



Personalised Health.
Empowering Care.

ALLIANCE HEALTHCARE – EXECUTIVE HEALTH SCREENING PROPOSAL



The Purpose of Health Screening*

- Health screening is important to everyone. Health screening helps you find out if you have a particular condition even if you feel perfectly well, without any symptoms and/or signs.
- Early detection, followed by treatment and good control of the condition can result in better outcomes, and lowers the risk of serious complications. It is therefore important to get yourself screened even if you feel perfectly healthy.
- It involves the use of tests, physical examinations or other procedures to detect conditions early in people who look or feel well.
- This is different from diagnostic tests which are done when someone is already showing signs and/or symptoms of a condition.
- If your screening results are abnormal, you should follow-up with your doctor immediately even if you feel perfectly well. Early treatment and good control of your condition can result in better outcomes and prevent or delay serious complications.

*Source: www.Healthhub.sg

Plans & Prices <i>(before GST)</i>	AHC Basic - M \$140.00	AHC Basic Plus - M \$185.00	AHC Basic Enhanced - M \$233.00	AHC Deluxe - M \$280.00	AHC Supreme - M \$420.00	AHC Platinum - M \$607.00	AHC Prestige - M \$747.00
	AHC Basic - F \$160.00	AHC Basic Plus - F \$205.00	AHC Basic Enhanced - F \$253.00	AHC Deluxe - F \$300.00	AHC Supreme - F \$440.00	AHC Platinum - F \$627.00	AHC Prestige - F \$767.00
Physical Examination	All packages will have Detailed Medical Review, Physical Examination, Weight/Height/BMI, Blood Pressure, Eye Screening, Body Composition Analysis						
Breast Examination (Female)				x	x	x	x
Thin Prep PAP Smear (Female)	x	x	x	x	x	x	x
Laboratory Investigations:							
Standard for all	All packages will have Lipid Profile, Kidney Functions, Liver Functions, Haematology and High Sensitive CRP (HsCRP)						
Diabetic Screening							
Blood Glucose	x	x	x	x	x	x	x
HbA1c			x	x	x	x	x
Thyroid Functions							
Free T4		x	x	x	x	x	x
TSH		x	x	x	x	x	x
VDRL & HIV Serology							
VDRL/RPR		x	x	x	x	x	x
THPA (if VDRL positive)		x	x	x	x	x	x
HIV Screen			x	x	x	x	x
Bone & Joint Screen							
Calcium	x	x	x	x	x	x	x
Phosphate	x	x	x	x	x	x	x
Uric Acid (Gout)	x	x	x	x	x	x	x
RA Factor				x	x	x	x
Hepatitis A & B Screening							
Hepatitis Bs Ag		x	x	x	x	x	x
Hepatitis Bs Ab		x	x	x	x	x	x
Hepatitis A Ab		x	x	x	x	x	x
Hepatitis C Ab						x	x
Urine Analysis: FEME	x	x	x	x	x	x	x
Stool Analysis: Occult Blood		x	x	x	x	x	x
Cancer Markers							
CEA (Colon)	x	x	x	x	x	x	x
AFP (Liver)		x	x	x	x	x	x
PSA (Prostate-Male)		x	x	x	x	x	x
CA 125 (Ovaries-Female)		x	x	x	x	x	x
EBV (Nose)						x	x
CA 19.9 (Pancreas)						x	x
CA 15-3 (Breasts)							x
Beta HCG							x

PLAN	AHC Basic - M \$140.00	AHC Basic Plus - M \$185.00	AHC Basic Enhanced - M \$233.00	AHC Deluxe - M \$280.00	AHC Supreme - M \$420.00	AHC Platinum - M \$607.00	AHC Prestige - M \$747.00
	AHC Basic - F \$160.00	AHC Basic Plus - F \$205.00	AHC Basic Enhanced - F \$253.00	AHC Deluxe - F \$300.00	AHC Supreme - F \$440.00	AHC Platinum - F \$627.00	AHC Prestige - F \$767.00
3 Choose 1				Chest Xray / Spirometry / Tonometry	Chest Xray / Spirometry / Tonometry	Chest Xray / Spirometry / Tonometry	Chest Xray / Spirometry / Tonometry
Resting ECG				X	X	X	X
Optional Tests					Choose 1	Choose 2	Choose 3
Ultrasound Abdomen						X	X
Ultrasound Liver					X	X	X
Ultrasound Prostate (Male Only)					X	X	X
Ultrasound Breasts (Female Only)					X	X	X
Ultrasound Pelvis (Female Only)					X	X	X
Mammogram Breasts (Female Only)					X	X	X
Bone Mineral Densitometry					X	X	X
Treadmill ECG					X	X	X

Details of Lipid Profile, Kidney Functions, Liver Functions & Haematology

Lipid Profile

Total Cholesterol
HDL Cholesterol
LDL Cholesterol
Triglycerides
Cholesterol Ratio

Kidney Functions

Urea
Creatinine
Potassium
Chloride
Sodium

Liver Functions

Total Protein
Albumin
Globulin
Total Bilirubin
Alkaline Phosphatase
A/G Ratio
SGPT
SGOT
GGT

Haematology

Haemoglobin
Total WB Cells
Total RB Cells
Differential Count
Platelets
MCV, MCH, MCHC
Haematocrit (HCT/PCV)
PBF
ESR



Exe Health Screening Package Details

AHC BASIC – M: \$140 (Before GST)
AHC BASIC – F: \$160 (Before GST)

Detailed Medical Review with Physical Examination

Physical Examination | Weight/Height/BMI | Blood Pressure (BP) | Eye Screening | Body Composition Analysis |
Thin Prep PAP Smear (Female only)

Diabetic Screening

Fasting Glucose

Lipid Profile

Total Cholesterol
HDL Cholesterol
LDL Cholesterol
Triglycerides
Cholesterol Ratio

Cardiac Risk

High Sensitive CRP (HsCRP)

Haematology

Haemoglobin
Total RB Cells
Differential Count
Platelets
MCV, MCH, MCHC
PBF
Haematocrit (HCT/PCV)
ESR

Cancer Marker

CEA (Colon)

Liver Functions

Total Protein
Albumin
Globulin
Total Bilirubin
Alkaline Phosphatase
A/G Ratio
SGPT
SGOT
GGT

Urine Test

Urine Analysis (Urine FEME)

Kidney Functions

Urea
Creatinine
Potassium
Chloride
Sodium

Bone & Joint Screen

Calcium
Phosphate
Uric Acid (Gout)

Did you know?

Blood Pressure Test, Diabetes Screening and Lipid Profile Test are the 3 common basic tests to check for the 3 most common chronic diseases in Singapore and most parts of the world, namely Hypertension, Diabetic and High Cholesterol.

Exe Health Screening Package Details

AHC BASIC PLUS – M: \$185 (Before GST)

AHC BASIC PLUS– F: \$205 (Before GST)

Detailed Medical Review with Physical Examination

Physical Examination | Weight/Height/BMI | Blood Pressure (BP) | Eye Screening | Body Composition Analysis |
Thin Prep PAP Smear (Female only)

Diabetic Screening

Fasting Glucose

Lipid Profile

Total Cholesterol
HDL Cholesterol
LDL Cholesterol
Triglycerides
Cholesterol Ratio

Cardiac Risk

High Sensitive CRP (HsCRP)

VDRL Serology*

VDRL/RPR*
THPA (if VDRL positive)*

Haematology

Haemoglobin
Total RB Cells
Differential Count
Platelets
MCV, MCH, MCHC
PBF
Haematocrit (HCT/PCV)
ESR

Cancer Marker

CEA (Colon)
AFP (Liver)*
PSA (Prostate-Male)*
CA 125 (Ovaries-Female)*

Thyroid Function*

Free T4*
TSH*

Liver Functions

Total Protein
Albumin
Globulin
Total Bilirubin
Alkaline Phosphatase
A/G Ratio
SGPT
SGOT
GGT

Urine Test

Urine Analysis (Urine FEME)

Stool Test*

Stool Analysis (Occult Blood)*

Kidney Functions

Urea
Creatinine
Potassium
Chloride
Sodium

Bone & Joint Screen

Calcium
Phosphate
Uric Acid (Gout)

Hepatitis A & B Screen*

Hepatitis Bs Ag*
Hepatitis Bs Ab*
Hepatitis A Ab*

***New in this package**

Did you know?

Hepatitis B affects approximately 296 million people around the world, including over 6 million children under the age of 5.

Exe Health Screening Package Details

AHC BASIC ENHANCED – M: \$233 (Before GST)

AHC BASIC ENHANCED – F: \$253 (Before GST)

Detailed Medical Review with Physical Examination

Physical Examination | Weight/Height/BMI | Blood Pressure (BP) | Eye Screening | Body Composition Analysis |
Thin Prep PAP Smear (Female only)

Diabetic Screening

Fasting Glucose
HbA1C*

Lipid Profile

Total Cholesterol
HDL Cholesterol
LDL Cholesterol
Triglycerides
Cholesterol Ratio

Cardiac Risk

High Sensitive CRP (HsCRP)

VDRL & HIV Serology*

VDRL/RPR
THPA (if VDRL positive)
HIV*

Haematology

Haemoglobin
Total RB Cells
Differential Count
Platelets
MCV, MCH, MCHC
PBF
Haematocrit (HCT/PCV)
ESR

Cancer Marker

CEA (Colon)
AFP (Liver)
PSA (Prostate-Male)
CA 125 (Ovaries-Female)

Thyroid Function

Free T4
TSH

Liver Functions

Total Protein
Albumin
Globulin
Total Bilirubin
Alkaline Phosphatase
A/G Ratio
SGPT
SGOT
GGT

Urine Test

Urine Analysis (Urine FEME)

Stool Test

Stool Analysis (Occult Blood)

Kidney Functions

Urea
Creatinine
Potassium
Chloride
Sodium

Bone & Joint Screen

Calcium
Phosphate
Uric Acid (Gout)

Hepatitis A & B Screen

Hepatitis Bs Ag
Hepatitis Bs Ab
Hepatitis A Ab

***New in this package**

Exe Health Screening Package Details

AHC DELUXE – M: \$280 (Before GST)

AHC DELUXE – F: \$300 (Before GST)

Detailed Medical Review with Physical Examination

Physical Examination | Weight/Height/BMI | Blood Pressure (BP) | Eye Screening |
Body Composition Analysis | Thin Prep PAP Smear (Female only) | Breast Examination (Female Only)*

Blood Tests – All items from AHC BASIC ENHANCED plus the following:

Bone & Joint Screen*

RA Factor*

Cancer Marker

CEA (Colon)

AFP (Liver)

PSA (Prostate-Male)

CA 125 (Ovaries-Female)

Resting ECG*

Choose 1 of the following 3 Tests*

Chest x-Ray*

Spirometry*

Tonometry*

***New in this package**

Did you know?

***Spirometry** is a test to diagnose asthma, chronic obstructive pulmonary disease (COPD) and other conditions which affect breathing.*

***Tonometry** is a diagnostic test that measures the pressure inside your eye, which is called intraocular pressure (IOP). This measurement can help your doctor to determine whether you are at risk of glaucoma.*

Exe Health Screening Package Details

AHC SUPREME – M: \$420 (Before GST)

AHC SUPREME – F: \$440 (Before GST)

Detailed Medical Review with Physical Examination

Physical Examination | Weight/Height/BMI | Blood Pressure (BP) | Eye Screening |
Body Composition Analysis | Thin Prep PAP Smear (Female only) | Breast Examination (Female Only)

Blood Tests – All items from AHC BASIC ENHANCED plus the following:

Bone & Joint Screen

RA Factor

Cancer Marker

CEA (Colon)

AFP (Liver)

PSA (Prostate-Male)

CA 125 (Ovaries-Female)

Resting ECG

Choose 1 of the following 3 Tests

Chest x-Ray

Spirometry

Tonometry

Choose 1 of the following 6 Tests*

Ultrasound Liver*

Ultrasound Prostate (Male Only)*

Ultrasound Breasts (Female Only)*

Ultrasound Pelvis (Female Only)*

Mammogram (Female Only)*

Bone Mineral Densitometry (BMD)*

Treadmill (Stress ECG)*

***New in this package**

Detailed Medical Review with Physical Examination

Physical Examination | Weight/Height/BMI | Blood Pressure (BP) | Eye Screening |
Body Composition Analysis | Thin Prep PAP Smear (Female only) | Breast Examination (Female Only)

Blood Tests – All items from AHC BASIC ENHANCED plus the following:**Bone & Joint Screen**

RA Factor

Hepatitis C Screen*

Hep C Ab*

Cancer Marker

CEA (Colon)

AFP (Liver)

EBV (Nose)*

CA 19.9 (Pancreas)*

PSA (Prostate-Male)

CA 125 (Ovaries-Female)

Resting ECG**Choose 1 of the following 3 Tests**

Chest x-Ray

Spirometry

Tonometry

Choose 2* of the following 7 Tests

Ultrasound Abdomen*

Ultrasound Liver

Ultrasound Prostate (Male Only)

Ultrasound Breasts (Female Only)

Ultrasound Pelvis (Female Only)

Mammogram (Female Only)

Bone Mineral Densitometry (BMD)

Treadmill (Stress ECG)

***New in this package**

Detailed Medical Review with Physical Examination

Physical Examination | Weight/Height/BMI | Blood Pressure (BP) | Eye Screening |
Body Composition Analysis | Thin Prep PAP Smear (Female only) | Breast Examination (Female Only)

Blood Tests – All items from AHC BASIC ENHANCED plus the following:**Bone & Joint Screen**

RA Factor

Hepatitis C Screen

Hep C Ab

Cancer Marker

CEA (Colon)

AFP (Liver)

EBV (Nose)

CA 19.9 (Pancreas)

Beta HCG*

PSA (Prostate-Male)

CA 125 (Ovaries-Female)

CA 15-3 (Breast-Female)*

Resting ECG**Choose 1 of the following 3 Tests**

Chest x-Ray

Spirometry

Tonometry

Choose 3* of the following 7 Tests

Ultrasound Abdomen

Ultrasound Liver

Ultrasound Prostate (Male Only)

Ultrasound Breasts (Female Only)

Ultrasound Pelvis (Female Only)

Mammogram (Female Only)

Bone Mineral Densitometry (BMD)

Treadmill (Stress ECG)

***New in this package**

Before your Health Screening

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ALLIANCE™

Bring Along:



- NRIC / Passport / Employment Pass / Work Permit.
- Recent medical reports and x-ray films – *this is highly encouraged.*
- For corporate clients (*where applicable*): Company Letter / Authorization Letter / Staff Pass / Medical Chit / Alliance eCard or Alliance physical card.
- Medications or supplements to take after your tests (if applicable).

Medication and Supplements:



- Regular medications for the heart and high blood pressure are allowed.
- Delay other routine medications / supplements until you have completed the tests that require fasting, e.g. insulin for diabetes.



X-Ray & Mammogram:

- **X-Ray** is not recommended for pregnant women and anyone who has done a similar x-ray less than 6 months ago.
- **Mammogram** is not recommended for pregnant women.
- If you have sensitive or tender breasts just before or during menses, it is recommended that you schedule your mammogram / breast ultrasound screening one week after your menses.
- Avoid using deodorant, perfume, powder or cream under your arms or on your chest area as it may interfere with the quality of the scan.
- Bring along your most recent mammogram films and reports if you would like to have a comparison made.



Ultrasound Scans:

- Refrain from smoking on the day of your appointment until your scans have been completed, as smoking may affect the quality of the scan.
- For **Abdomen / Liver Ultrasound**, 8 hours of fasting is required to achieve accurate results. Please note that plain water is **allowed**.
- For **Pelvis (Female) / Prostate (Male) / Kidney Ultrasound**, drink at least 5-6 glasses of water and avoid urinating an hour before the scan, as a full bladder is required for better visualisation of results.

Before your Health Screening

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Eye Examination:

- Remove your contact lenses at least 30 mins before the eye test.
- You are encouraged to wear spectacles to your appointment.



Treadmill:

- Bring your sports attire, e.g. t-shirt, running shorts and shoes.
- Your chest should be cleanly shaved (the area between your collar bone and your navel) to allow the electrodes to adhere to your skin.
- Consult your doctor prior to stopping medication 3 days before this test, e.g. beta-blockers (propranolol or atenolol).
- Avoid caffeinated drinks/food before the test.
- Locker facilities are available for use during the test.
- The test will be completed within 20–30 mins.



Stool Occult Test:

- After booking your appointment, you may pick up a stool specimen container from the clinic/screening centre in advance or on the appointment day.
- Collect your stool sample in the morning of the day you are submitting the sample. Stool samples must be fresh to ensure that bacteria in the stool do not multiply due to any delay.
- Avoid red meat and iron supplements 3 days before collecting the sample.
- Avoid contact with urine or water, and pass stool directly onto a clean, dry surface and collect your sample with the spatula provided in the specimen container.



Urine Test:

- Only midstream urine is required.
- Urinate a small amount into the toilet bowl and then start **collecting** your **urine** into the container. You do not have to fill the container to the brim.
**Do not touch the inner part of the container.*
- Complete this test 10 days after the last day of your period, or 2 weeks before the first day of your next period.
- If you are having your period on the day of your appointment, inform the clinic team upon arrival so that a separate appointment can be arranged to complete the tests.



Thin Prep PAP Smear, Urine and Stool Test:

- Complete the above tests 10 days after the last day of your menses or 2 weeks before the first day of your next menses.
- If you are having menses on the appointment day, inform the clinic team upon arrival so that a separate appointment can be arranged to complete the tests.
- For **Thin Prep PAP Smear Test**, avoid sexual intercourse and the use of spermicides, vaginal creams, lubricant jellies, vaginal medications or tampons **at least 48 hours before the test.**

Term	Definition
Diabetic Mellitus Screen	Measures blood glucose levels in the bloodstream to detect risk for diabetes.
Lipid Profile	Measures cholesterol and fat levels to assess one's risk for cardiovascular disease.
Haematology	Determines one's overall health and screens for blood disorders.
Kidney Functions	Measures levels of minerals and proteins in blood to assess kidney function.
Liver Functions	Measures levels of liver enzymes and proteins in your blood to assess liver function.
Thyroid Functions	Measures hormones produced by the thyroid to help determine hypothyroidism or hyperthyroidism that affects one's metabolism.
Cardiac Risk Screen	Measures levels of high sensitivity C-reactive protein (HsCRP) will help assess one's risk of developing cardiovascular disease.
Bone and Joint Screen	Measures levels of minerals involved in bone remodeling (breakdown and formation) to assess for metabolic bone diseases.
Hepatitis Screen	Tests for the presence of hepatitis antigen and antibodies in the bloodstream
Urinalysis (Urine Test)	Tests for the presence of hepatitis antigen and antibodies in the bloodstream
Stool Screen	Determines one's overall health and screen for blood disorders.

Term	Definition
VDRL Serology Screen	Screening test for syphilis. It measures substances (proteins), called antibodies, which body may produce if have come in contact with the bacteria that cause syphilis.
Urinalysis (Urine Test)	Examines urine microscopic contents to detect urinary tract infections and kidney diseases.
Stool Screen	Tests for hidden traces of blood in the stool that may be indicative of polyps in the colon or rectum or colon cancer.
Resting Electrocardiogram (ECG)	Measures the electrical activity of your heart, while at rest, to determine whether there is abnormal activity attributed to certain heart conditions.
Stress Electrocardiogram (Treadmill)	Detects how your heart activity responds to exercise. You will be asked to walk/jog on a treadmill while heart activity is monitored.
Thin Prep PAP Smear	Screens for potential precancerous or cancerous cells on the cervix
Ultrasound	This is a non-invasive technique used to image soft tissue's structure.
Mammogram	This is one of the most reliable screening tool for breast cancer involving x-rays.
Bone Mineral Density (BMD)	Measures levels of minerals and proteins in blood to assess kidney function.
Tumour/Cancer Markers Screen	Tests for tumour markers in the bloodstream that may be produced by cancer cells.



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