



HEALTH SCREENING

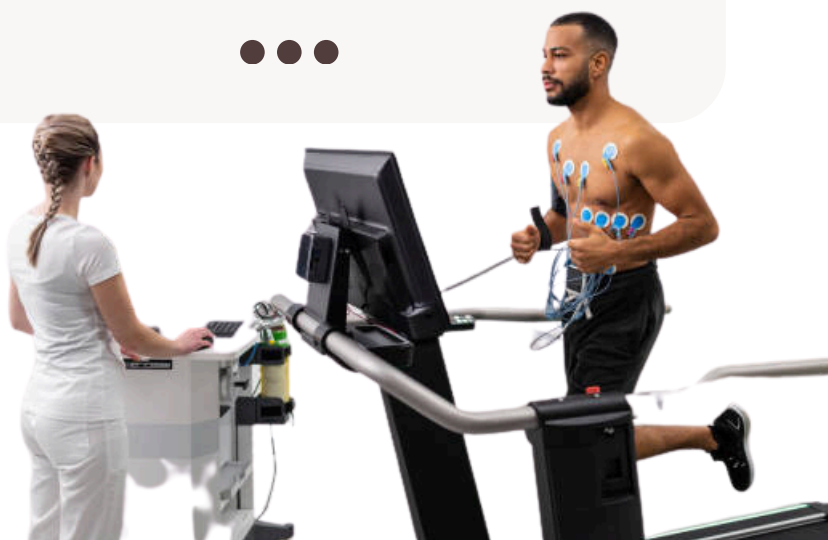


**OPENBET
2025**

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.



TEAM \$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

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.



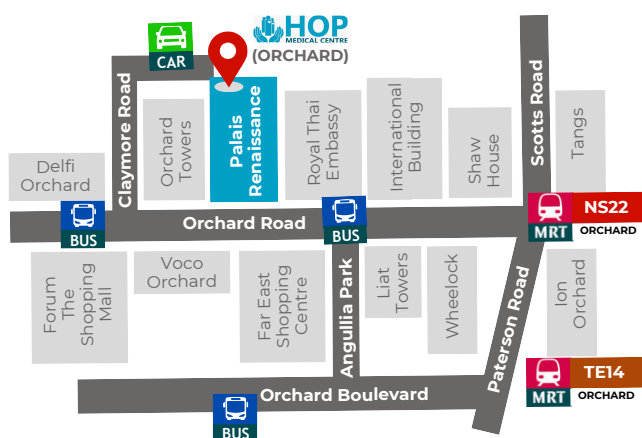


2 one-stop medical centres located at Orchard and Tampines. Fully facilitated for all tests, exams and scans to be completed conveniently under one roof.

(ORCHARD) HOP MEDICAL CENTRE

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

☎ 6589 0009 ✉ Medicalcentre@hop.sg



NEW (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