

**BHP Billiton Marketing Asia Pte Ltd**



# HEALTH SCREENING

**EXECUTIVE PACKAGES**

**2024/2025**



## CORPORATE HEALTH SCREENING



**BOOK NOW**



## 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, Singapore 238871

Tel: 6589 0009 Email: [medicalcentre@hop.sg](mailto:medicalcentre@hop.sg)

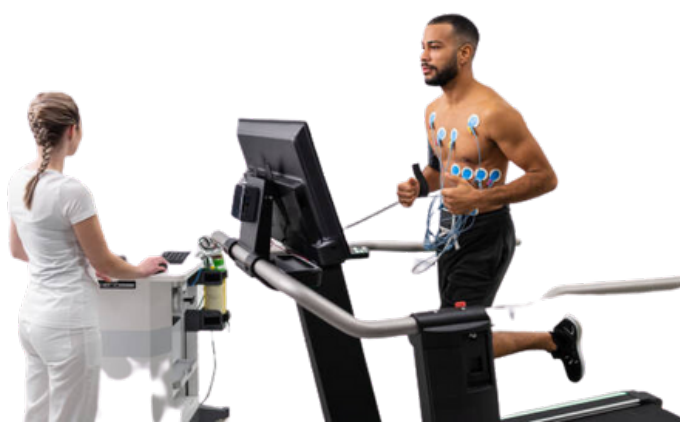
Mon-Fri : 8.30am - 4.30pm | Saturday : 8.30am - 11.30am | Sunday / PH : Closed



# 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.





**BHP Billiton Brilliance (Male) - \$1000 nett**

<b>General Health Examination</b> Doctor's Consultation Physical Examination (heart, lungs, abdomen, neurological & musculoskeletal) Blood Pressure, Pulse Rate, Oxygen Saturation		Body Measurements (BMI, Muscle Mass/Body Fat%, Waist Circumference) Visual Acuity, Colour Vision Resting ECG Tonometry
<b>Haematological Profile</b> Full Blood Count - Haemoglobin - Red Blood Cell Count - Packed Cell Volume (HCT) - Red Cell Indices (MCV, MCH, MCHC) - Red Cell Distribution Width (RDW) - Mean Platelet Volume (MPV) - Platelet Count - White Blood Cell Count - Differential Count - Peripheral Blood Film Blood Type (ABO & Rhesus)  <b>Lipid Profile</b> - Total Cholesterol - Triglycerides - HDL Cholesterol - LDL Cholesterol - CHO/HDL Ratio  <b>Liver Profile</b> - Protein, Total - Albumin - Globulin - A/G Ratio - Bilirubin, Total - Alkaline Phosphatase - Aspartate Aminotransferase (AST) - Alanine Aminotransferase (ALT) - Gamma-Glutamyltransferase (GGT)  <b>Hepatitis Screening</b> - Hepatitis B Surface Antigen - Hepatitis B Surface Antibody - Hepatitis A Total Antibody Hepatitis C Antibody (Anti-HCV)	<b>Kidney Profile</b> - Creatinine - Urea - Potassium - Sodium - Chloride - Bicarbonate - eGFR Urine Microalbumin/Creatinine Ratio Urine FEME  <b>Gastrointestinal Screen</b> Fecal Occult Blood (Stool)  <b>Diabetes Screen</b> HbA1C Blood glucose (Fasting)  <b>STD Screen</b> Syphilis TP Antibody and TTPA & VD (RPR) (if Syphilis Ab reactive)  <b>Thyroid Profile</b> Free Thyroxine (T4) Thyroid Stimulating Hormone (TSH)  <b>Bone/Joint Profile</b> Uric Acid Calcium Phosphate Rheumatoid Arthritis Factor	<b>Cancer Markers</b> Liver - Alpha Fetoprotein (AFP) Prostate Health Index (PSA, free PSA, p2PSA) (Male) Pancreas - Cancer Antigen 19.9 (CA 19.9) Testes - Beta-hCG (Male) Nasopharyngeal - Epstein-Barr virus (EBV) Carcinoembryonic Antigen (CEA)  <b>Cardiovascular Screen</b> Lipoprotein (A) - LPL Apolipoproteins A1 and B B/A1 Ratio
<b>Choice of 3:</b> Chest X-Ray Retinal Photography Audiometry Spirometry Bone Mineral Densitometry	<b>Choice of 3:</b> Ultrasound Thyroid Ultrasound Kidney Ultrasound Liver/ HBS Ultrasound Prostate (M) Stress ECG (Treadmill)	<b>Complimentary</b> Medical Review Consultation

## Brilliance (Female) - \$1000 nett

<b>General Health Examination</b> Doctor's Consultation Physical Examination (heart, lungs, abdomen, neurological & musculoskeletal) Blood Pressure, Pulse Rate, Oxygen Saturation		Body Measurements (BMI, Muscle Mass/Body Fat%, Waist Circumference) Visual Acuity, Colour Vision Resting ECG Tonometry
<b>Haematological Profile</b> Full Blood Count - Haemoglobin - Red Blood Cell Count - Packed Cell Volume (HCT) - Red Cell Indices (MCV, MCH, MCHC) - Red Cell Distribution Width (RDW) - Mean Platelet Volume (MPV) - Platelet Count - White Blood Cell Count - Differential Count - Peripheral Blood Film Blood Type (ABO & Rhesus)  <b>Lipid Profile</b> - Total Cholesterol - Triglycerides - HDL Cholesterol - LDL Cholesterol - CHO/HDL Ratio  <b>Liver Profile</b> - Protein, Total - Albumin - Globulin - A/G Ratio - Bilirubin, Total - Alkaline Phosphatase - Aspartate Aminotransferase (AST) - Alanine Aminotransferase (ALT) - Gamma-Glutamyltransferase (GGT)  <b>Hepatitis Screening</b> - Hepatitis B Surface Antigen - Hepatitis B Surface Antibody - Hepatitis A Total Antibody Hepatitis C Antibody (Anti-HCV)	<b>Kidney Profile</b> - Creatinine - Urea - Potassium - Sodium - Chloride - Bicarbonate - eGFR Urine Microalbumin/Creatinine Ratio Urine FEME  <b>Gastrointestinal Screen</b> Fecal Occult Blood (Stool)  <b>Diabetes Screen</b> HbA1C Blood glucose (Fasting)  <b>STD Screen</b> Syphilis TP Antibody and TTPA & VD (RPR) (if Syphilis Ab reactive)  <b>Thyroid Profile</b> Free Thyroxine (T4) Thyroid Stimulating Hormone (TSH)  <b>Bone/Joint Profile</b> Uric Acid Calcium Phosphate Rheumatoid Arthritis Factor	<b>Cancer Markers</b> Liver - Alpha Fetoprotein (AFP) Ovaries - Cancer Antigen 125 (CA 125) (Female) Pancreas - Cancer Antigen 19.9 (CA 19.9) Breasts - Cancer Antigen 15.3 (CA 15.3) (Female) Nasopharyngeal - Epstein-Barr virus (EBV) Carcinoembryonic Antigen (CEA)  <b>Women's Health</b> ThinPrep PAP Smear HPV DNA Hormone Screen (Estradiol+Follicle Stimulating Hormone)  <b>Cardiovascular Screen</b> Lipoprotein (A) - LPL Apolipoproteins A1 and B B/A1 Ratio
<b>Choice of 3:</b> Chest X-Ray Retinal Photography Audiometry Spirometry Bone Mineral Densitometry	<b>Choice of 3:</b> Ultrasound Thyroid Ultrasound Kidney Ultrasound Liver/ HBS Ultrasound Breast (F) Mammogram* (F) Stress ECG (Treadmill) Ultrasound Pelvis Trans-Abdominal	<b>Complimentary</b> Medical Review Consultation



# HEALTH SCREENING PREPARATION

## To bring

- NRIC/FIN/Passport

## To prepare

- Fasting is **optional** - please avoid heavy foods and alcohol before your appointment. However if you are selecting a liver ultrasound, fasting will be required.
- Omit your diabetic medication till after your appointment **unless advised not to skip by their regular doctor.**
- 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

- Fasting is optional - please avoid heavy foods and alcohol before your appointment.

## 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

## Ultrasounds

- Liver (HBS) 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-piece 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



## 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***

### THINGS TO TAKE NOTE

- Corporate discount can be extended to **employee's family members**. Call 6589 0009 to find out more.
- 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.