



HEALTH SCREENING

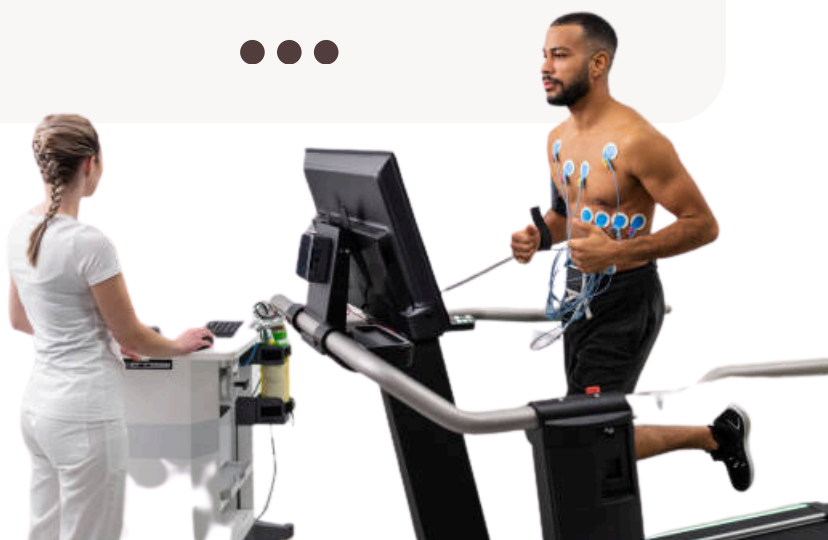
JAMES FISCHER SINGAPORE
EXECUTIVE PACKAGES



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.



PETITE

UP \$350 NETT
\$300 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

Venereal Profile

Syphilis TP Ab

Urinalysis

Urine FEME

Stool Analysis

Stool Occult Blood

Heart Screen

CRP

CHOOSE 1 OF THE FOLLOWING:

TONOMETRY

Eye Pressure

BONE SCAN

Bone Mineral Densitometry

RADIOLOGY

Chest X-ray

SPIROMETRY

Lung Function Test

ELECTROCARDIOGRAPHY

Resting ECG

CERVICAL CANCER ♀

Thin Prep Pap Smear
(recommended every 3 yrs)

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

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
- You may consume all other chronic medication as required.
- Please postpone your appointment if you are unwell.



GETTING READY FOR YOUR TESTS

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

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

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 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.

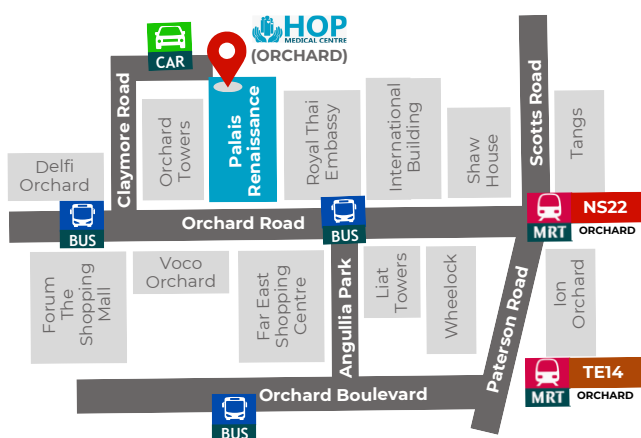


2 one-stop medical centres located at Orchard and Tampines. Fully facilitated for all tests, exams and scans to be completed conveniently under one roof.

(ORCHARD) HOP MEDICAL CENTRE

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

☎ 6589 0009 ✉ Medicalcentre@hop.sg



(TAMPINES) HOP MEDICAL CENTRE

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

☎ 6589 0002 ✉ tampines@hop.sg



Chest X-Ray



ECG



Ultrasounds



Pap Smear



Mammogram



Treadmill

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