

HEALTH SCREENING

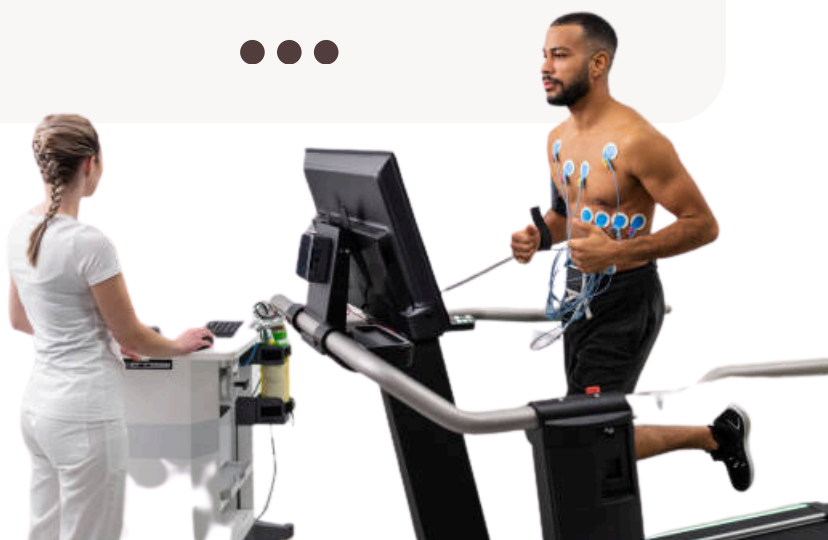


**ENDEAVOUR
2025**

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.



CLUB \$600 NETT

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 (where applicable)

Lipid Profile

Total Cholesterol
HDL Cholesterol
LDL Cholesterol
Cholesterol Ratio
Triglycerides

Hepatitis Profile

Hepatitis A
Hepatitis B

Kidney Profile

Urea
Creatinine
Potassium
Sodium
Chloride
eGFR

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)
PSA (Prostate) ♂
Beta HCG (Testes) ♂
CA125 (Ovarian) ♀
CA15.3 (Breast) ♀
CA19.9 (Pancreas)
EBV (Nose)

Hematology

Full Blood Count
Hb Indices
ESR
Peripheral Blood Film

Urinalysis

Urine FEME
Urine Microalbumin
Urine Creatinine
Microalbumin/Creatinine
Ratio

Venereal Profile

Syphilis TP Ab

Stool Occult Blood

CHOOSE 2 OF THE FOLLOWING:



TONOMETRY

Eye Pressure



BONE SCAN

Bone Mineral Densitometry



RADIOLOGY

Chest X-ray



SPIROMETRY

Lung Function Test



ELECTROCARDIOGRAPHY

Resting ECG

CHOOSE 2 OF THE FOLLOWING:

Ultrasound Prostate ♂

Ultrasound Pelvis ♀

Ultrasound Thyroid

Ultrasound Breast ♀

Ultrasound Kidney

Ultrasound Liver (HBS)

Mammogram ♀

Treadmill ECG



POST SCREENING
DOCTOR CONSULTATION



PERSONAL REPORT
AND LIFESTYLE
COUNSELLING

LEAGUE \$700 NETT



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
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Stool Occult Blood

CHOOSE 3 OF THE FOLLOWING:



TONOMETRY

Eye Pressure



BONE SCAN

Bone Mineral Densitometry



RADIOLOGY

Chest X-ray



SPIROMETRY

Lung Function Test



ELECTROCARDIOGRAPHY

Resting ECG

CHOOSE 2 OF THE FOLLOWING:

Ultrasound Prostate ♂

Ultrasound Pelvis ♀

Ultrasound Thyroid

Ultrasound Breast ♀

Ultrasound Kidney

Ultrasound Liver (HBS)

Mammogram ♀

Treadmill ECG

CHOOSE 1 OF THE FOLLOWING:

TESTOSTERONE

THIN PREP



POST SCREENING
DOCTOR CONSULTATION



PERSONAL REPORT
AND LIFESTYLE
COUNSELLING

PREPARATION & INSTRUCTIONS

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.

URINE TEST

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

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.

PAP SMEAR (FEMALE) ♀

- 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 (FEMALE) ♀

- 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.

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.

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



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.



(ORCHARD) HOP MEDICAL CENTRE

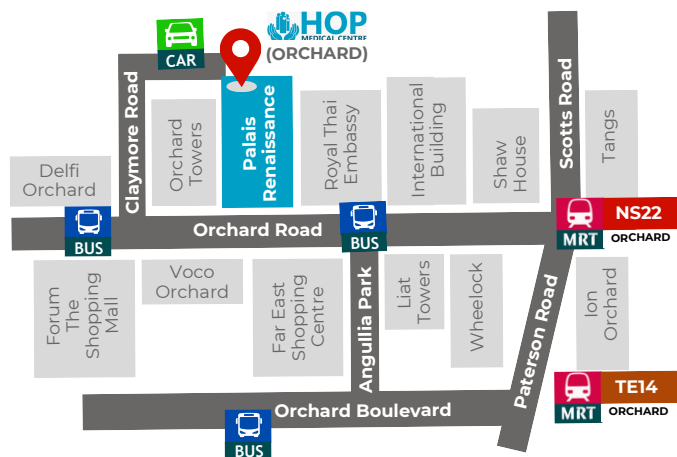
NEW (TAMPINES) HOP MEDICAL CENTRE

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

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