

CORPORATE RATES VALID FOR 2023

HEALTH SCREENING

EXECUTIVE PACKAGES



PRE-EMPLOYMENT

\$80*

INCLUDES:

CORPORATE RATES

CLINICAL TESTS

Clinical Examination
Height and Weight
BMI
Visual Acuity
Color Blindness

DOCTOR CONSULTATION

RADIOLOGY

Chest X-ray

Urinalysis

Urine Sugar
Urine albumin

ECONOMY CLASS

\$208*

INCLUDES:

CORPORATE RATES



CLINICAL TESTS

Height and Weight
BMI
Blood Pressure



LABORATORY TESTS

Liver Profile

Total Bilirubin
Alkaline Phosphatase
SGPT (ALT)
SGOT (AST)
Gamma GT (GGT)
Total Protein
Albumin
Globulin
Alb/Glob Ratio

Diabetes Profile

Blood Glucose
HbA1c (where applicable)

Lipid Profile

Total Cholesterol
HDL Cholesterol
LDL Cholesterol
Cholesterol Ratio
Triglycerides

Kidney Profile

Urea
Creatinine
Potassium
Sodium
Chloride
EGFR

Urinalysis

Urine FEME
Urine Microalbumin
Urine Creatinine
Microalbumin/Creatinine Ratio

Hepatitis Profile

Hepatitis A
Hepatitis B

Thyroid Profile

TSH
FT4 (If TSH is <0.27 pmol/L
or >4.20 pmol/L)

Bone and Joint Profile

Calcium
Phosphate
Uric Acid (Gout)
Rheumatoid
Arthritis

Cancer Markers

AFP (Liver)
CEA (Colon)

Venereal Profile

Syphilis TP Ab

Hematology

Full Blood Count
Hb Indices
ESR
Peripheral Blood Film

Deficiency Profile

Iron

Stool Analysis

Stool Occult Blood



POST SCREENING DOCTOR CONSULTATION



PERSONAL REPORT AND LIFESTYLE COUNSELLING

PREMIUM ECONOMY

\$328*

INCLUDES:

CORPORATE RATES



DOCTOR CONSULTATION



CLINICAL TESTS

Height and Weight
BMI
Blood Pressure
Full Body Composition
Oxygen Saturation
Visual Acuity
Color Blindness



LABORATORY TESTS

Liver Profile

Total Bilirubin
Alkaline Phosphatase
SGPT (ALT)
SGOT (AST)
Gamma GT (GGT)
Total Protein
Albumin
Globulin
Alb/Glob Ratio

Diabetes Profile

Blood Glucose
HbA1c (where applicable)

Lipid Profile

Total Cholesterol
HDL Cholesterol
LDL Cholesterol
Cholesterol Ratio
Triglycerides

Kidney Profile

Urea
Creatinine
Potassium
Sodium
Chloride
EGFR

Urinalysis

Urine FEME
Urine Microalbumin
Urine Creatinine
Microalbumin/Creatinine Ratio

Hepatitis Profile

Hepatitis A
Hepatitis B

Thyroid Profile

TSH
FT4 (If TSH is <0.27 pmol/L
or >4.20 pmol/L)

Bone and Joint Profile

Calcium
Phosphate
Uric Acid (Gout)
Rheumatoid Arthritis

Cancer Markers

AFP (Liver)
CEA (Colon)
PSA (Prostate) ♂
CAS125 (Ovarian) ♀

Cardiac Profile

Hs-CRP
Creatine Kinase

Venereal Profile

Syphilis TP Ab

Hematology

Full Blood Count
Hb Indices
ESR
Peripheral Blood Film

Deficiency Profile

Iron

Stool Analysis

Stool Occult Blood

CHOOSE 2 OF THE FOLLOWING:



ELECTROCARDIOGRAPHY

ECG



TONOMETRY

Eye Pressure



BONE SCAN

Bone Mineral Densitometry



RADIOLOGY

Chest X-ray



SPIROMETRY

Lung Function Test



AUDIOMETRY

Functional Hearing Test



RETINA IMAGING

Macular and Optic Imaging



PAP SMEAR (THIN PREP) ♀

Recommended once every 3 years



POST SCREENING DOCTOR CONSULTATION



PERSONAL REPORT AND LIFESTYLE COUNSELLING

BUSINESS CLASS

\$428*



INCLUDES:

CORPORATE RATES



DOCTOR CONSULTATION



CLINICAL TESTS

Height and Weight
BMI
Blood Pressure
Full Body Composition
Oxygen Saturation
Visual Acuity
Color Blindness



LABORATORY TESTS

Liver Profile

Total Bilirubin
Alkaline Phosphatase
SGPT (ALT)
SGOT (AST)
Gamma GT (GGT)
Total Protein
Albumin
Globulin
Alb/Glob Ratio

Diabetes Profile

Blood Glucose
HbA1c (where applicable)

Lipid Profile

Total Cholesterol
HDL Cholesterol
LDL Cholesterol
Cholesterol Ratio
Triglycerides

Kidney Profile

Urea
Creatinine
Potassium
Sodium
Chloride
EGFR

Urinalysis

Urine FEME
Urine Microalbumin
Urine Creatinine
Microalbumin/Creatinine Ratio

Hepatitis Profile

Hepatitis A
Hepatitis B

Thyroid Profile

TSH
FT4 (If TSH is <0.27 pmol/L or >4.20 pmol/L)

Bone and Joint Profile

Calcium
Phosphate
Uric Acid (Gout)
Rheumatoid Arthritis

Cancer Markers

AFP (Liver)
CEA (Colon)
PSA (Prostate) ♂
CAS125 (Ovarian) ♀

Cardiac Profile

Hs-CRP
Creatine Kinase

Venereal Profile

Syphilis TP Ab

Hematology

Full Blood Count
Hb Indices
ESR
Peripheral Blood Film

Deficiency Profile

Iron

Stool Analysis

Stool Occult Blood

CHOOSE 2 OF THE FOLLOWING:



ELECTROCARDIOGRAPHY

ECG



TONOMETRY

Eye Pressure



BONE SCAN

Bone Mineral Densitometry



RADIOLOGY

Chest X-ray



SPIROMETRY

Lung Function Test



AUDIOMETRY

Functional Hearing Test



RETINA IMAGING

Macular and Optic Imaging



PAP SMEAR (THIN PREP) ♀

Recommended once every 3 years



CHOOSE 1 OF THE FOLLOWING:

Ultrasound Prostate ♂

Ultrasound Pelvis ♀

Ultrasound Thyroid

Ultrasound Breast ♀

Ultrasound Kidney

Ultrasound Liver (HBS)

Mammogram ♀

Treadmill



POST SCREENING DOCTOR CONSULTATION



PERSONAL REPORT AND LIFESTYLE COUNSELLING

*PRICE BEFORE GST

FIRST CLASS

\$698*

CORPORATE RATES

INCLUDES:



DOCTOR CONSULTATION



CLINICAL TESTS

Height and Weight
BMI
Blood Pressure
Full Body Composition
Oxygen Saturation
Visual Acuity
Color Blindness



LABORATORY TESTS

Liver Profile

Total Bilirubin
Alkaline Phosphatase
SGPT (ALT)
SGOT (AST)
Gamma GT (GGT)
Total Protein
Albumin
Globulin
Alb/Glob Ratio

Diabetes Profile

Blood Glucose
HbA1c (where applicable)

Lipid Profile

Total Cholesterol
HDL Cholesterol
LDL Cholesterol
Cholesterol Ratio
Triglycerides

Kidney Profile

Urea
Creatinine
Potassium
Sodium
Chloride
EGFR

Urinalysis

Urine FEME
Urine Microalbumin
Urine Creatinine
Microalbumin/Creatinine Ratio

Hepatitis Profile

Hepatitis A
Hepatitis B

Thyroid Profile

TSH
FT4 (If TSH is <0.27 pmol/L or >4.20 pmol/L)

Bone and Joint Profile

Calcium
Phosphate
Uric Acid (Gout)
Rheumatoid Arthritis

Cancer Markers

AFP (Liver)
CEA (Colon)
PSA (Prostate) ♂
CAS125 (Ovarian) ♀
EBV (Nasopharyngeal)
CA19.9 (Panreas)
BETA HCG (Testes) ♂
CA15.3 (Breast) ♀

Cardiac Profile

Hs-CRP
Creatine Kinase

Stomach Screen

Helicobacter Pylori

Venereal Profile

Syphilis TP Ab

Hematology

Full Blood Count
Hb Indices
ESR
Peripheral Blood Film

Deficiency Profile

Iron

Stool Analysis

Stool Occult Blood

CHOOSE 4 OF THE FOLLOWING:



ELECTROCARDIOGRAPHY

ECG



TONOMETRY

Eye Pressure



BONE SCAN

Bone Mineral Densitometry



RADIOLOGY

Chest X-ray



SPIROMETRY

Lung Function Test



AUDIOMETRY

Functional Hearing Test



RETINA IMAGING

Macular and Optic Imaging



PAP SMEAR (THIN PREP) ♀

Recommended once every 3 years



CHOOSE 2 OF THE FOLLOWING:

Ultrasound Prostate ♂

Ultrasound Pelvis ♀

Ultrasound Thyroid

Ultrasound Breast ♀

Ultrasound Kidney

Ultrasound Liver (HBS)

Mammogram ♀

Treadmill



POST SCREENING DOCTOR CONSULTATION



PERSONAL REPORT AND LIFESTYLE COUNSELLING

* PRICE BEFORE GST

HEALTH SCREENING PREPARATION

To bring

- NRIC/FIN/Passport

To prepare

- Fast for at least 8 hrs - plain water is allowed
- Omit your diabetic medication till after your appointment
- You may consume all other chronic medication as required.
- Please postpone your appointment if you are unwell.



GETTING READY FOR YOUR TESTS ...

Urine Test

- At least ½ of the bottle
- Take Mid-stream portion
- No fasting required
- No overnight urine

Stool Test

- No fasting required
- Overnight stool is acceptable
- Avoid contact with urine or water
- Using the stick provided, scoop a small amount of stool
- Avoid red meat and iron supplements 3 days before collecting the sample

For Ladies

- Urine/Stool to be done at least 5 days after your menstruation

Ultrasounds

- Abdominal / Hepatobiliary System Ultrasound
 - Fast for at least 8 hrs
 - Avoid smoking at least 2hrs before examination
- Prostate / Pelvis Ultrasound
 - Drink 5 to 6 glasses of water 1 hr before your scan
 - Avoid urination, full bladder is required



X-Ray

- If you are pregnant, please avoid this test
- Please inform us if you had a chest x-ray in the preceding 6-months.

Pap Smear (Ladies)

- To be done at least 5 days after your menstruation
- Avoid sexual intercourse, use of creams, medication, spermicides or tampons 2 days prior to your appointment

Mammogram (Ladies)

- If you are pregnant, please avoid this test.
- Examination should be done at least 1 week after your menstruation.
- Avoid perfumes, powders, deodorants and creams at your chest or underarm areas.

Treadmill

- Avoid caffeinated food and drinks on the day of your test.
- Bring along your sports attire and running shoes.
- You are encouraged to bring a spare set of clothes to change after the test.
- Please inform our doctor in advance if you have any known heart conditions

Tonometry

- Bring along your spectacles (if applicable)
- Remove contact lens 30mins before tonometry

ECG

- Please wear a 2-piece outfit as electrodes will be placed on your chest.

POST SCREENING

- Your health screening report will be sent to you within 7 working days. (excluding weekends, PH and eve of PH).
- **Contact us for a post screening review with our Doctor**

THINGS TO TAKE NOTE

- Kindly arrive on time for your appointment. **Rescheduling** of appointments to be made at least 48 hours in advance us **via 6589 0009**
- Depending on your selected package, your screening may take **between 1 to 3 hrs.**
- A **time chit** can be provided for your screening appointment.
- **If you are pregnant**, it is not recommended to undergo executive health screening.



*All prices before GST

BOOK NOW



EXECUTIVE
HEALTH
SCREENING



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