



HEALTH SCREENING

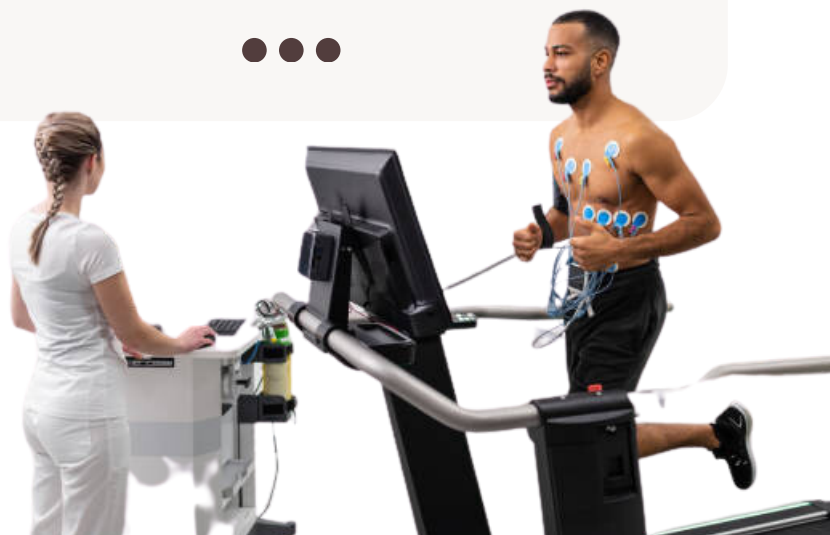
EXECUTIVE PACKAGES
LTA EXAMINATIONS

BOOK NOW

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 carefully 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.





BOOK NOW



SCREEN AT ORCHARD

PALAIS RENAISSANCE, 390
ORCHARD ROAD, #11-03/04,
S238871



CONVENIENCE

HOP Medical Centre is conveniently located at Orchard Road - Palais Renaissance. An upmarket and prime shopping mall where quality meets luxury. Our screening centre is just a **5-mins walk** from Orchard MRT and is equipped with the best and latest medical equipment to meet your needs.

LTA EXAM 1 \$45 NETT

LTA / PDVL / Vocational License Medical Check Up

Consultation + Physical Exam + Visual Activity

LTA EXAM 2 \$65 NETT

Consultation + Physical Exam + Visual Activity & Chest X-ray



Please bring along LTA's Medical Examination Form and Driver's License

Results are available on the same day for LTA EXAM 1

Results are available within 3 working days for LTA XAM 2

Express option for LTA EXAM 2 : + \$30 nett for results within 1 working day



New applicants for PDVL or selected PDVL renewals need to undergo medical examination

Age 50 to 64

Vocational licence holders from the age of 50 to 64 must complete a medical check-up

If 'Yes' is indicated at any of the listed conditions in Section F of the medical form, an additional memo is required from a medical specialist that certifies the driver is fit to drive a Public Service Vehicle.

Age 65 and above

Upon reaching 65 years of age, medical requirements must be met every year

BOOK NOW



COUPE \$150 NETT

Executive Health Screening



DOCTOR CONSULTATION



CLINICAL TESTS

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



LABORATORY TESTS

Liver Profile

SGPT (ALT)
SGOT (AST)
Gamma GT (GGT)

Thyroid Profile

TSH
FT4 (If TSH is <0.40 pmol/L or >4.70 pmol/L)

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

Hematology

Full Blood Count
Hb Indices
ESR
Peripheral Blood Film









Urinalysis

Urine FEME

Bone and Joint Profile


Calcium
Phosphate
Uric Acid (Gout)

CHOOSE 1 OF THE FOLLOWING:

-  TONOMETRY
Eye Pressure
-  BONE SCAN
Bone Mineral Densitometry
-  RADIOLOGY
Chest X-ray
-  SPIROMETRY
Lung Function Test
-  ELECTROCARDIOGRAPHY
Resting ECG
-  CERVICAL CANCER ♀
Thin Prep Pap Smear
(recommended every 3 yrs)
-  POST SCREENING
DOCTOR CONSULTATION
-  PERSONAL REPORT
AND LIFESTYLE
COUNSELLING



COMPLIMENTARY
YAKUN BREAKFAST



NON - FASTING
OPTION, OFF-
PEAK HEALTH
SCREENING

BOOK NOW



ESTATE \$280 NETT

Executive Health Screening



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

Bone & Joint Profile

Calcium
Phosphate
Uric Acid (Gout)

Venereal Profile

Syphilis TP Ab

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

Hematology

Full Blood Count
Hb Indices
ESR
Peripheral Blood Film

Cancer Markers

AFP (Liver)
CEA (Colon)
PSA (Prostate) ♂
CA125 (Ovarian) ♀

Thyroid Profile

TSH
FT4 (If TSH is <0.40 pmol/L or >4.70 pmol/L)

Urinalysis

Urine FEME





Hepatitis Profile

Hepatitis A
Hepatitis B







Stool Analysis

Stool Occult Blood

CHOOSE 1 OF THE FOLLOWING:

-  TONOMETRY
Eye Pressure
-  BONE SCAN
Bone Mineral Densitometry
-  RADIOLOGY
Chest X-ray
-  SPIROMETRY
Lung Function Test

CHOOSE 1 OF THE FOLLOWING:

-  ELECTROCARDIOGRAPHY
Resting ECG
-  CERVICAL CANCER ♀
Thin Prep Pap Smear
(recommended every 3 yrs)
-  ULTRASOUND PROSTATE ♂
ULTRASOUND PELVIS ♀
ULTRASOUND THYROID
ULTRASOUND BREAST ♀
ULTRASOUND KIDNEY
ULTRASOUND LIVER (HBS)
-  MAMMOGRAM ♀
-  POST SCREENING
DOCTOR CONSULTATION
-  PERSONAL REPORT &
LIFESTYLE COUNSELLING



COMPLIMENTARY
YAKUN BREAKFAST

NON - FASTING
OPTION, OFF-
PEAK HEALTH
SCREENING

BOOK NOW



PREPARATION & INSTRUCTIONS

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.

Urine Test

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

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

ECC

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

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.



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.

Ultrasound

- 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



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 or book for a tele-review.*



FOOTNOTES

- 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.




BOOK NOW





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 390 Orchard Road,
Palais Renaissance
#11-03/04
Singapore 238871

 6589 0009

 medicalcentre@hop.sg



CAR

Drop-off point and carpark is located on Claymore Drive and is accessible via Claymore Road



BUS

Nearest Bus Stop
Orchard Road, Delfi Orchard - Bus Stop No.09169
7, 36, 105, 111, 123, 132, 174, 502, 77, 106



TRAIN

Nearest MRT
North South Line - Orchard station (NS22)
Thomson East Coast Line - Orchard Station (TE14)

