

# ITRON METERING SYSTEMS SINGAPORE PTE LTD

# CORPORATE HEALTH SCREENING PACKAGES

# **ONE-STOP CENTRE**

HOP Medical Centre is One-stop
Health Screening Centre
conveniently located at Orchard
Road - Palais Renaissance complete
with in-house imaging services.

Our screening centre is just a **5-mins**walk from Orchard MRT and is
equipped with the latest medical
equipment to meet your needs.

390 Orchard Road, Palais Renaissance #11-03/04, 238871 Tel: 6589 0009 Email: medicalcentre@hop.sg



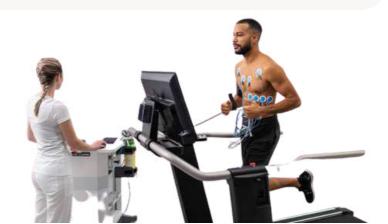




# FULL RANGE OF SERVICES:

Our centre is fully equipped with the latest medical equipment and services to meet your needs, such as:

- Ultrasounds
- Mammogram
- Treadmill ECG
- Resting ECG
- X-Ray
- Pap Smear / HPV Testing
- Vaccinations
- Blood Tests
- Urine Test / Stool Tests
- Spirometry
- Audiometry
- Digital Retinal Imaging
- Tonometry
- Bone Mineral Densitometry (Heel)
- Tele-consultation







# CUSTOMER CENTRIC

Receive your medical report within **7-working days** and enjoy on-demand Doctor's Tele-consultation for medical review available:

Mon - Sun
(inc. public holidays)
8.00am to 12.00 midnight

so that you never have to leave the comfort of your home.



# AN ELEVATED EXPERIENCE

Providing you a range of comprehensive and quality services. Our executive packages have been curated and designed with your health and concerns in mind.

Receive tailored recommendations during your screening by medical professionals and rest easy as you gain deep insights into your health.



CREENING PACKAG		Itron Metering Systems Singapore Pte Ltd			
NO A	ADDITIONAL BLOOD-DRAWING REQUIREMENTS	Plan A	Plan B	Plan C	Plan D
TESTS	DETAILS	\$350 NETT	\$600 NETT	700 NETT	880 NETT
CTOR CONSULTATION		✓	✓	✓	✓
医生咨询 Physical Examination 体检	Blood Pressure	<b>✓</b>	<b>✓</b>	<b>✓</b>	<b>✓</b>
	Height & Weight - Body Mass Index (BMI)	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>
	Visual Acuity and Color Vision BMI & Body Fat Composition Analysis	✓ ✓	<b>✓</b>	<b>✓</b>	<b>√</b>
	Oxygen Saturation (Sp02)	V /	V /	V /	V
Diabetes Profile <b>血糖控制</b> 检验	Fasting Blood Glucose	✓	<b>√</b>	<b>√</b>	<b>√</b>
	HbA1c* (Fasting blood glucose above 7mmol)	✓	✓	✓	✓
	Total Cholesterol	<b>✓</b>	<b>√</b>	<b>✓</b>	<b>√</b>
Lipid Profile	HDL Cholesterol	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>
类脂化合物检验	Total-Cholesterol/HDL ratio LDL Cholesterol	<b>✓</b>	<b>✓</b>	<b>✓</b>	✓ ✓
	Triyglyceride	·	, 	·	<i>,</i>
Heart Screening	C-Reactive Protein (CRP)	,	<b>√</b>	✓	✓
	Total Bilirubin Alkaline Phosphatase	<b>✓</b>	<b>✓</b>	<b>✓</b>	✓ ✓
	SGPT (ALT)	<b>✓</b>	<b>✓</b>	<b>✓</b>	<b>√</b>
Liver Profile 肝功能检验	SGOT (AST)	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>
	Gamma GT (GGT) Total Protein	<b>√</b>	<b>√</b>	<b>✓</b>	<b>√</b>
	Albumin	<b>∨</b>	<b>∨</b>	<b>∨</b> ✓	V
	Globulin	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>
	Alb/Glob Ratio	<b>√</b>	<b>V</b>	<b>V</b>	<b>V</b>
	Hep B s Antigen Hep B s Antibody	<b>✓</b>	<b>√</b>	✓ ✓	✓ ✓
Hepatitis Profile	Hep B Core Total IgG (If HBsAg+)	<b>▼</b>	<b>∨</b> ✓	<b>∨</b> ✓	<b>√</b>
<b>肝炎的</b> 检验	Hep A Antibody	<b>√</b>	<b>√</b>	<b>√</b>	<b>V</b>
	Hep C Antibody Urea	./	./		<b>√</b>
Kidney Function 肾脏的检验	Urea Creatinine	<b>√</b>	<b>✓</b>	<b>✓</b>	✓ ✓
	Potassium	·	<b>√</b>	·	, ✓
	Sodium	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>
	Chloride Estimated Glomerular Filtration Rate (eGFR)	<b>V</b>	<b>√</b>	<b>✓</b>	✓ ✓
Urinalysis 尿液分析	Urine FEME	·	·	·	·
	Urine Microalbumin				✓
	Urine Creatinine Microalbumin/Creatinine Ratio				✓ ✓
	Thyroid Stimultating Hormone (TSH)	✓	✓	<b>√</b>	<b>√</b>
Thyroid Function 甲状腺功能检验	Free Thyroxine (FT4)	<b>√</b>	<b>√</b>	<b>√</b>	✓
	(If TSH is <0.40 pmol/L or >4.70 pmol/L)  Calcium	<b>✓</b>	<b>✓</b>	<b>✓</b>	<b>✓</b>
Bone & Joint Profile 骨骼及关节要素检验	Phosphate	·	·	✓	<i></i>
	Uric Acid (Gout)	<b>√</b>	✓	✓	<b>√</b>
	Rheumatoid Arthritis Factor  AFP (Liver)	_			<b>✓</b>
Cancer Markers <b>痛</b> 标记物检验	CEA (Colon)	·	·	·	· /
	CA125 (Ovarian) -Female	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>
	PSA (Prostate) -Male CA19.9 (Pancreas)	<b>✓</b>	<b>√</b>	<b>✓</b>	<b>√</b>
	EBV (Nasopharyngeal)		· /	·	<i>,</i>
Stomach Screening	Helicobacter pylori Antibody		✓	✓	✓
胃检查 Stool Test		<b>√</b>	<b>/</b>		,
粪便检验	Stool OB	<b>▼</b>	<b>∨</b> ✓	<b>✓</b>	✓ ✓
Venereal Profile 性病检验	Syphilis TP Ab  VD (RPR) if Syphilis TP Ab is reactive	<b>∨</b>	V	<b>∨</b> ✓	V
	TPPA if VD (RPR) is reactive	·	·	·	·
Haematology 血液学	Full Blood Count (Hemoglobin, Total White blood Cell, Red Blood Cell,	✓	✓	✓	✓
	Platelets, Differential Count)				
	Hb Indices (PCV, MCV, MCH, MCHC)	✓	✓	✓	✓
	Erythrocyte Sedimentation Rate (ESR)	✓	✓	<b>√</b>	✓
	Peripheral Blood Film	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>
Aneamia Profile 贫血的检验	Iron Total Iron Binding Capacity (TIBC)				✓ ✓
	% Iron Saturation				V /
	Ferritin				<b>√</b>
	Folic Acid				<b>√</b>
	Vitamin B12 Transferrin				<b>√</b>
	Resting ECG	CHOOSE THREE (3)		CHOOSE FOUR	CHOOSE FOU (4)
CLINICAL TESTS 临床 <b>测试</b>	心电图		CHOOSE FOUR (4)		
	Tonometry (Glaucoma) 眼压计				
	Chest X-Ray (Tb, lung cancer)				
	胸部 X 光检查 Spirometry (Lung Function Test)				
	spirometry (Lung Function Test)  h量计				
	ThinPrep Pap Smear				
	宫颈癌 Bone Mass Density				
	骨扫描				
Imaging/ Other Tests <b>賴南波扫揚</b> 其他测试	Ultrasound Pelvis (Transabdominal) (Female) 分除权害油口抵	CHOOSE ONE (1)	CHOOSE TWO (2)	CHOOSE THREE (3)	CHOOSE THREE
	盆腔超声波扫描 Ultrasound Prostate (Male)				
	前列腺超声波扫描				
	Ultrasound Thyroid				
	甲状腺超声波扫描 Ultrasound Breast (Female)				
	乳房超声波扫描				
超南波扫描/其他测试	Ultrasound Kidneys				
<b>超声波扫描/</b> 其他测试	腎臟超声波扫描				
<b>超声波扫描/</b> 其他测试	Ultrasound Hepatobiliary System (Liver, gallblader, pancreas, spleen)				
<b>超声波扫描/</b> 其他测试	Ultrasound Hepatobiliary System (Liver, gallblader, pancreas, spleen)  肝胆系统超声波扫描				
<b>超声波扫描/</b> 其他测试	Ultrasound Hepatobiliary System (Liver, gallblader, pancreas, spleen)				

# **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 <u>unless advised not to skip by their</u> <u>regular doctor.</u>
- You may consume all other chronic medication as required.
- Please postpone your appointment if you are unwell.
- Expectant mothers are advised to refrain from participating in the health screening.
- Please be in comfortable attire to facilitate clinical testing if applicable (blood test, ECG, scanning, treadmill). Further preparations may be required depending on the individual tests (please see next page).
- Changing rooms, disposable slippers and lockers and body wipes are available upon request, feel free to approach our service associates for assistance.

# **GETTING READY FOR YOUR TESTS**

#### **Blood Test**

• 8-hrs of fasting is required.

#### **Urine Test**

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

#### For Ladies

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

#### **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









- 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
- Please bring your previous scan results from other healthcare institutions if available.



### 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.

### **Spirometry**

- If you are on inhalers, please call the medical centre one day prior to your appointment to check if any preparation is needed.
- Avoid smoking 1-hr before test.

#### **Treadmill ECG**

- 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.
   (There are no shower facilities available on site but body wipes can be provided on request)
- If you have any known heart conditions or on any heart or blood pressure medications, please consult a physician before the test.
- Bring your latest medical records if available as you may need a medical review before being allowed to perform this test.



### **Resting ECG**

- Please wear a 2-piece outfit as electrodes will be placed on your chest.
- Shave chest hair (if any)

## 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.
- If you are only comfortable with female staff performing your test please inform us before coming for 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.
- Wear a comfortable 2-peice outfit.
- Gowns available upon request.
- A mammogram is recommended for ladies 40yrs and above.

#### **Tonometry**

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





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

#### THINGS TO TAKE NOTE

- Corporate rates are extended to employee's immediate family members.
- Kindly arrive on time for your appointment. Rescheduling of appointments to be made at least 48 hours in advance us via 6589 0009
- O Depending on your selected package, your screening may take **between 1 to 3 hrs**.
- O A **time chit** can be provided for your screening appointment.