



Valid till 31 December 2025



WhiteCoat



ABB EXECUTIVE HEALTH SCREENING PACKAGES 2025

2 ONE-STOP SCREENING CLINICS

HOP MEDICAL CENTRE (ORCHARD)

PALAIS RENAISSANCE
390 Orchard Rd, #11-04
(S238871)



5-7 mins walk from Orchard MRT

HOP MEDICAL CENTRE (TAMPINES)

CPF Tampines Building
1 Tampines Central 5 #07-04/05
(S529508)



5 min walk from Tampines MRT

(Orchard) Tel: 6589 0009 Email: medicalcentre@hop.sg

(Tampines) Tel: 6590 0002 Email: tampines@hop.sg

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

By appointment only

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 **7-10 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.



SUPERIOR PLUS

\$300 NETT*



DOCTOR CONSULTATION



BIOMETRIC TESTS

Height and Weight
BMI
Blood Pressure
Full Body Composition
Visual Acuity and Color Test



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

Kidney Profile

Urea
Creatinine
Potassium
Sodium
Chloride
EGFR

Cancer Markers

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

Urinalysis

Urine FEME
Urine Microalbumin
Urine Creatinine
Microalbumin/Creatinine Ratio

Hepatitis Profile

Hepatitis A
Hepatitis B

Thyroid Profile

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

Bone and Joint Profile

Calcium
Phosphate
Uric Acid (Gout)
Rheumatoid Arthritis

Venereal Profile

Syphilis TP Ab

Hematology

Full Blood Count
Hb Indices
ESR
Peripheral Blood Film

Stool Analysis

Stool Occult Blood



RADIOLOGY

Chest X-ray

CLINICAL TEST (CHOOSE 1):



ELECTROCARDIOGRAPHY

Resting ECG



BONE SCAN

Bone Mineral Densitometry



TONOMETRY

Eye Pressure



SPIROMETRY

Lung Function Test



Light Refreshment



PERSONAL REPORT AND LIFESTYLE COUNSELLING



POST DOCTOR REVIEW



EXECUTIVE PLUS

\$450 NETT



DOCTOR CONSULTATION



BIOMETRIC TESTS

Height and Weight
BMI
Blood Pressure
Full Body Composition
Visual Acuity and Color Test



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

Kidney Profile

Urea
Creatinine
Potassium
Sodium
Chloride
EGFR

Cancer Markers

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

Stomach Screen

Helicobacter Pylori
Antibodies (Gastritis)

Urinalysis

Urine FEME
Urine Microalbumin
Urine Creatinine
Microalbumin/Creatinine Ratio

Hepatitis Profile

Hepatitis A
Hepatitis B

Thyroid Profile

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

Bone and Joint Profile

Calcium
Phosphate
Uric Acid (Gout)
Rheumatoid Arthritis

Venereal Profile

Syphilis TP Ab

Hematology

Full Blood Count
Hb Indices
ESR
Peripheral Blood Film

Stool Analysis

Stool Occult Blood

CLINICAL TEST (CHOOSE 2):



ELECTROCARDIOGRAPHY

Resting ECG



RADIOLOGY

Chest X-ray



BONE SCAN

Bone Mineral Densitometry



TONOMETRY

Eye Pressure



SPIROMETRY

Lung Function Test



Cervical Cancer ♀

Pap Smear (ThinPrep - recommended every 3 years)



CHOOSE 1 OF THE FOLLOWING:

Ultrasound HBS (Liver, gallbladder, pancreas, spleen)
Ultrasound Prostate ♂
Ultrasound Pelvis ♀
Ultrasound Thyroid
Ultrasound Kidney
Ultrasound Breast ♀
Mammogram ♀
Treadmill ECG



Light Refreshment



PERSONAL REPORT AND LIFESTYLE COUNSELLING



POST DOCTOR REVIEW



ENHANCED PLUS

\$650 NETT



DOCTOR CONSULTATION



BIOMETRIC TESTS

Height and Weight
BMI
Blood Pressure
Full Body Composition
Visual Acuity and Color Test



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

Kidney Profile

Urea
Creatinine
Potassium
Sodium
Chloride
EGFR

Cancer Markers

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

Stomach Screen

Helicobacter Pylori
Antibody (Gastritis)

Cardiac Profile

C-Reactive Protein

Urinalysis

Urine FEME
Urine Microalbumin
Urine Creatinine
Microalbumin/Creatinine Ratio

Hepatitis Profile

Hepatitis A
Hepatitis B

Thyroid Profile

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

Bone and Joint Profile

Calcium
Phosphate
Uric Acid (Gout)
Rheumatoid Arthritis

Venereal Profile

Syphilis TP Ab

Hematology

Full Blood Count
Hb Indices
ESR
Peripheral Blood Film

Stool Analysis

Stool Occult Blood

CLINICAL TEST (CHOOSE 4):



ELECTROCARDIOGRAPHY

Resting ECG



RADIOLOGY

Chest X-ray



BONE SCAN

Bone Mineral Densitometry



TONOMETRY

Eye Pressure



SPIROMETRY

Lung Function Test



Cervical Cancer ♀

Thin Prep Pap Smear -
recommended every 3 year



CHOOSE 2 OF THE FOLLOWING:

Ultrasound HBS (Liver,
gallbladder pancreas, spleen)
Ultrasound Prostate ♂
Ultrasound Pelvis ♀
Ultrasound Thyroid
Ultrasound Kidney
Ultrasound Breast ♀
Mammogram ♀
Treadmill ECG



Light Refreshment



PERSONAL REPORT AND LIFESTYLE COUNSELLING



POST DOCTOR REVIEW



ELITE PLUS

\$1,000 NETT



DOCTOR CONSULTATION



BIOMETRIC TESTS

Height and Weight
BMI
Blood Pressure
Full Body Composition
Visual Acuity and Color Test



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

Kidney Profile

Urea
Creatinine
Potassium
Sodium
Chloride
EGFR

Hormone Profile

Estradiol ♀
Follicle-Stimulating Hormone ♀
Testosterone ♂

Cancer Markers

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

Stomach Screen

Helicobacter Pylori
Antibody (Gastritis)

Cardiac Profile

C-Reactive Protein

Urinalysis

Urine FEME
Urine Microalbumin
Urine Creatinine
Microalbumin/Creatinine Ratio

Hepatitis Profile

Hepatitis A
Hepatitis B

Thyroid Profile

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

Bone and Joint Profile

Calcium
Phosphate
Uric Acid (Gout)
Rheumatoid Arthritis

Venereal Profile

Syphilis TP Ab

Hematology

Full Blood Count
Hb Indices
ESR
Peripheral Blood Film

Deficiency Profile

Iron (Anaemia)
Vitamin B12 (Anaemia)
Folic Acid (Anaemia)
Vitamin D

Stool Analysis

Stool Occult Blood

CLINICAL TEST (CHOOSE 5):



ELECTROCARDIOGRAPHY

Resting ECG



BONE SCAN

Bone Mineral Densitometry



RADIOLOGY

Chest X-ray



TONOMETRY

Eye Pressure



SPIROMETRY

Lung Function Test



Cervical Cancer ♀

Thin Pap Smear -
recommended every 3 year



CHOOSE 3 OF THE FOLLOWING:

Ultrasound HBS (Liver, gallbladder pancreas, spleen)
Ultrasound Prostate ♂
Ultrasound Pelvis ♀
Ultrasound Thyroid
Ultrasound Kidney
Ultrasound Breast ♀
Mammogram ♀
Treadmill ECG



Light Refreshment



PERSONAL REPORT AND LIFESTYLE COUNSELLING



POST DOCTOR REVIEW

Valid till 31/12/2025



WhiteCoat



DOCTOR CONSULTATION



BIOMETRIC TESTS

Height and Weight
BMI
Blood Pressure
Full Body Composition
Visual Acuity and Color Test



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

Kidney Profile

Urea
Creatinine
Potassium
Sodium
Chloride
EGFR

Stool Analysis

Stool Occult Blood

Cancer Markers

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

Stomach Screen

Helicobacter Pylori
Antibody (Gastritis)

Cardiac Profile

C-Reactive Protein
Creatine Kinase
Apolipoprotein A1
Apolipoprotein B
Apolipoprotein B/A1 Ratio

Urinalysis

Urine FEME
Urine Microalbumin
Urine Creatinine
Microalbumin/Creatinine Ratio

Hepatitis Profile

Hepatitis A
Hepatitis B

Thyroid Profile

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

Bone and Joint Profile

Calcium
Phosphate
Uric Acid (Gout)
Rheumatoid Arthritis

Venereal Profile

Syphilis TP Ab

Hematology

Full Blood Count
Hb Indices
ESR
Peripheral Blood Film

Hormone Profile

Estradiol ♀
Follicle-Stimulating Hormone ♀
Testosterone ♂

Deficiency Profile

Iron (Anaemia)
Vitamin B12 (Anaemia)
Folic Acid (Anaemia)
Vitamin D

CLINICAL TEST (CHOOSE 6):



ELECTROCARDIOGRAPHY

Resting ECG



BONE SCAN

Bone Mineral Densitometry



RADIOLOGY

Chest X-ray



TONOMETRY

Eye Pressure



SPIROMETRY

Lung Function Test



Retinal Photography

Eye Diseases



Cervical Cancer ♀

Thin Pap Smear -
recommended every 3 year



CHOOSE 4 OF THE FOLLOWING:

Ultrasound HBS (Liver, gallbladder pancreas, spleen)
Ultrasound Prostate ♂
Ultrasound Pelvis ♀
Ultrasound Thyroid
Ultrasound Kidney
Ultrasound Breast ♀
Mammogram ♀
Treadmill ECG



Light Refreshment



PERSONAL REPORT AND LIFESTYLE COUNSELLING



POST DOCTOR REVIEW

Valid till 31/12/2025





DOCTOR CONSULTATION



BIOMETRIC TESTS

Height and Weight
BMI
Blood Pressure
Full Body Composition
Visual Acuity and Color Test



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

Kidney Profile

Urea
Creatinine
Potassium
Sodium
Chloride
EGFR

Stool Analysis

Stool Occult Blood

Cancer Markers

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

Stomach Screen

Helicobacter Pylori
Antibody (Gastritis)

Cardiac Profile

C-Reactive Protein
Creatine Kinase
Apolipoprotein A1
Apolipoprotein B
Apolipoprotein B/A1 Ratio

Urinalysis

Urine FEME
Urine Microalbumin
Urine Creatinine
Microalbumin/Creatinine Ratio

Hepatitis Profile

Hepatitis A
Hepatitis B

Thyroid Profile

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

Bone and Joint Profile

Calcium
Phosphate
Uric Acid (Gout)
Rheumatoid Arthritis

Venereal Profile

Syphilis TP Ab

Hematology

Full Blood Count
Hb Indices
ESR
Peripheral Blood Film

Immunology Profile

Anti-DS DNA Antibody
Anti-Nuclear Antibody

Hormone Profile

Estradiol ♀
Follicle-Stimulating Hormone ♀
Testosterone ♂

Deficiency Profile

Iron (Anaemia)
Vitamin B12 (Anaemia)
Folic Acid (Anaemia)
Vitamin D

CLINICAL TEST (CHOOSE 6):



ELECTROCARDIOGRAPHY

Resting ECG



BONE SCAN

Bone Mineral Densitometry



RADIOLOGY

Chest X-ray



TONOMETRY

Eye Pressure



SPIROMETRY

Lung Function Test



Retinal Photography

Eye Diseases



Cervical Cancer ♀

Thin Pap Smear -
recommended every 3 year



CHOOSE 5 OF THE FOLLOWING:

Ultrasound HBS (Liver, gallbladder pancreas, spleen)
Ultrasound Prostate ♂
Ultrasound Pelvis ♀
Ultrasound Thyroid
Ultrasound Kidney
Ultrasound Breast ♀
Mammogram ♀
Treadmill ECG



Light Refreshment



PERSONAL REPORT AND LIFESTYLE COUNSELLING



POST DOCTOR REVIEW

Valid till 31/12/2025

HEALTH SCREENING 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 **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

- 8-hrs of fasting is required.

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

- 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
- 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

Valid till 31/12/2025



POST SCREENING

- Your health screening report will be sent to you within 7-10 working days. (excluding weekends, PH and eve of PH).
- *Post-screening review on WhiteCoat app*

THINGS TO TAKE NOTE

- Corporate rates are extended to **employee's immediate family members**.
- Kindly arrive on time for your appointment. **Rescheduling** of appointments to be made at least 48 hours in advance us **via 6589 0009 (Orchard) 6589 0002 (Tampines)**
- Depending on your selected package, your screening may take **between 1 to 3 hrs.**
- A **time chit** can be provided for your screening appointment.