



SPECIAL FOR

Cargill

# CORPORATE HEALTH SCREENING

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## ONE-STOP CENTRE

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

Our screening centre are equipped with the latest medical equipment to meet your needs.

**(ORCHARD)  
HOP MEDICAL CENTRE**

390 Orchard Road Palais Renaissance  
#11-03/04 S(238871)

☎ 6589 0009 ✉ Medicalcentre@hop.sg

**NEW**

**(TAMPINES)  
HOP MEDICAL CENTRE**

1 Tampines Central 5 CPF Tampines Building  
#07-04/05 S(529508)

☎ 6589 0002 ✉ tampines@hop.sg

Mon-Fri : 8.30am - 4.30pm Saturday : 8.30am -11.30am Sunday / PH : Closed



## CONVENIENCE

### CENTRAL LOCATION

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**Orchard:** 390 Orchard Road, Palais Renaissance, #11-03/04, S238871

**Tampines:** 1 Tampines Central 5, CPF Building, #07-04/05, S529508

**HOP Medical Centre (Orchard)** is conveniently located at Orchard Road - Palais Renaissance. Our screening centre is just a **5-mins walk** from Orchard MRT.

**HOP Medical Centre (Tampines)** is nestled in Tampines central, inside of CPF Building. It is situated right next to Tampines MRT and bus interchange, and conveniently location opposite 2 shopping malls - Century Square and Tampines Mall.

# PREMIUM PACKAGE

## \$85 NETT

Price quoted are in SGD (Singapore Dollars)

*"An entry level screening recommended for first-timers"*

**STAFF AND FAMILY MEMBERS OF CARGILL ENJOYS THE SAME CORPORATE RATE  
8-HOUR FASTING REQUIRED**



### BIOMETRICS

Height and Weight  
BMI  
Blood Pressure



### LABORATORY TESTS

#### Diabetes Profile

Blood Glucose  
HbA1c (where applicable)

#### Lipid Profile

Total Cholesterol  
HDL Cholesterol  
LDL Cholesterol  
Cholesterol Ratio  
Triglycerides

#### Liver Profile

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

### Kidney Profile

Urea  
Creatinine  
Potassium  
Sodium  
Chloride  
EGFR

### Urinalysis

Urine FEME

### 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)

### Hematology

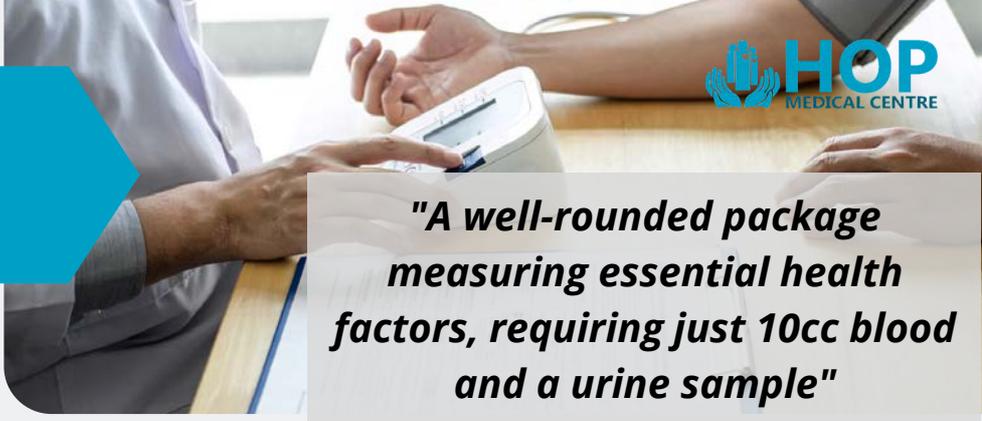
Full Blood Count  
Hb Indices  
ESR  
Peripheral Blood Film



### PERSONAL REPORT AND LIFESTYLE COUNSELLING



### DOCTOR CONSULTATION



*"A well-rounded package measuring essential health factors, requiring just 10cc blood and a urine sample"*

# COMPREHENSIVE PACKAGE \$170 NETT

Price quoted are in SGD (Singapore Dollars)

**STAFF AND FAMILY MEMBERS OF CARGILL ENJOYS THE SAME CORPORATE RATE  
8-HOUR FASTING REQUIRED**



## BIOMETRICS

Height and Weight  
BMI  
Blood Pressure



## LABORATORY TESTS

### Diabetes Profile

Blood Glucose  
HbA1c (where applicable)

### Lipid Profile

Total Cholesterol  
HDL Cholesterol  
LDL Cholesterol  
Cholesterol Ratio  
Triglycerides

### Liver Profile

Total Bilirubin  
Alkaline Phosphatase  
SGPT (ALT)  
SGOT (AST)  
Gamma GT (GGT)  
Total Protein  
Albumin  
Globulin  
Alb/Glob Ratio

## Kidney Profile

Urea  
Creatinine  
Potassium  
Sodium  
Chloride  
EGFR

## Urinalysis

Urine FEME  
Urine Microalbumin  
Urine Creatinine  
Microalbumin/Creatinine Ratio

## 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)  
Rheumatoid Arthritis

## Cancer Markers

AFP (Liver)  
CEA (Colon)

## Venereal Profile

Syphilis TP Ab

## Hematology

Full Blood Count  
Hb Indices  
ESR  
Peripheral Blood Film



## PERSONAL REPORT AND LIFESTYLE COUNSELLING



## DOCTOR CONSULTATION

# EXECUTIVE PACKAGE

\$300 NETT

Price quoted are in SGD (Singapore Dollars)

**"No fasting required!  
Recommended for busy  
Executive looking for a fast,  
efficient and comprehensive  
health evaluation"**

**STAFF AND FAMILY MEMBERS OF CARGILL ENJOYS THE SAME CORPORATE RATE  
NO FASTING REQUIRED**

 **BIOMETRICS**

- Height and Weight
- BMI
- Blood Pressure

 **LABORATORY TESTS**

**Diabetes Profile**

- Blood Glucose
- HbA1c

**Lipid Profile**

- Total Cholesterol
- HDL Cholesterol
- LDL Cholesterol
- Cholesterol Ratio
- Triglycerides

**Liver Profile**

- Total Bilirubin
- Alkaline Phosphatase
- SGPT (ALT)
- SGOT (AST)
- Gamma GT (GGT)
- Total Protein
- Albumin
- Globulin
- Alb/Glob Ratio

**Stool Analysis (Optional)**

- Stool Occult Blood

**Kidney Profile**

- Urea
- Creatinine
- Potassium
- Sodium
- Chloride
- EGFR

**Urinalysis**

- Urine FEME
- Urine Microalbumin
- Urine Creatinine
- Microalbumin/Creatinine Ratio

**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)
- Rheumatoid Arthritis

**Cardiac Profile**

- CRP
- Creatine Kinase

**Cancer Markers**

- AFP (Liver)
- CEA (Colon)
- PSA (Prostate) ♂
- CA125 (Ovarian) ♀
- BETA HCG (Testes) ♂
- CA15.3 (Breast) ♀

**Venereal Profile**

- Syphilis TP Ab

**Hematology**

- Full Blood Count
- Hb Indices
- ESR
- Peripheral Blood Film

♀ **Thin Prep (+\$65) -**  
*Recommended once every 3 years*

 **CLINICAL TESTS**

**Choose 1 of the following:**

- Electrocardiography (ECG)
- Bone Mass Densitometry (Heel)
- Tonometry
- Chest X-ray

 **PERSONAL REPORT AND LIFESTYLE COUNSELLING**

 **DOCTOR CONSULTATION**

# DELUXE PACKAGE

## \$395 NETT

Price quoted are in SGD (Singapore Dollars)

*"The deluxe places a stronger emphasis on cancer screenings"*

**STAFF AND FAMILY MEMBERS OF CARGILL ENJOYS THE SAME CORPORATE RATE  
NO FASTING REQUIRED**

### BIOMETRICS

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

### LABORATORY TESTS

#### Diabetes Profile

Blood Glucose  
HbA1c

#### Lipid Profile

Total Cholesterol  
HDL Cholesterol  
LDL Cholesterol  
Cholesterol Ratio  
Triglycerides

#### Liver Profile

Total Bilirubin  
Alkaline Phosphatase  
SGPT (ALT)  
SGOT (AST)  
Gamma GT (GGT)  
Total Protein  
Albumin  
Globulin  
Alb/Glob Ratio

#### Stool Analysis (Optional)

#### Kidney Profile

Urea  
Creatinine  
Potassium  
Sodium  
Chloride  
EGFR

#### Urinalysis

Urine FEME  
Urine Microalbumin  
Urine Creatinine  
Microalbumin/Creatinine  
Ratio

#### 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)  
Rheumatoid Arthritis

#### Cardiac Profile

CRP  
Creatine Kinase

#### Venereal Profile

Syphilis TP Ab

#### Cancer Markers

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

#### Hematology

Full Blood Count Hb  
Indices  
ESR  
Peripheral Blood Film

♀ **Thin Prep (+\$65) -**  
*Recommended once every 3 years*

### CLINICAL TESTS

**Choose 2 of the following:**

Electrocardiography (ECG)  
Bone Mass Density (Heel)  
Tonometry  
Chest X-ray

### PERSONAL REPORT AND LIFESTYLE COUNSELLING

### DOCTOR CONSULTATION

# DELUXE PLUS PACKAGE

\$523 NETT Price quoted are in SGD (Singapore Dollars)

***A level-up from our DELUXE package, this includes a scan of choice***

**STAFF AND FAMILY MEMBERS OF CARGILL ENJOYS THE SAME CORPORATE RATE  
NO FASTING REQUIRED**

## BIOMETRICS

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

## LABORATORY TESTS

### Diabetes Profile

Blood Glucose  
HbA1c

### Lipid Profile

Total Cholesterol  
HDL Cholesterol  
LDL Cholesterol  
Cholesterol Ratio  
Triglycerides

### Liver Profile

Total Bilirubin  
Alkaline Phosphatase  
SGPT (ALT)  
SGOT (AST)  
Gamma GT (GGT)  
Total Protein  
Albumin  
Globulin  
Alb/Glob Ratio

### Stool Analysis (Optional)

Stool Occult Blood

### Kidney Profile

Urea  
Creatinine  
Potassium  
Sodium  
Chloride  
EGFR

### Urinalysis

Urine FEME  
Urine Microalbumin  
Urine Creatinine  
Microalbumin/Creatinine Ratio

### 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)  
Rheumatoid Arthritis

### Cardiac Profile

CRP  
Creatine Kinase

### Venereal Profile

Syphilis TP Ab

### Cancer Markers

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

### Hematology

Full Blood Count  
Hb Indices  
ESR  
Peripheral Blood Film

♀  **Thin Prep (+\$65) -**  
*Recommended once every 3 years*

### CLINICAL TESTS

#### Choose 2 of the following:

Electrocardiography (ECG)  
Bone Mass Density (Heel)  
Tonometry  
Chest X-ray

#### Choose 1 of the following:

Ultrasound Abdomen  
Ultrasound Prostate  
Ultrasound Pelvis  
Ultrasound Thyroid  
Ultrasound Breast  
Mammogram (Referred)

 **PERSONAL REPORT AND LIFESTYLE COUNSELLING DOCTOR**

 **CONSULTATION**

# ELITE PACKAGE

## \$737 NETT

Price quoted are in SGD (Singapore Dollars)

**"A preferred choice for those looking for a complete clinical evaluation which includes 2 scans"**

**STAFF AND FAMILY MEMBERS OF CARGILL ENJOYS THE SAME CORPORATE RATE  
NO FASTING REQUIRED**

### BIOMETRICS

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

### LABORATORY TESTS

#### Diabetes Profile

Blood Glucose  
HbA1c

#### Lipid Profile

Total Cholesterol  
HDL Cholesterol  
LDL Cholesterol  
Cholesterol Ratio  
Triglycerides

#### Liver Profile

Total Bilirubin  
Alkaline Phosphatase  
SGPT (ALT)  
SGOT (AST)  
Gamma GT (GGT)  
Total Protein  
Albumin  
Globulin  
Alb/Glob Ratio

#### Stool Analysis (Optional)

Stool Occult Blood

#### Venereal Profile

Syphilis TP Ab

#### Kidney Profile

Urea  
Creatinine  
Potassium  
Sodium  
Chloride  
EGFR

#### Urinalysis

Urine FEME  
Urine Microalbumin  
Urine Creatinine  
Microalbumin/Creatinine  
Ratio

#### Hepatitis Profile

Hepatitis A  
Hepatitis B

#### Thyroid Profile

TSH  
FT4

#### Bone and Joint Profile

Calcium  
Phosphate  
Uric Acid (Gout)  
Rheumatoid Arthritis

#### Cancer Markers

AFP (Liver)  
CEA (Colon)  
PSA (Prostate) ♂  
CAS125 (Ovarian) ♀  
EBV (Nasopharyngeal)  
CA19.9 (Pancreas)  
BETA HCG (Testes) ♂  
CA15.3 (Breast) ♀

#### Cardiac Profile

CRP  
Creatine Kinase

#### Stomach Screening

HPY

#### Deficiency Profile

Iron

#### Hematology

Full Blood Count  
Hb Indices  
ESR  
Peripheral Blood Film

#### ♀ Thin Prep (+\$65)

*Recommended once every 3 years*

### ELECTROCARDIOGRAPHY

ECG

### TONOMETRY

Eye Pressure

### RADIOLOGY

Chest X-ray

### BONE SCAN

Bone Mineral Density (heel)

### Choose 2 of the following:

Ultrasound Abdomen  
Ultrasound Prostate  
Ultrasound Pelvis  
Ultrasound Thyroid  
Ultrasound Breast  
Mammogram (Referred)

### PERSONAL REPORT AND LIFESTYLE COUNSELLING

### DOCTOR CONSULTATION

# PLATINUM PACKAGE

## \$920 NETT

Price quoted are in SGD (Singapore Dollars)



***Our C-suite level package catered for those seek a thorough health evaluation"***

**STAFF AND FAMILY MEMBERS OF CARGILL ENJOYS THE SAME CORPORATE RATE**

**NO FASTING REQUIRED**

### **BIOMETRICS**

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

### **LABORATORY TESTS**

#### **Diabetes Profile**

Blood Glucose  
HbA1c

#### **Lipid Profile**

Total Cholesterol  
HDL Cholesterol  
LDL Cholesterol  
Cholesterol Ratio  
Triglycerides

#### **Stool Analysis (Optional)**

Stool Occult Blood

#### **Liver Profile**

Total Bilirubin  
Alkaline Phosphatase  
SGPT (ALT)  
SGOT (AST)  
Gamma GT (GGT)  
Total Protein  
Albumin  
Globulin  
Alb/Glob Ratio

#### **Kidney Profile**

Urea  
Creatinine  
Potassium  
Sodium  
Chloride  
EGFR

#### **Urinalysis**

Urine FEME  
Urine Microalbumin  
Urine Creatinine  
Microalbumin/Creatinine Ratio

#### **Hepatitis Profile**

Hepatitis A  
Hepatitis B

#### **Thyroid Profile**

TSH  
FT4

#### **Bone and Joint Profile**

Calcium  
Phosphate  
Uric Acid (Gout)  
Rheumatoid Arthritis

#### **Cancer Markers**

AFP (Liver)  
CEA (Colon)  
PSA (Prostate) ♂  
CAS125 (Ovarian) ♀  
EBV (Nasopharyngeal)  
CA19.9 (Pancreas)  
BETA HCG (Testes) ♂  
CA15.3 (Breast) ♀

#### **Cardiac Profile**

CRP  
Creatine Kinase  
Apolipoprotein  
AA1/APB

#### **Venereal Profile**

Syphilis TP Ab

#### **Hematology**

Full Blood Count  
Hb Indices  
ESR  
Peripheral Blood Film

#### **Deficiency Profile**

Iron  
Vitamin B12  
Folic Acid  
Vitamin D

#### **Hormone Profile**

Estradiol ♀  
Testosterone ♂

#### ♀ **Thin Prep (+\$65) -**

*Recommended once every 3 years*

### **ELECTROCARDIOGRAPHY**

ECG

### **TONOMETRY**

Eye Pressure

### **RADIOLOGY**

Chest X-ray

### **BONE SCAN**

Bone Mineral Density (heel)

### **CHOOSE 2 OF THE FOLLOWING:**

Ultrasound Abdomen  
Ultrasound Prostate  
Ultrasound Pelvis  
Ultrasound Thyroid  
Ultrasound Breast  
Mammogram (Referred)

### **PERSONAL REPORT AND LIFESTYLE COUNSELLING**

### **DOCTOR CONSULTATION**