



SPECIAL FOR

# WOODLANDS EVANGELICAL FREE CHURCH

## CORPORATE HEALTH SCREENING PACAKGE

### ● ● ● ONE-STOP CENTRE

HOP Medical Centre is **One-stop** Health Screening Centre conveniently located at **Orchard Road** Palais Renaissance and **Tampines** CPF Building complete with in-house imaging services.

Our screening centre are equipped with the latest medical equipment to meet your needs.

(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

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

# 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 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.





HOP MEDICAL CENTRE HEALTH SCREENING PACKAGE 2025		Woodlands Evangelical Free Church
		EXECUTIVE PACKAGE (NO FASTING REQUIRED)
TESTS	DETAILS	\$325 BEFORE GST
Physical Examination 体检	Blood Pressure	✓
	Height & Weight - Body Mass Index (BMI)	✓
	Eye-sight check	✓
	7-Factor Body Composition	✓
	Oxygen Saturation (SpO2)	✓
Diabetes Profile 血糖控制检验	Non Fasting Blood Glucose	✓
	HbA1c	✓
Lipid Profile 类脂化合物检验	Total Cholesterol	✓
	HDL Cholesterol	✓
	Total-Cholesterol/HDL ratio	✓
	LDL Cholesterol	✓
	Triglyceride	✓
Heart Screening 心脏检查	C-Reactive Protein (CRP)	✓
Liver Profile 肝功能检验	Total Bilirubin	✓
	Alkaline Phosphatase	✓
	SGPT (ALT)	✓
	SGOT (AST)	✓
	Gamma GT (GGT)	✓
	Total Protein	✓
	Albumin	✓
	Globulin	✓
	Alb/Glob Ratio	✓
Hepatitis Profile 肝炎的检验	Hep B s Antigen	✓
	Hep B s Antibody	✓
	Hep B Core Total IgG (If HBsAg+)	✓
	Hep A Antibody	✓
	Urea	✓
Kidney Function 肾脏的检验	Creatinine	✓
	Potassium	✓
	Sodium	✓
	Chloride	✓
	Estimated Glomerular Filtration Rate (eGFR)	✓
	Urine FEME	✓
Urinalysis 尿液分析	Urine Microalbumin	✓
	Urine Creatinine	✓
	Microalbumin/Creatinine Ratio	✓
	Thyroid Stimulating Hormone (TSH)	✓
Thyroid Function 甲状腺功能检验	Free Thyroxine (FT4) (If TSH is <0.40 pmol/L or >4.70 pmol/L)	✓
	Calcium	✓
Bone & Joint Profile 骨骼及关节要素检验	Phosphate	✓
	Uric Acid (Gout)	✓
	Rheumatoid Arthritis	✓
	AFP (Liver)	✓
Cancer Markers 癌标记物检验	CEA (Colon)	✓
	Female	Male
	CA125 (Ovarian)	PSA (Prostate)
	CA19.9 (Pancreas)	
Stomach Screening 胃检查	Helicobacter pylori (HPY)	✓
Stool Test 粪便检验	Stool OB	✓
Venereal Profile 性病检验	Syphilis TP Ab	✓
	VD (RPR) if Syphilis TP Ab is reactive	✓
	TPPA if VD (RPR) is reactive	✓
Haematology 血液学	Full Blood Count (Hb, Total WBC, RBC, PLT, DC)	✓
	Hb Indices (PCV, MCV, MCH, MCHC)	✓
	Erythrocyte Sedimentation Rate (ESR)	✓
	Peripheral Blood Film	✓
	Electrocardiography心电图	
CLINICAL TESTS 临床测验	Tonometry 眼压计	
	Chest X-Ray 胸部X光	
	Spirometry Lung Function Test肺量计	
	Bone Mineral Densitometry 骨扫描	
		Choose Three (3)

# 1 Scan + 2 Clinical Tests

1 扫描 + 2 临床测验

# \$170\*

(Weekday appointments only)

只限预约星期一至五

## Choose 1 Scan

- U/S PELVIS (TA) 骨盆 (经腹) ♀
- U/S BREAST 乳房 ♀
- U/S PROSTATE 前列腺 ♂
- U/S THYROID 甲状腺
- U/S KIDNEYS 肾脏
- U/S LIVER 肝脏
- U/S FULL ABDOMEN 腹部 (+\$40)
- MAMMOGRAM 乳房X光检查 ♀



### HOP Medical Centre

**ORCHARD:** Palais Renaissance  
390 Orchard Road  
#11-03/04  
S238871

**TAMPINES:** CPF Tampines,  
1 Tampines Central 5  
#07-04/05  
S529508

## Choose 2 Clinical Tests

- CHEST X-RAY 胸部X光
- ECG 心电图
- TONOMETRY 眼压
- BONE MINERAL DENSITY (BMD) 超声骨密度
- DIGITAL RETINAL IMAGING (DRI) 视网膜照相 (+\$20)
- SPIROMETRY 肺活量测试
- AUDIOMETRY 听力测试

\*Price before GST (不包含GST)

\*Price exclude Doctor Consultation (if required) 不包括医生咨询

T: 6589 0009 | WA: 8830 0945

**HOP MEDICAL CENTRE**

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\***

## 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)

**\$180\***

## 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.

**\$30\***

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

### 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. Unless you opt for Non Fasting screening.
- Omit your diabetic medication till after your appointment **unless advised not to skip by their regular doctor.**
- You may consume all other chronic medication as required.
- Please postpone your appointment if you are unwell.
- Expectant mothers are advised to refrain from participating in the health screening.
- Please be in comfortable attire to facilitate clinical testing if applicable (blood test, ECG, scanning, treadmill). Further preparations may be required depending on the individual tests (please see next page).
- Changing rooms, disposable slippers and lockers and body wipes are available upon request, feel free to approach our service associates for assistance.



# GETTING READY FOR YOUR TESTS

## Blood Test

- 8-hrs of fasting is required. Unless you opt for Non Fasting screening

## Urine Test

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

## For Ladies

- 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



## 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, full bladder is required
- Please bring your previous scan results from other healthcare institutions if available.



## 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.

## Spirometry

- If you are on inhalers, please call the medical centre one day prior to your appointment to check if any preparation is needed.
- Avoid smoking 1-hr before test.

## Treadmill ECG

- 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.  
*(There are no shower facilities available on site but body wipes can be provided on request)*
- If you have any known heart conditions or on any heart or blood pressure medications, please consult a physician before the test.
- Bring your latest medical records if available as you may need a medical review before being allowed to perform this test.

## Resting ECG

- Please wear a 2-piece outfit as electrodes will be placed on your chest.
- Shave chest hair (if any)



## 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.
- If you are only comfortable with female staff performing your test please inform us before coming for 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.
- Wear a comfortable 2-piece outfit.
- Gowns available upon request.
- A mammogram is recommended for ladies 40yrs and above.

## Tonometry

- Bring along your spectacles (if applicable)
- Remove contact lens 30mins before tonometry



## 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***

### THINGS TO TAKE NOTE

- Corporate rates are extended to **employee's immediate family members**.
- Kindly arrive on time for your appointment. **Rescheduling** of appointments to be made at least 48 hours in advance us **via 6589 0009 (Orchard)/ 6589 0002 (Tampines)**.
- Depending on your selected package, your screening may take **between 1 to 3 hrs**.
- A **time chit** can be provided for your screening appointment.