



Income TREATS

# HEALTH SCREENING

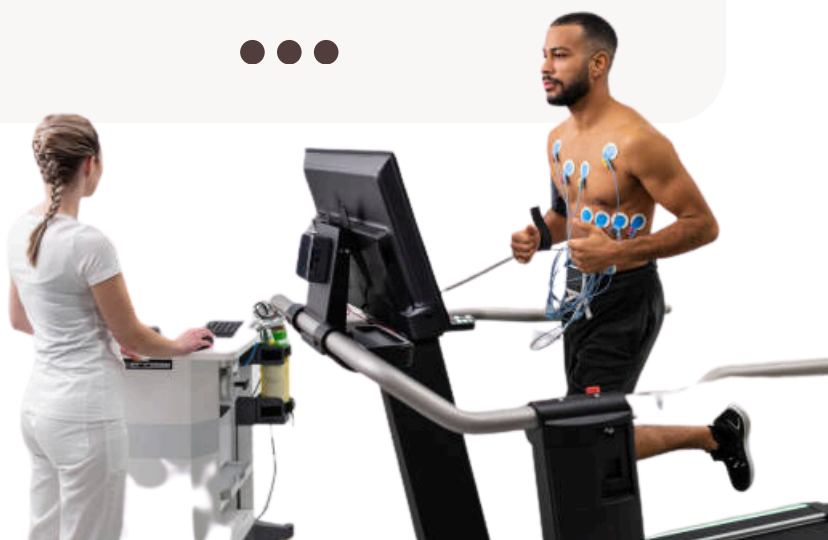
EXECUTIVE PACKAGES



# 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.

# TREAT 1 \$250 NETT

[BOOK HERE](#)

## DOCTOR CONSULTATION

## CLINICAL TESTS

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

## Kidney Profile

Urea  
Creatinine  
Potassium  
Sodium  
Chloride  
EGFR

## Hepatitis Profile

Hepatitis A  
Hepatitis B

## Thyroid Profile

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

## Bone and Joint Profile

Calcium  
Phosphate  
Uric Acid (Gout)

## Cancer Markers

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

## Hematology

Full Blood Count  
Hb Indices  
ESR  
Peripheral Blood Film






## Urinalysis

Urine FEME





## 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
-  ELECTROCARDIOGRAPHY  
Resting ECG

## CHOOSE 1 OF THE FOLLOWING:

-  CERVICAL CANCER ♀  
Thin Prep Pap Smear  
(recommended every 3 yrs)
-  TESTOSTERONE ♂  
Male Hormone
-  POST SCREENING  
DOCTOR CONSULTATION
-  PERSONAL REPORT  
AND LIFESTYLE  
COUNSELLING

## 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

### Venereal Profile

Syphilis TP Ab

# TREAT 2 \$450 NETT



## 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

### Hepatitis Profile

Hepatitis A  
Hepatitis B

### Venereal Profile

Syphilis TP Ab

## Kidney Profile

Urea  
Creatinine  
Potassium  
Sodium  
Chloride  
eGFR

## Thyroid Profile

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

## Bone and Joint Profile

Calcium  
Phosphate  
Uric Acid (Gout)  
Rheumatoid Arthritis

## Cancer Markers

AFP (Liver)  
CEA (Colon)  
PSA (Prostate) ♂  
Beta HCG (Testes) ♂  
CA125 (Ovarian) ♀  
CA15.3 (Breast) ♀  
CA19.9 (Pancreas)  
EBV (Nose)

## Hematology

Full Blood Count  
Hb Indices  
ESR  
Peripheral Blood Film

## Urinalysis

Urine FEME  
Urine Microalbumin  
Urine Creatinine  
Microalbumin/Creatinine Ratio

## Stool Analysis

Stool Occult Blood

## CHOOSE 2 OF THE FOLLOWING:



TONOMETRY  
Eye Pressure



BONE SCAN  
Bone Mineral Densitometry



RADIOLOGY  
Chest X-ray



SPIROMETRY  
Lung Function Test



ELECTROCARDIOGRAPHY  
Resting ECG

## CHOOSE 1 OF THE FOLLOWING:



CERVICAL CANCER ♀  
Thin Prep Pap Smear  
(recommended every 3 yrs)



TESTOSTERONE ♂  
Male Hormone

## CHOOSE 1 OF THE FOLLOWING:

Ultrasound Prostate ♂  
Ultrasound Pelvis ♀  
Ultrasound Thyroid  
Ultrasound Breast ♀  
Ultrasound Kidney  
Ultrasound Liver (HBS)  
Mammogram ♀



## POST SCREENING DOCTOR CONSULTATION



## PERSONAL REPORT AND LIFESTYLE COUNSELLING

# TREAT 3 \$850 NETT

BOOK HERE



## 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

### Hepatitis Profile

Hepatitis A  
Hepatitis B

### Venereal Profile

Syphilis TP Ab

### Kidney Profile

Urea  
Creatinine  
Potassium  
Sodium  
Chloride  
eGFR

### Thyroid Profile

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

### Bone and Joint Profile

Calcium  
Phosphate  
Uric Acid (Gout)  
Rheumatoid Arthritis

### Cancer Markers

AFP (Liver)  
CEA (Colon)  
PSA (Prostate) ♂  
Beta HCG (Testes) ♂  
CA125 (Ovarian) ♀  
CA15.3 (Breast) ♀  
CA19.9 (Pancreas)  
EBV (Nose)

### Hematology

Full Blood Count  
Hb Indices  
ESR  
Peripheral Blood Film

### Urinalysis

Urine FEME  
Urine Microalbumin  
Urine Creatinine  
Microalbumin/Creatinine Ratio

### Stool Analysis

Stool Occult Blood

### Heart Screening

C-Reactive Protein (CRP)  
Cardiac Profile (AA1 + APB)

### Vitamin D

## CHOOSE 3 OF THE FOLLOWING:



TONOMETRY  
Eye Pressure



BONE SCAN  
Bone Mineral Densitometry



RADIOLOGY  
Chest X-ray



SPIROMETRY  
Lung Function Test



ELECTROCARDIOGRAPHY  
Resting ECG

## CHOOSE 1 OF THE FOLLOWING:



CERVICAL CANCER ♀  
Thin Prep Pap Smear  
(recommended every 3 yrs)



TESTOSTERONE ♂  
Male Hormone

## CHOOSE 3 OF THE FOLLOWING:

Ultrasound Prostate ♂  
Ultrasound Pelvis ♀  
Ultrasound Thyroid  
Ultrasound Breast ♀  
Ultrasound Kidney  
Ultrasound Liver (HBS)  
Mammogram ♀



POST SCREENING  
DOCTOR CONSULTATION



PERSONAL REPORT  
AND LIFESTYLE  
COUNSELLING

# PREPARATION & INSTRUCTIONS



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.

## 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

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- 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.





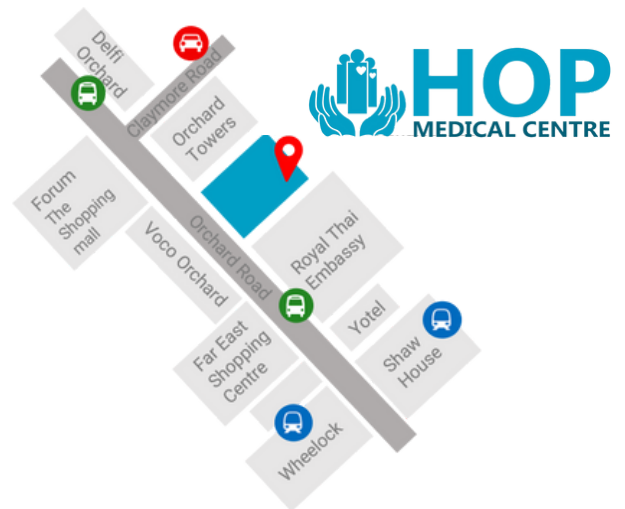
390 Orchard Road,  
Palais Renaissance  
#11-03/04  
Singapore 238871



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



#### MRT

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