



Valerie Teo Hui Ying

Family Physician, Senior Consultant
Clinic head, Kallang Polyclinic (NHG Polyclinics)

Innovation Interests:

- Family medicine
- Respiratory medicine
- Clinical Predictors
- Patient empowerment
- Improving clinical efficiency

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Biography

Dr Valerie Teo is a Senior Consultant Family Physician and Clinic Head of Kallang Polyclinic at the National Healthcare Group Polyclinics. She is also the chair of the Medication Management and Usage Committee (MMUC) and lead of the Innovation and Research strategic workgroup. Dr Valerie Teo completed her medical degree and postgraduate training of Masters in Medicine (Family Medicine) at the National University of Singapore. She was conferred Fellowship in Family Medicine by the College of Family Physicians.

Selected Publications

- VHY Teo. The effectiveness of manual therapy in the management of tension type headaches in Primary Care. *Singapore Family Physician*. November 2017
- *Gabriel Izwicki, Valerie Teo, Jenifer Liang, Grant M Russell, Anne E Holland, Nicholas A Zwar, Billie Bonevski, Ajay Mahal, Paula Eustace, Eldho Paul, Kirsten Phillips, Sally Wilson, Johnson George, Michael J Abramson*. Clinical Characteristics Of Patients With Asthma COPD Overlap (ACO) In Australian Primary Care. *International Journal of Chronic Obstructive Pulmonary Disease* 2019;14
- *Valerie HY Teo, Sok Huang Teo, Sarah M Burkhill, Yi Wang, Evelyn AL Chew, David WL Ng, Wern Ee Tang and Gerald CH Koh*. Effects of technology-enabled blood pressure monitoring in primary care: A quasi-experimental trial. *Journal of Telemedicine and Telecare*. Jul 21 doi: 10.1177/1357633X211031780

- *Sok Huang Teo, Evelyn Ai Ling Chew, David Wei Liang Ng, Wern Ee Tang, Gerald Choon Huat Koh and Valerie Hui Ying Teo.* Implementation and use of technology-enabled blood pressure monitoring and teleconsultation in Singapore's primary care: a qualitative evaluation using the socio-technical systems approach. BMC Primary Care (2023) 24:71 <https://doi.org/10.1186/s12875-023-02014>
- *Karen Ng, Valerie Teo, Pow-Li Chia, Ziliang Lim, Shonda Ng, Zhan Yun Patrick Lim, David Foo.* Tele-ECG collaboration between tertiary and primary care in Singapore: Outcomes and learning over a 6-year period. Ann Acad Med Singap 2024;53:399-401 <https://doi.org/10.47102/annals-acadmedsg.2023361361>

Notable Innovation Awards & Grants from Past 5 Years

Name of Awards & Grants	Year Obtained
NHG Innovate Award (NIA) - Excellence award	2025
Public Sector Transformation Awards – Exemplary Innovation Award for “Rapid HbA1c POCT for Improved Care”	2025
OpenGov Awards for “SMARTVacc - A More Efficient Way to Manage the Inventory and Dispensing of Vaccines in Polyclinics”	2023
National Award (Covid-19) - Public Administration Medal (Bronze)	2023
NHG Research & Innovation Awards (NRIA) - NHG Innovator of the Year	2023
NHG Team Recognition Gold Award for “Primary Tech-Enhanced Care (PTEC) Hypertension”	2021
NHG Team Recognition Gold Award - RELationship-based heAlth and social integration (RELATE)	2021
NHG Healthcare Innovation Award for “Primary Tech-Enhanced Care (PTEC) Hypertension”	2020
NHG Healthcare Innovation Award - NHG Research and Innovation Awards 2020 for “SMARTVacc - A More Efficient Way to Manage the Inventory and Dispensing of Vaccines in Polyclinics”	2020
Minister for Health Award - National Medication Safety Committee (NMSC)	2019
Enterprise Development Grant (EDG) from Enterprise Singapore (ESG) via the Open Innovation Challenge with the project entry “A More Efficient Way to Manage the Inventory and Dispensing of Vaccines in Polyclinics”.	2019

Translating Innovation Into Healthcare

- The Straits Times: [Singapore-developed device for diabetics measures long-term average blood sugar levels within 6 mins | The Straits Times](https://www.straitstimes.com/singapore/singapore-developed-device-for-diabetics-measures-long-term-average-blood-sugar-levels-within-6-mins) (18 Aug 2025)

- The Straits Times: [New Kallang Polyclinic to empower residents to take charge of their own health](#) (7 May 2022)
- TNP online: [New Kallang Polyclinic to pilot automated vaccine management system to ensure patient safety](#) (7 May 2022)
- Feature on govinsider.asia: Women in GovTech Special Report (16 Dec 2021)
- Featured under Future-Ready Healthcare Workforce: Channel News Asia (CNA) story of Family Doctors, MOH/MOHH Productivity Seminar: Healthcare Manpower plan 2020