



HEALTH SCREENING

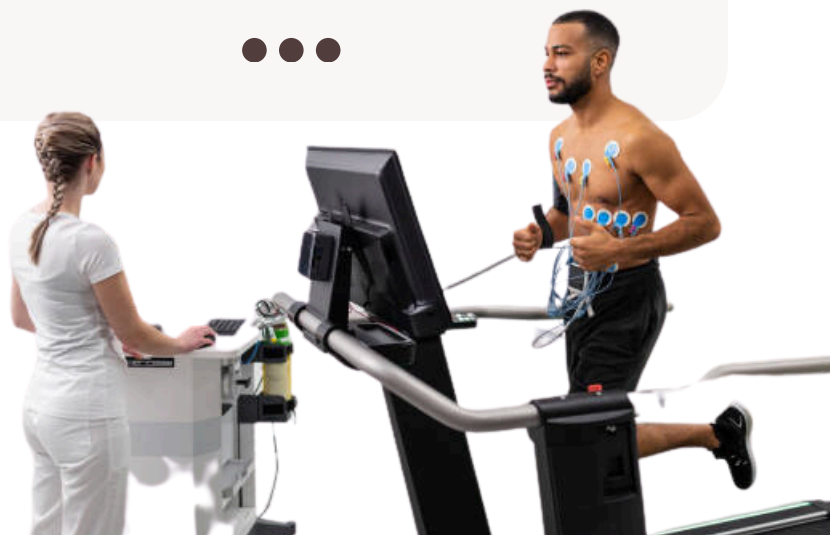
HENNER - MAINBY



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.



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.

PACKAGE A

\$500 NETT, \$550 NETT (>45YRS)



BOOK HERE



DOCTOR CONSULTATION

Medical Questionnaire



LABORATORY TESTS

Hematology

Full Blood Count
HPlatelet Count
ESR

Diabetes Profile

Blood Glucose

Lipid Profile

Total Cholesterol
HDL Cholesterol
LDL Cholesterol
Cholesterol Ratio
Triglycerides

Uric Acid

Gamma GT

Creatinine

AST

ALT

Alkaline Phosphatase

Urine FEME

Stool Analysis

Stool Occult Blood

Venereal Profile

Syphilis TP Ab
HIV (with patient agreement)

Hepatitis Profile

HBsAg
Anti HBs
Anti HBc
Hepatitis C



RADIOLOGY

Chest X-ray



SPIROMETRY

Lung Function Test



ELECTROCARDIOGRAPHY

Resting ECG

FEMALE >45 yrs

MALE >45 yrs

MAMMOGRAM ♀

PSA ♂



POST SCREENING DOCTOR CONSULTATION



PERSONAL REPORT AND LIFESTYLE COUNSELLING

PACKAGE B

\$150 NETT, \$200 NETT (>45 YRS)

[BOOK HERE](#)



DOCTOR CONSULTATION

Medical Questionnaire



LABORATORY TESTS

Hematology

Full Blood Count
HPlatelet Count
ESR

Diabetes Profile

Blood Glucose

Total Cholesterol

FEMALE >45 yrs MALE >45 yrs

MAMMOGRAM ♀ PSA ♂



POST SCREENING DOCTOR CONSULTATION



PERSONAL REPORT AND LIFESTYLE COUNSELLING

VACCINATIONS



BOOK HERE

VACCINE	PRICE (before GST)
TWINRIX VACCINE (HEPATITIS A & B)	\$100
HEPATITIS B VACCINE	\$38
HEPATITIS A VACCINE	\$80
FLU VACCINE	\$30

*PRICES BEFORE GST

*PRICES ARE ONLY APPLICABLE FOR VACCINATIONS AS ADD-ONS TO PACKAGES A or B

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

ECG

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

PAP SMEAR (FEMALE) ♀

- 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 (FEMALE) ♀

- 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

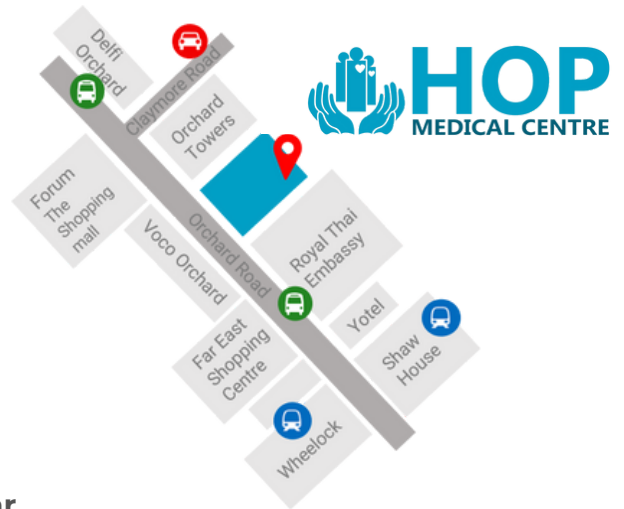


POST SCREENING

- 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.



 **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

 **MRT**

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

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

 6589 0009

 medicalcentre@hop.sg