-risk Human Papillomavirus (HPV) test. A Pap test identifies changes that have occurred in the cells of the cervix.³ However, the high-risk HPV test can indicate whether you are at risk of cervical cancer before anything abnormal shows on a Pap test.⁴

The high-risk HPV test is more sensitive than the Pap test in determining the risk for cervical cancer.⁵

This programme offers a cervical cancer screening using a high-risk HPV test, at no cost.

How is the HPV test done?

A HPV test is a simple test that is done in the same way as a Pap smear.

Will the test hurt?

A HPV test only takes a few minutes. It should not hurt, but you might feel some discomfort or pressure when your doctor or nurse opens the speculum inside you.

Will anyone know I had the test? Do I have to inform my employer or MOM?

The results are private and confidential.

What does a negative HPV test result mean?

A negative HPV test result means that your risk for cervical cancer over the next 5 years is low.⁶ By testing and knowing the result, you are able to take measures and reduce your risk of developing cervical cancer.

What does a positive HPV test result mean?

It is important to understand that testing positive for HPV does not mean you definitely have cervical cancer; however it does mean that you are at a higher risk of developing the disease.⁶

Your doctor will advise you on what to do next.

If I have a positive result, will I be able to continue working?

Yes, you will still be able to work. You will be advised on next steps and/or follow ups depending on your results.

Will I have to pay for any treatment?

Your appointment and cervical cancer screening using a HPV test will be at no cost.

However, it is important to check your coverage in case there should be a need for further treatment.

What do I have to do in preparation for the HPV test?

The following measures can be taken to ensure that the test is as sensitive as possible:

- Avoid intercourse, douching, or using any vaginal medicines or spermicidal foams, creams or jellies for two days before the test.
- Schedule your appointment after you have had your menses.

When will I get the results?

You will receive the test results within 2 to 3 weeks.

When and where can I go and get tested?

You can go to any of the six locations:
Bethesda Medical @ Ang Mo Kio, Beach Rd, Macpherson, Margaret, Toa Payoh or Yishun.

Every Thursday from 10am to 12pm.

Be part of the Helping our Helpers programme and book an appointment today!

Please quote the “Help the Helpers Programme” when making an appointment.

Bethesda Medical @ Ang Mo Kio

Blk 709 Ang Mo Kio Ave 8 #01-2583 Lot A, S560709

Tel: 6428 6084

Bethesda Medical @ Beach Rd

152 Beach Rd, #03-08 Gateway East, S189721

Tel: 6299 5398

Bethesda Medical @ Macpherson

Grantral Mall, #01-03/04, 601 Macpherson Road, S368242

Tel: 6904 6678

Bethesda Medical @ Margaret

38 Margaret Drive #02-03, S141038

Tel: 6322 3886

Bethesda Medical @ Toa Payoh

Blk 500 Toa Payoh Lorong 6, #04-33, Toa Payoh Hub, S310500

Tel: 6253 5600

Bethesda Medical @ Yishun

Blk 293 Yishun St 22 #01-223, S760293

Tel: 6428 6081

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For more information, please visit:



go.roche.com/hoh2024

Reference: 1, Centers for Disease Control and Prevention. Cervical Cancer is Preventable. Available at: <https://www.cdc.gov/vitalsigns/cervical-cancer/> [last accessed Apr, 2024] 2, World Health Organisation. Population factsheets Retrieved 17 April 2024 from <https://go.iarc.fr/today/en/fact-sheets-populations#countries> 3, Medline Plus. Pap Smear Retrieved 18 April 2024 from <https://medlineplus.gov/lab-tests/pap-smear/> 4, American Cancer Society. HPV and HPV Testing Retrieved 18 April 2024 from <https://www.cancer.org/cancer/risk-prevention/hpv/hpv-and-hpv-testing.html> 5, Leyden WA, Manos MM, Geiger AM, et al. Cervical cancer in women with comprehensive health care access: attributable factors in the screening process. J Natl Cancer Inst. 2005;97:675-683. 9, Andrae B, Kemetli L, Sparén P, et al. Screening-preventable cervical cancer risks: evidence from a nationwide audit in Sweden. J Natl Cancer Inst. 2008; 100(9):622-629. 6, Cancer Council Australia. What does my test result mean? Retrieved 18 April 2024 from <https://www.cancer.org.au/cervicalscreening/i-am-over-25/what-does-my-test-result-mean>

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