



# HEALTH SCREENING EXECUTIVE PACKAGES



**TRUE CHIRO  
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.

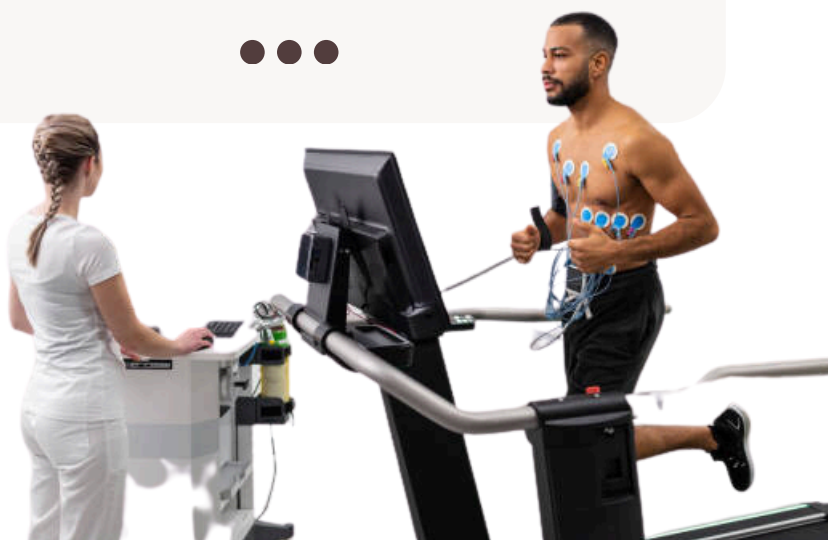




# FULL RANGE OF SERVICES

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.

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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.





# SCREEN AT TAMPINES

CPF TAMPINES BUILDING  
1 TAMPINES CENTRAL 5  
S(529508)

## CONVENIENCE

HOP Medical Centre is conveniently located in the heart of Tampines Central - CPF Tampines Building.. Our screening centre is just a **3-mins walk** from Tampines MRT (EW and DT Lines) and Tampines Interchange) and is equipped with the best and latest medical equipment to meet your needs.





# TCG BASIC



BOOK NOW

INCLUDES:



## DOCTOR CONSULTATION



## CLINICAL TESTS

Height and Weight  
BMI  
Blood Pressure



## LABORATORY TESTS

### Diabetes Profile

Blood Glucose  
HbA1c (where applicable)

### Lipid Profile

Total Cholesterol  
HDL Cholesterol  
LDL Cholesterol  
Cholesterol Ratio  
Triglycerides



## POST SCREENING DOCTOR CONSULTATION



## PERSONAL REPORT AND LIFESTYLE COUNSELLING

# TGC SPECIAL

 **BOOK NOW**

**INCLUDES:**



## **DOCTOR CONSULTATION**



## **CLINICAL TESTS**

Height and Weight  
BMI  
Blood Pressure  
Full Body Composition  
Oxygen Saturation  
Visual Acuity  
Color Blindness



## **LABORATORY TESTS**

### **Liver Profile**

SGPT (ALT)  
SGOT (AST)  
Gamma GT (GGT)

### **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)



## **BONE SCAN**

Bone Mineral Densitometry

## **Hematology**

Full Blood Count  
Hb Indices  
ESR  
Peripheral Blood Film

## **Urine FEME**



## **PERSONAL REPORT AND LIFESTYLE COUNSELLING**



## **POST SCREENING DOCTOR CONSULTATION**

# TCG ELITE



BOOK NOW

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  
HsCRP

## Urinalysis

Urine FEME  
Urine Microalbumin  
Urine Creatinine  
Microalbumin/Creatinine Ratio

## 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)  
Rheumatoid Arthritis

## BONE SCAN

Bone Mineral Densitometry

## Cancer Markers

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

## Kidney Profile

Urea  
Creatinine  
Potassium  
Sodium  
Chloride  
EGFR

## Venereal Profile

Syphilis TP Ab

## Hematology

Full Blood Count  
Hb Indices  
ESR  
Peripheral Blood Film



## PERSONAL REPORT AND LIFESTYLE COUNSELLING



## POST SCREENING DOCTOR CONSULTATION



# PREPARATION & INSTRUCTIONS

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## 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***

## 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

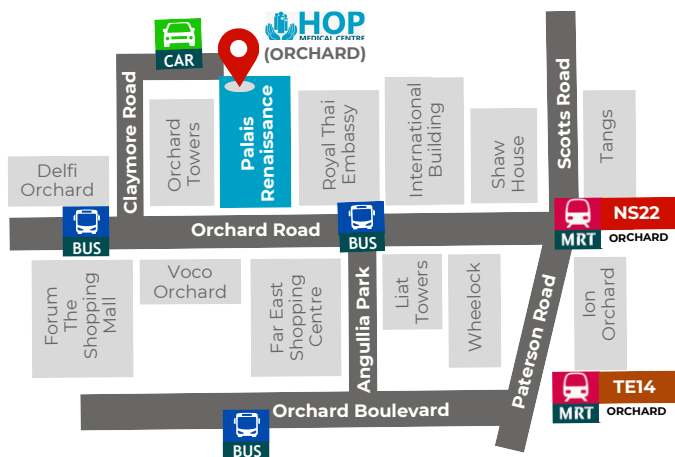
## (TAMPINES) HOP MEDICAL CENTRE

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](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