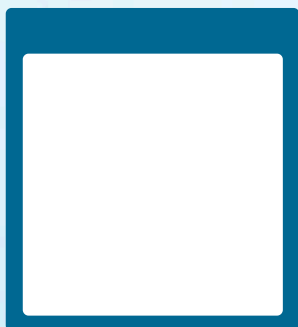


HEALTH SCREENING

EXECUTIVE PACKAGES



**PAN UNITED
2025**



INTRODUCTION



HOP is a multi-faceted healthcare organization that provides a comprehensive range of healthcare services to both retail and corporate customers.

For more than 18 years, HOP has developed key expertise in health screening, chronic disease management, intervention and wellness.

"KEY EXPERTISE IN HEALTH SCREENING, CHRONIC DISEASE MANAGEMENT, INTERVENTION AND WELLNESS"

Our flagship Medical Centre located in Orchard Road officially opened in 2022 and serves the growing need for general health screening and diagnostic testing.

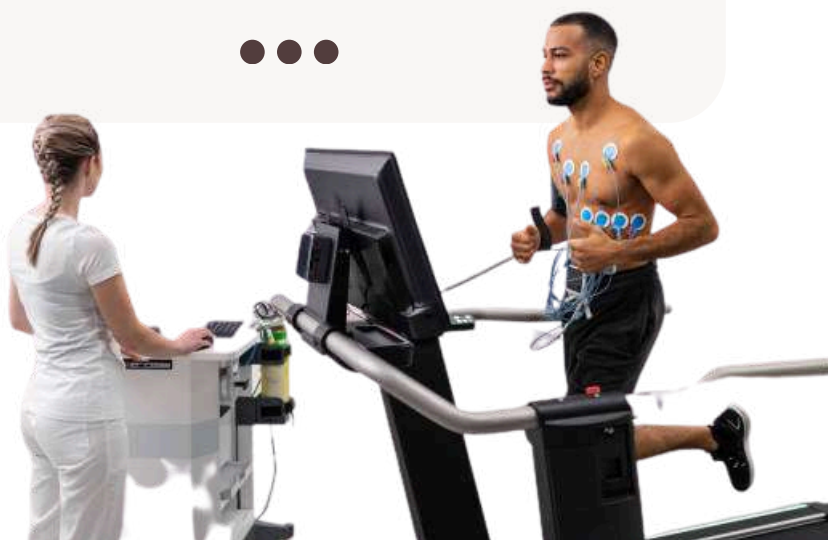
Equipped with the latest machines and technology, **HOP Medical Centre** provides extensive services such as **executive health screening, ultrasounds, X-rays, mammograms** pre-employment screening, vaccinations and more.



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.



PU JUNIOR 1 \$100

SCAN HERE

INCLUDES:



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

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)

Hematology

Full Blood Count
Hb Indices
ESR
Peripheral Blood Film
Blood Grouping

Urinalysis

Urine FEME



RADIOLOGY

Chest X-ray



POST SCREENING DOCTOR CONSULTATION



PERSONAL REPORT AND LIFESTYLE COUNSELLING

PU PLAN F \$360

SCAN HERE

INCLUDES:



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
C-reactive Protein

Kidney Profile

Urea
Creatinine
Potassium
Sodium
Chloride
EGFR

Urinalysis

Urine FEME
Urine Microalbumin
Urine Creatinine
Microalbumin/Creatinine Ratio

Hepatitis Profile

Hepatitis A
Hepatitis B
Hepatitis C

Thyroid Profile

TSH
FT4 (If TSH is <0.40 pmol/L or >4.70 pmol/L)
T3

Bone and Joint Profile

Calcium
Phosphate
Uric Acid (Gout)
Rheumatoid Arthritis

Venereal Profile

Syphilis TP Ab

Cancer Markers

AFP (Liver)
CEA (Colon)

Hematology

Full Blood Count
Hb Indices
ESR
Peripheral Blood Film

Stool Analysis

Stool Occult Blood

Stomach Cancer Screen

Helicobacter Pylori



RADIOLOGY

Chest X-ray



CERVICAL CANCER ♀

Thin Prep Pap Smear
(recommended every 3 yrs)



POST SCREENING DOCTOR CONSULTATION



PERSONAL REPORT AND LIFESTYLE COUNSELLING

Ultrasound Prostate (Male) for 50 yrs & above

\$130 - fully paid by company

PU PLAN H \$620

SCAN HERE

INCLUDES:

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
C-reactive Protein

Venereal Profile

Syphilis TP Ab
HIV

Kidney Profile

Urea
Creatinine
Potassium
Sodium
Chloride
EGFR

Urinalysis

Urine FEME
Urine Microalbumin
Urine Creatinine
Microalbumin/Creatinine Ratio

Hepatitis Profile

Hepatitis A
Hepatitis B
Hepatitis C

Thyroid Profile

TSH
FT4 (If TSH is <0.40 pmol/L
or >4.70 pmol/L)
T3

Bone and Joint Profile

Calcium
Phosphate
Uric Acid (Gout)
Rheumatoid Arthritis

Cancer Markers

AFP (Liver)
CEA (Colon)
PSA (Prostate) ♂
CAS125 (Ovarian) ♀
EBV (Nasopharyngeal)
CA19.9 (Pancreas)
BETA HCG (Testes) ♂
CA15.3 (Breast) ♀

Stool Analysis

Stool Occult Blood

Hematology

Full Blood Count
Hb Indices
ESR
Peripheral Blood Film

Stomach Cancer Screen

Helicobacter Pylori

RADIOLOGY

Chest X-ray

CERVICAL CANCER ♀

Thin Prep Pap Smear
(recommended every 3 yrs)

CHOOSE 1 OF THE FOLLOWING:

Ultrasound Prostate ♂
Ultrasound Pelvis ♀
Ultrasound Thyroid
Ultrasound Breast ♀
Ultrasound Kidney
Ultrasound HBS
Ultrasound Carotid
Mammogram ♀
Treadmill

POST SCREENING DOCTOR CONSULTATION

PERSONAL REPORT AND LIFESTYLE COUNSELLING

COMPLIMENTARY BREAKFAST VOUCHER

Ultrasound Prostate (Male) for 50 yrs & above
\$130 - fully paid by company

PU PLAN D \$620

SCAN HERE

INCLUDES:



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
C-reactive Protein

Venereal Profile

Syphilis TP Ab
HIV

Kidney Profile

Urea
Creatinine
Potassium
Sodium
Chloride
EGFR

Urinalysis

Urine FEME
Urine Microalbumin
Urine Creatinine
Microalbumin/Creatinine Ratio

Hepatitis Profile

Hepatitis A
Hepatitis B
Hepatitis C

Thyroid Profile

TSH
FT4 (If TSH is <0.40 pmol/L
or >4.70 pmol/L)
T3

Bone and Joint Profile

Calcium
Phosphate
Uric Acid (Gout)
Rheumatoid Arthritis

Cancer Markers

AFP (Liver)
CEA (Colon)
PSA (Prostate) ♂
CAS125 (Ovarian) ♀

Stool Analysis

Stool Occult Blood

Stomach Cancer Screen

Helicobacter Pylori

Hematology

Full Blood Count
Hb Indices
ESR
Peripheral Blood Film



RADIOLOGY

Chest X-ray

CERVICAL CANCER



Thin Prep Pap Smear
(recommended every 3 yrs)

TONOMETRY

Eye Pressure



AUDIOMETRY



Functional Hearing Test

BONE SCAN (Male only)

Bone Mineral Densitometry



CHOOSE 1 OF THE FOLLOWING:

Ultrasound Prostate ♂



Ultrasound Pelvis

Ultrasound Thyroid

Ultrasound Kidney

Ultrasound HBS

Ultrasound Carotid

Treadmill



CHOOSE 1 OF THE FOLLOWING: (Female only) ♀

Ultrasound Breast
Mammogram



POST SCREENING

DOCTOR CONSULTATION



PERSONAL REPORT AND LIFESTYLE COUNSELLING



COMPLIMENTARY BREAKFAST VOUCHER

**Ultrasound Prostate (Male) for
50 yrs & above**

\$130 - fully paid by company

PU PLAN IA (M) \$700

SCAN HERE

INCLUDES:



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
C-reactive Protein

Venereal Profile

Syphilis TP Ab

Kidney Profile

Urea
Creatinine
Potassium
Sodium
Chloride
EGFR

Urinalysis

Urine FEME
Urine Microalbumin
Urine Creatinine
Microalbumin/Creatinine Ratio

Hepatitis Profile

Hepatitis A
Hepatitis B
Hepatitis C

Thyroid Profile

TSH
FT4 (If TSH is <0.40 pmol/L
or >4.70 pmol/L)
T3

Bone and Joint Profile

Calcium
Phosphate
Uric Acid (Gout)
Rheumatoid Arthritis

Cancer Markers

AFP (Liver)
CEA (Colon)

Hematology

Full Blood Count
Hb Indices
ESR
Peripheral Blood Film

Stool Analysis

Stool Occult Blood

Stomach Cancer Screen

Helicobacter Pylori

Vitamin D



CERVICAL CANCER ♀

Thin Prep Pap Smear (Female)
(recommended every 3 yrs)

OR

PSA (Prostate Cancer Marker) ♂



RADIOLOGY

Chest X-ray



TONOMETRY

Eye Pressure



AUDIOMETRY

Functional Hearing Test



ELECTROCARDIOGRAPHY

ECG



Ultrasound Prostate

Ultrasound Liver (HBS)



CHOOSE 1 OF THE FOLLOWING:

Ultrasound Pelvis
Ultrasound Thyroid
Ultrasound Breast
Ultrasound Kidney
Ultrasound Carotid
Mammogram
Treadmill



POST SCREENING DOCTOR CONSULTATION



PERSONAL REPORT AND LIFESTYLE COUNSELLING

PU PLAN JA (L) \$860

SCAN HERE

INCLUDES:



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
C-reactive Protein

Venereal Profile

Syphilis TP Ab

Kidney Profile

Urea
Creatinine
Potassium
Sodium
Chloride
EGFR

Urinalysis

Urine FEME
Urine Microalbumin
Urine Creatinine
Microalbumin/Creatinine Ratio

Hepatitis Profile

Hepatitis A
Hepatitis B
Hepatitis C

Thyroid Profile

TSH
FT4 (If TSH is <0.40 pmol/L
or >4.70 pmol/L)
T3

Bone and Joint Profile

Calcium
Phosphate
Uric Acid (Gout)
Rheumatoid Arthritis

Cancer Markers

AFP (Liver)
CEA (Colon)

Hematology

Full Blood Count
Hb Indices
ESR
Peripheral Blood Film

Stool Analysis

Stool Occult Blood

Stomach Cancer Screen

Helicobacter Pylori

Vitamin D



CERVICAL CANCER ♀

Thin Prep Pap Smear (Female)
(recommended every 3 yrs)

OR

PSA (Prostate Cancer Marker) ♂



RADIOLOGY

Chest X-ray



TONOMETRY

Eye Pressure



AUDIOMETRY

Functional Hearing Test



ELECTROCARDIOGRAPHY

ECG



Ultrasound Prostate

Ultrasound Liver (HBS)

Ultrasound Breast / Mammogram



CHOOSE 1 OF THE FOLLOWING:

Ultrasound Pelvis
Ultrasound Thyroid
Ultrasound Kidney
Ultrasound Carotid
Treadmill



POST SCREENING DOCTOR CONSULTATION



PERSONAL REPORT AND LIFESTYLE COUNSELLING

PU PLAN I (M) \$3300

SCAN HERE

INCLUDES:



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
C-reactive Protein

Venereal Profile

Syphilis TP Ab

Kidney Profile

Urea
Creatinine
Potassium
Sodium
Chloride
EGFR

Urinalysis

Urine FEME
Urine Microalbumin
Urine Creatinine
Microalbumin/Creatinine Ratio

Hepatitis Profile

Hepatitis A
Hepatitis B
Hepatitis C

Thyroid Profile

TSH
FT4 (If TSH is <0.40 pmol/L
or >4.70 pmol/L)
T3

Bone and Joint Profile

Calcium
Phosphate
Uric Acid (Gout)
Rheumatoid Arthritis

Cancer Markers

AFP (Liver)
CEA (Colon)

Hematology

Full Blood Count
Hb Indices
ESR
Peripheral Blood Film

Stool Analysis

Stool Occult Blood

Stomach Cancer Screen

Helicobacter Pylori

Vitamin D



CERVICAL CANCER ♀

Thin Prep Pap Smear (Female)
(recommended every 3 yrs)

OR

PSA (Prostate Cancer Marker) ♂



RADIOLOGY

Chest X-ray



TONOMETRY

Eye Pressure



AUDIOMETRY

Functional Hearing Test



ELECTROCARDIOGRAPHY

ECG



Ultrasound Prostate
Ultrasound Liver (HBS)



CHOOSE 1 OF THE FOLLOWING:

Ultrasound Pelvis
Ultrasound Thyroid
Ultrasound Breast
Ultrasound Kidney
Ultrasound Carotid
Mammogram
Treadmill

SPECIALIST PROCEDURE

Gastroscopy and Colonoscopy



POST SCREENING

DOCTOR CONSULTATION



PERSONAL REPORT AND
LIFESTYLE COUNSELLING

PU PLAN J (L) \$3460

SCAN HERE

INCLUDES:



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
C-reactive Protein

Venereal Profile

Syphilis TP Ab

Kidney Profile

Urea
Creatinine
Potassium
Sodium
Chloride
EGFR

Urinalysis

Urine FEME
Urine Microalbumin
Urine Creatinine
Microalbumin/Creatinine Ratio

Hepatitis Profile

Hepatitis A
Hepatitis B
Hepatitis C

Thyroid Profile

TSH
FT4 (If TSH is <0.40 pmol/L
or >4.70 pmol/L)
T3

Bone and Joint Profile

Calcium
Phosphate
Uric Acid (Gout)
Rheumatoid Arthritis

Cancer Markers

AFP (Liver)
CEA (Colon)

Hematology

Full Blood Count
Hb Indices
ESR
Peripheral Blood Film

Stool Analysis

Stool Occult Blood

Stomach Cancer Screen

Helicobacter Pylori

Vitamin D



CERVICAL CANCER ♀

Thin Prep Pap Smear (Female)
(recommended every 3 yrs)

OR

PSA (Prostate Cancer Marker) ♂



RADIOLOGY

Chest X-ray



TONOMETRY

Eye Pressure



AUDIOMETRY

Functional Hearing Test



ELECTROCARDIOGRAPHY

ECG



Ultrasound Prostate

Ultrasound Liver (HBS)

Ultrasound Breast / Mammogram



CHOOSE 1 OF THE FOLLOWING:

Ultrasound Pelvis

Ultrasound Thyroid

Ultrasound Kidney

Ultrasound Carotid

Treadmill

SPECIALIST PROCEDURE

Gastroscopy and Colonoscopy



POST SCREENING

DOCTOR CONSULTATION



PERSONAL REPORT AND
LIFESTYLE COUNSELLING

ADD-ONS

SCAN HERE

INCLUDES:

CERVICAL CANCER SCREEN + HPV	\$220.00
MASTOCHECK	\$200.00
LIPOPROTEIN A	\$55.00
PREVENAR	\$180.00
PNEUMOVAX 23	\$100.00
FLU VACCINE	\$32.70
VITAMIN D	\$60.00
VITAMIN D (WITH D2 AND D3)	\$130.00

SCANS AND OTHERS

PRICE LIST

HOP MEDICAL CENTRE



CORPORATE
RATES

ORCHARD - Palais Renaissance, 390 Orchard Road, #11-03/04, S238871
TAMPINES - 1 Tampines Central 5, #07-04/05, CPF Tampines Building, Singapore 529508

ULTRASOUNDS

All procedures and prices exclude
doctor consultation, if required.

PELVIS (TRANSABDOMINAL) (F) 骨盆 (经腹) (女)

Uterus, ovaries, cervix, fallopian tube, bilateral adnexa, pouch of douglas

It is commonly used to identify abnormalities in the female reproductive system particularly for the ovaries and uterus such as ovarian cysts or cancer, uterine fibroids or endometrial thickening (which can be a sign of uterine cancer). It is also helpful in the investigation of heavy or painful menstrual bleeding, irregular menses, and infertility.

\$130*

BREAST (F) 乳房 (女)

Breasts

An internal scan of the structures of the Breast to diagnose breast lumps or any abnormalities found. This is particularly helpful in younger ladies (< 40 years old) with denser breasts which may not be suitable for mammogram yet, or those who already have a known breast lump for investigation or follow-up.

\$130*

PROSTATE (M) 前列腺 (男)

Prostate, seminal vesicles

Examines risk of Prostate cancer, benign prostatic hyperplasia (enlargement of the prostate) or any other prostate-related conditions. If you have a known elevated PSA level, this is also a recommended next step in investigation or monitoring of the prostate.

\$130*

THYROID 甲状腺

Thyroid

Monitors and characterizes the swellings found in the Thyroid gland, particularly whether there are any nodules suspicious for cancer, which may need a referral for biopsy.

\$130*

KIDNEYS 肾脏

Kidneys, upper urinary tract

A scan that assesses the physical appearance of the Kidneys. An Ultrasound can detect cysts, tumours, and kidney stone disease. It is also useful if you have a history of hematuria (blood in the urine), recurrent UTI (urinary tract infection), or any sudden changes in your renal function in your laboratory results.

\$130*

LIVER (HEPATOBIILIARY SYSTEM) 肝脏 (肝胆)

Liver, gallbladder, pancreas

A scan with focus on the Liver, gall bladder and pancreas. Useful for individuals with an abnormal cholesterol or liver function test, this test most commonly detects fatty liver, liver cysts and tumours which may prompt the need for more urgent management.

\$150*

FULL ABDOMEN 腹部 (liver+kidneys)

Liver, gallbladder, pancreas, spleen, kidneys

Includes the analysis of the main organs in the abdomen (liver, gall bladder, pancreas, kidneys, and spleen). Useful to complete a more detailed health screening for asymptomatic patients, or those with known blood test abnormalities in the above organ systems (e.g liver function and urine analysis). Detailed evaluation of the stomach and intestines might still require other modes such as CT scan / endoscopy.

\$180*

PELVIS (TRANSABDOMINAL + TRANSVAGINAL) (F) 骨盆 (经腹+经阴道) (女)

Uterus, ovaries, cervix, fallopian tube, bilateral adnexa, pouch of douglas

Containing both the transabdominal and transvaginal method, this procedure requires the ultrasound scan probe to be inserted into the vagina, helping to produce clearer images and more definitive information regarding the uterus and ovaries. Might be useful if the pelvis transabdominal scans alone are not able to clearly visualise the organs.

\$210*

*PRICE BEFORE GST

OTHER TESTS

MAMMOGRAM 乳房X光检查

Breasts

A specialised X-ray of the Breast that aids in early detection of breast cancer. It is usually recommended for women above 50 years of age. For younger women, or those who have known breast diseases, you are recommended to check with your doctor regarding the recommended Breast Screening modality (i.e, an ultrasound or MRI of the Breast may be more suitable)

\$130*

TREADMILL STRESS ECG 心脏压力测试

Electrocardiogram, heart arrhythmia

A form of cardiovascular stress testing that monitors your electrocardiogram (ECG) and blood pressure (BP) levels during increasing difficulties of exercise. This can be useful for select group of patients who may have intermediate risk of coronary artery disease. (Pre-test consent is required, please approach our staff for more information)

\$200*

CLINICAL TESTS

CHEST X-RAY 胸部X光

Lungs, heart, airways, bones

A basic imaging test that helps detect some abnormalities found in the heart, lungs, blood vessels, airways, the bones of your chest and spine. It can also be helpful as an initial investigation for those with lung related symptoms such as those with chronic cough, fatigue.

\$30*

ECG 心电图

Electrocardiogram, heart arrhythmia

Also known as Electrocardiogram, this test checks the rhythm of your heart and its electrical activity. A resting ECG is a helpful initial test if you have a history of cardiac risk factors (e.g hypertension, high cholesterol / diabetes) or factors predisposing to irregular heart rhythm (eg thyroid, electrolyte / kidney disorder based on your previous blood tests).

\$30*

BONE MINERAL DENSITY 超声骨密度

Heel ultrasound, bone health

A heel ultrasound (non-radiation) screening test will be conducted to measure the calcium density in your bones. It is helpful together with Vit D tests to advise on the need for supplementation to prevent onset of osteoporosis – which is irreversible bone calcium loss. A BMD is also highly recommended for ladies as they prepare to head into menopause.

\$30*

SPIROMETRY 肺活量测试

Lungs, airways

A non-invasive test that is a part of lung function testing by measuring how much air you can breathe out in one forced breath. This is particularly useful for screening for chronic lung disease such as COPD (Chronic Obstructive Pulmonary Disease). If you have not seen a Respiratory Physician recently and have symptoms and risk factors such as a history of smoking, asthma, persistent cough or recurrent unexplained breathlessness, you may benefit from a spirometry.

(N.B. Please refer to our Spirometry Patient Information Sheet for more details and when you should NOT do a spirometry)

\$30*

AUDIOMETRY 听力测试

Ears, hearing

Tests your ability to hear varying types of sound, based on their loudness (intensity) and the speed of sound wave vibrations (tone). This test is useful for adults of any age as it can detect hearing loss at an early stage (before noticeable symptoms) or as part of initial work-up when you are having hearing problems from any cause.

\$30*

TONOMETRY 眼压

Eyes, intra-ocular pressure

A quick scan that checks the intra-ocular pressure of your eyes to see if you're at a risk of glaucoma, the number one leading cause of blindness. Glaucoma is a disease that damages your eye nerves overtime resulting in a loss of vision. Early screening would help to protect your eyesight and slow down the process of vision loss.

\$30*

DIGITAL RETINAL IMAGING (DRI) 视网膜照相

Eye, retina, optic nerves

Also known as a fundus photo, it is a non-invasive, diagnostic tool that produces digital high resolution, colored images of your retina, optic nerve, and blood vessels in the back of your eye. It is able to screen for 3 main eye conditions which are the top causes for vision loss: Glaucoma, Diabetic Retinopathy and Age-related Macular Degeneration (AMD). This is helpful even before you have visual symptoms as these conditions may benefit from early intervention before further irreversible eye damage.

\$50*

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

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 4-6 hrs

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
- 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

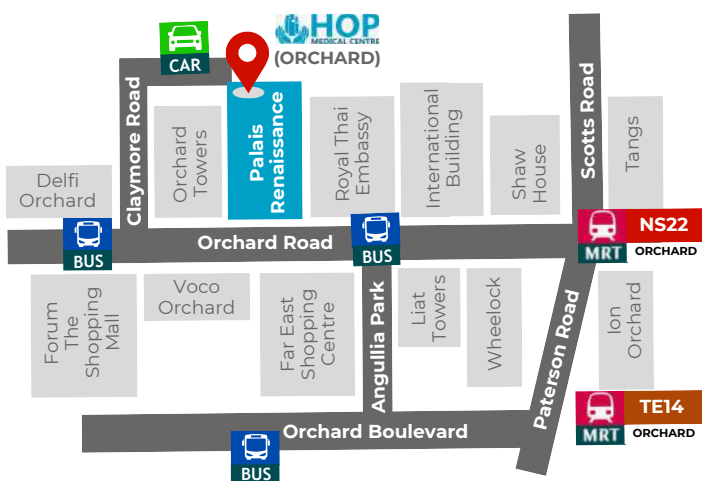
(TAMPINES) HOP MEDICAL CENTRE

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