

**CIBC** 

# HEALTH SCREENING

**EXECUTIVE PACKAGE  
1 JAN -31 DEC 2025**



**BOOK NOW**



**(ORCHARD)  
HOP MEDICAL CENTRE**

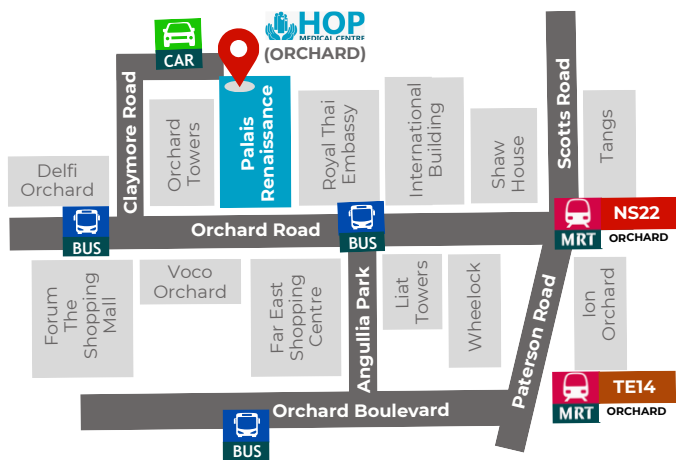
**(TAMPINES)  
HOP MEDICAL CENTRE**

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

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

[medicalcentre@hop.sg](mailto:medicalcentre@hop.sg)

[tampines@hop.sg](mailto:tampines@hop.sg)



Applicable for all staff | Strictly by appointment only  
Min 21 years and above | Extended to dependents

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



# 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.

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# 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.



# EMERALD PACKAGE (SPONSORED)

BOOK NOW

INCLUDES:

CHSMTNF+ PSA/CA125+CA19.9+CRP



## 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

### Lipid Profile

Total Cholesterol  
HDL Cholesterol  
LDL Cholesterol  
Cholesterol Ratio  
Triglycerides

### 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 required)

## Bone and Joint Profile

Calcium  
Phosphate  
Uric Acid (Gout)  
Rheumatoid Arthritis

## Cancer Markers

AFP (Liver)  
CEA (Colon)  
PSA (Prostate)  
CA125 (Ovarian)  
CA19.9 (Pancreas)

## Cardiac Profile

Hs-CRP

## Venereal Profile

Syphilis TP Ab  
TPHA (if VDRL Positive)

## Hematology

Full Blood Count  
Hb Indices  
ESR  
Peripheral Blood Film



## CLINICAL TESTS



## ELECTROCARDIOGRAPHY

ECG



## TONOMETRY

Eye Pressure

## BONE SCAN or CHEST X-RAY



Bone Mineral Densitometry



Chest X-ray



## RETINA IMAGING

Macular and Optic Imaging



## THIN PREP PAP SMEAR ♀



## CHOOSE 2 OF THE FOLLOWING:

Ultrasound Prostate ♂

Ultrasound Pelvis ♀

Ultrasound Thyroid

Ultrasound Breast ♀

Ultrasound Kidney

Ultrasound Liver (HBS)

Mammogram ♀

Treadmill



## PERSONAL REPORT AND LIFESTYLE COUNSELLING



## POST SCREENING DOCTOR CONSULTATION

# HEALTH SCREENING PREPARATION

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## To bring

- NRIC/FIN/Passport
- Staff pass for verification (Where required)

## 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.



# GETTING READY FOR YOUR TESTS

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## Urine Test

- At least ½ of the bottle
- Take Mid-stream portion
- No fasting required
- No overnight urine

## 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

## For Ladies

- Urine/Stool to be done at least 5 days after your menstruation

## 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

## 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.

## 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

## 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.

## 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.





## 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*

## FOOTNOTES

- 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.
- **If you are pregnant**, it is not recommended to undergo executive health screening.