

Rujukan Kami: (22) MOH/HQ/P/IKLAN-SH/2025

BIL	Quotation Reference	Description	Advertisement Date	Closing Date (Not Later Than 09.00aM)	Quotation Fee	Requesting Department	Focal Person
4	MOH/HPC/QTN/24-25(02) GA	<p>OUTSOURCING FOR WEIGHT LOSS PROGRAMME FOR HEALTH PROMOTION CENTRE – PHYSICAL ACTIVITY (CLUSTERING)</p> <p>PLACE OF SUBMISSION: QUOTATION BOX (GROUND FLOOR) MINISTRY OF HEALTH COMMONWEALTH DRIVE BANDAR SERI BEGAWAN, BB 3910 NEGARA BRUNEI DARUSSALAM</p>	20/02/2025	15/03/2025	\$5.00	PUSAT PROMOSI KESIHATN, JABATAN PERKHIDAMATAN KESIHATAN KEMENTERIAN KESIHATAN.	DR BIBINA TUTY UMAIRA HJ ABD HAMID, MEDICAL OFFICER TEL: 2384442

**TAWARAN SEBUTHARGA
PUSAT PROMOSI KESIHATAN**

RUJUK SEBUTHARGA: MOH/HPC/QTN/24-25(02) GA

NAMA SEBUTHARGA: OUTSOURCING FOR WEIGHT LOSS PROGRAMME FOR HEALTH PROMOTION CENTRE – PHYSICAL ACTIVITY (CLUSTERING)

NO.	ITEM/SPECIFICATION	TOTAL QUANTITY IN SESSIONS	TOTAL COHORT	PRICE PER SESSION	TOTAL PRICE OFFERED FOR 2 COHORT
1. EXERCISE SESSION					
	1.1 Conduct physical activity (exercise session) for each cohort of the weight loss programme during the "Active Phase" of the programme.	48 SESSIONS (PER COHORT)	2 COHORT		
	1.2 Have capacity for 4 small groups (per cohort): a) No. of instructor: 4 pax (1 pax per group) b) No. of participants per group: 12-15 pax c) No. of total participants: 45-50 pax				
	1.3 Session details: <ul style="list-style-type: none"> • Each session: 25-30 pax • Duration: 1 hour per session • Session schedule: Every Tuesday and Saturday at 4:30pm or 5:00pm onwards. Subject to change, depending on internal discussion. • Frequency: <ul style="list-style-type: none"> ○ 1 day, 2 sessions taking place at the same time but different venue ○ Total of 4 sessions per week ○ Total Duration: 12 weeks. • Venue: 2 different venues for each day 				
2. VENDORS REQUIREMENTS					
	2.1 The 4 instructors are encouraged to attend educational health talks/ training/ workshop by Health Promotion Centre for every cohort of the weight loss programme (total of 2 cohort): 2.1.1 One (1) session during the capacity training 2.1.2 One (1) session during the bootcamp 2.1.3 Each session may take about 60-90 minutes			Inclusive in price offered	
	2.2 To assist Programme Manager in every cohort (total 2 cohort): 2.2.1 Keeping attendance record of participants 2.2.2 Ensure participants gradual increase of intensity level from low, moderate to vigorous intensity based on the participants' levels of exercise intensity;			Inclusive in price offered	

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NO.	ITEM/SPECIFICATION	TOTAL QUANTITY IN SESSIONS	TOTAL COHORT	PRICE PER SESSION	TOTAL PRICE OFFERED FOR 2 COHORT
	2.2.3 Monitor and track participant's progress; and 2.2.4 Provide further assistance and management of the participants on their physical activity needs or advice				
	2.3 Minimum qualifications for each instructor: 2.3.1 Certification (any exercise / sports / physical activity qualification) 2.3.2 First Aid or BLS (added advantage)			Inclusive in price offered	
	2.4 Attend MDT (Multi-Disciplinary Meeting) meetings arranged by Programme Manager			Inclusive in price offered	
	2.5 Vendor to provide programme schedule at beginning of programme with goal to achieve gradual increase of intensity and aiming for weight loss towards the end of the programme			Inclusive in price offered	
	3. SERVICE PROVIDER ACKNOWLEDGEMENT				
	3.1 Health Promotion Centre through the Programme Manager may collect and assimilate feedbacks from the participants (as a means of evaluation for the next phase of the program): <ul style="list-style-type: none"> • Service provider to assist in facilitating the information collection. 			Inclusive in price offered	
	3.2 Service provider is allowed to collect an additional fee (of one-time upfront cash payment) from participants prior to start of the programme: <ul style="list-style-type: none"> • \$48.00 from each participant per cohort • In case of disputes arising from the collection of the additional fee (if any), it is to be settled between Service provider and participants. 			Inclusive in price offered	
	3.3 Service provider are allowed to provide supplementary exercise sessions at discounted price for interested programme participants throughout the programme ("Active" to "Maintenance" phase) which includes: <ul style="list-style-type: none"> • Zumba • K-Pop fitness • HIIT • Pound fitness • Rebounding fitness 			Inclusive in price offered	

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RUJUK SEBUTHARGA: MOH/HPC/QTN/24-25(02) GA.

NAMA SEBUTHARGA: OUTSOURCING FOR WEIGHT LOSS PROGRAMME FOR HEALTH PROMOTION CENTRE – PHYSICAL ACTIVITY (CLUSTERING)

Please State:

- Unit Price
- Total Price
- Price validity
- Delivery Period
- Sample/ Brochure (if any)
- Certification and First Aid (if any)

If any query please contact Dr Bibina Tuty Umaira Hj Abd Hamid, Medical Officer, Health Promotion Centre at 2385800 or 2384442.

TAWARAN SEBUTHARGA
PUSAT PROMOSI KESIHATAN

RUJUKAN SEBUTHARGA: MOH/HPC/QTN/24-25(02)

NAMA SEBUTHARGA: OUTSOURCING OF PHYSICAL ACTIVITY (EXERCISE SESSION) FOR WEIGHT LOSS PROGRAMME FOR HEALTH PROMOTION CENTRE. (CLUSTERING)

NO.	SPECIFICATION	TOTAL QUANTITY IN SESSIONS	TOTAL COHORT	STATE COMPLY/ NOT COMPLY	IF 'NO' PLEASE STATE ALTERNATIVE OFFER
	<p>1. EXERCISE INFORMATION</p> <p>1.1 Conduct physical activity (exercise session) for each cohort of the weight loss programme during the "Active Phase" of the programme.</p> <p>1.2 Have capacity for 4 small groups (per cohort):</p> <ul style="list-style-type: none"> a) No. of instructor: 4 pax (1 pax per group) b) No. of participants per group: 12-15 pax c) No. of total participants: 45-50 pax <p>1.3 Session details:</p> <ul style="list-style-type: none"> • Each session: 25-30 pax • Duration: 1 hour per session • Session schedule: Every Tuesday and Saturday at 4:30pm or 5:00pm onwards. Subject to change, depending on internal discussion. • Frequency: <ul style="list-style-type: none"> ○ 1 day, 2 sessions taking place at the same time but different venue ○ Total of 4 sessions per week ○ Total Duration: 12 weeks. • Venue: 2 different venues for each day 	48 SESSIONS (PER COHORT)	2 COHORT		
	<p>2. VENDORS REQUIREMENTS</p> <p>2.1 The 4 instructors are encouraged to attend educational health talks/ training/ workshop by Health Promotion Centre for every cohort of the weight loss programme (total of 2 cohort):</p> <ul style="list-style-type: none"> 2.1.1 One (1) session during the capacity training 2.1.2 One (1) session during the bootcamp 2.1.3 Each session may take about 60-90 minutes 	Inclusive in price offered			

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	<p>2.2 To assist Programme Manager in every cohort (total 2 cohort):</p> <p>2.2.1 Keeping attendance record of participants</p> <p>2.2.2 Ensure participants gradual increase of intensity level from low, moderate to vigorous intensity based on the participants' levels of exercise intensity;</p> <p>2.2.3 Monitor and track participant's progress; and</p> <p>2.2.4 Provide further assistance and management of the participants on their physical activity needs or advice</p>	<p>Inclusive in price offered</p>		
	<p>2.3 Minimum qualifications for each instructor:</p> <p>2.3.1 Certification (any exercise / sports / physical activity qualification)</p> <p>2.3.2 First Aid or BLS (added advantage)</p>	<p>Inclusive in price offered</p>		
	<p>2.4 Attend MDT (Multi-Disciplinary Meeting) meetings arranged by Programme Manager</p>	<p>Inclusive in price offered</p>		
	<p>2.5 Vendor to provide programme schedule at beginning of programme with goal to achieve gradual increase of intensity and aiming for weight loss towards the end of the programme</p>	<p>Inclusive in price offered</p>		
<p>3. SERVICE PROVIDER ACKNOWLEDGEMENT</p>				
	<p>3.1 Health Promotion Centre through the Programme Manager may collect and assimilate feedbacks from the participants (as a means of evaluation for the next phase of the program):</p> <ul style="list-style-type: none"> • Service provider to assist in facilitating the information collection. 	<p>Inclusive in price offered</p>		
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	Procurement Requirement
Total Price:	
Price Validity:	
Delivery Period:	
Sample / Brochure:	
Certification and First Aid (if any)	

The company understood that Ministry of Health reserves the right to appoint different vendor(s) for each of the item stated above, if required.

Company Name				Company Chop
Contact Person		Contact Number		

If any query please contact **Dr Bibina Tuty Umaira Hj Abd Hamid, Medical Officer, Health Promotion Centre** at **2384442** or e-mail bibina.hamid@moh.gov.bn