

# HEALTH SCREENING

**EXECUTIVE PACKAGES**





## (ORCHARD) HOP MEDICAL CENTRE

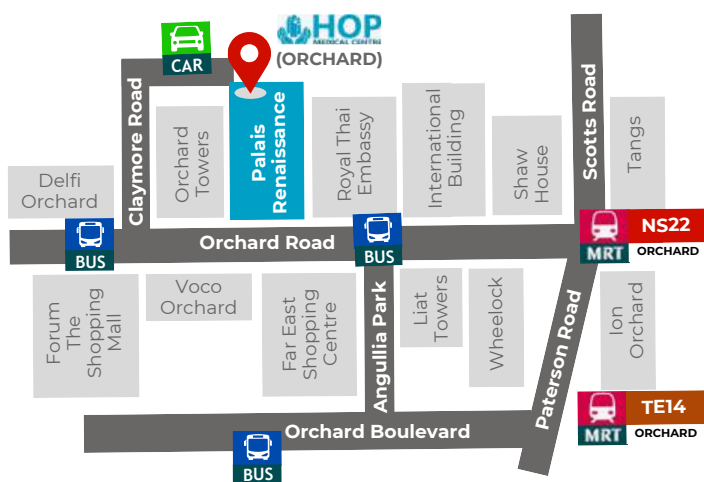
## (TAMPINES) HOP MEDICAL CENTRE

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

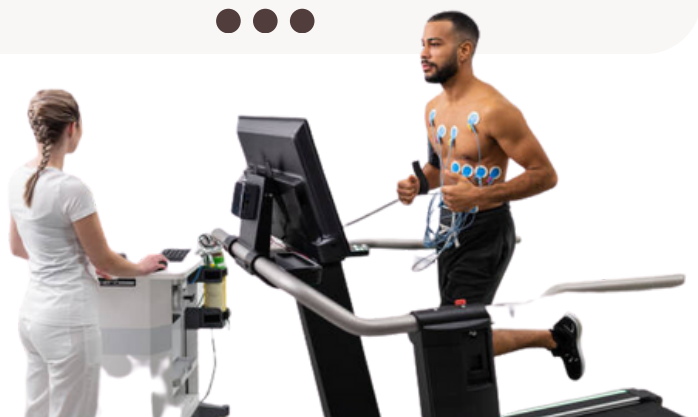
Mon-Fri : 8.30am - 4.30pm Saturday : 8.30am  
-11.30am Sunday / PH : Closed



# 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.





# POST SCREENING CONSULTATION



## TELE-CONSULT YOUR RESULTS WITH



WhiteCoat



### Step 1

Download and Register an account on  
the WhiteCoat App

### Step 2

Receive your results and consult a doctor  
on app for a post-screening review at **no  
additional charge**

**ON DEMAND**

**AVAILABLE DAILY**



# SUPERIOR PLUS

## \$250 NETT

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### DOCTOR CONSULTATION



### BIOMETRIC TESTS

Height and Weight  
BMI  
Blood Pressure  
Full Body Composition  
Visual Acuity and Color Test



### 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

### Cancer Markers

AFP (Liver)  
CEA (Colon)  
PSA (Prostate ♂)  
CA125 (Ovarian) ♀

### Urinalysis

Urine FEME

### Hepatitis Profile

Hepatitis A  
Hepatitis B

### Thyroid Profile

TSH  
FT4 (if TSH <0.40pmol/L or  
>4.70 pmol/L)

### Bone and Joint Profile

Calcium  
Phosphate  
Uric Acid (Gout)

### Venereal Profile

Syphilis TP Ab

### Hematology

Full Blood Count  
Hb Indices  
ESR  
Peripheral Blood Film

### Stool Analysis

Stool Occult Blood

### CLINICAL TEST (CHOOSE 2):



#### ELECTROCARDIOGRAPHY

Resting ECG



#### BONE SCAN

Bone Mineral Densitometry



#### TONOMETRY

Eye Pressure



#### SPIROMETRY

Lung Function Test



#### RADIOLOGY

Chest X-ray



#### Light Refreshment



#### PERSONAL REPORT AND LIFESTYLE COUNSELLING



#### POST DOCTOR REVIEW



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# EXECUTIVE PLUS

## \$450 NETT

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### DOCTOR CONSULTATION



### BIOMETRIC TESTS

Height and Weight  
BMI  
Blood Pressure  
Full Body Composition  
Visual Acuity and Color Test



### 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

### Cancer Markers

AFP (Liver)  
CEA (Colon)  
PSA (Prostate) ♂  
CA125 (Ovarian) ♀  
CA19.9 (Pancreas)  
EBV (Nose)  
Beta hCG (Testes) ♂  
CA15.3 (Breast) ♀

### Stomach Screen

Helicobacter Pylori  
Antibodies (Gastritis)

### Urinalysis

Urine FEME

### Hepatitis Profile

Hepatitis A  
Hepatitis B

### Thyroid Profile

TSH  
FT4 (if TSH <0.40pmol/L or >4.70 pmol/L)

### Bone and Joint Profile

Calcium  
Phosphate  
Uric Acid (Gout)

### Venereal Profile

Syphilis TP Ab

### Hematology

Full Blood Count  
Hb Indices  
ESR  
Peripheral Blood Film

### Stool Analysis

Stool Occult Blood

### CLINICAL TEST (CHOOSE 2):



### ELECTROCARDIOGRAPHY

Resting ECG



### RADIOLOGY

Chest X-ray



### BONE SCAN

Bone Mineral Densitometry



### TONOMETRY

Eye Pressure



### SPIROMETRY

Lung Function Test



### Cervical Cancer ♀

Pap Smear (ThinPrep - recommended every 3 years)



### CHOOSE 1 OF THE FOLLOWING:

Ultrasound HBS (Liver, gallbladder, pancreas, spleen)  
Ultrasound Prostate ♂  
Ultrasound Pelvis ♀  
Ultrasound Thyroid  
Ultrasound Kidney  
Ultrasound Breast ♀  
Mammogram ♀  
Treadmill ECG



### Light Refreshment



### PERSONAL REPORT AND LIFESTYLE COUNSELLING



### POST DOCTOR REVIEW



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**ENHANCED PLUS**  
**\$650 NETT**

**BOOK NOW**



### **DOCTOR CONSULTATION**



### **BIOMETRIC TESTS**

Height and Weight  
BMI  
Blood Pressure  
Full Body Composition  
Visual Acuity and Color Test



### **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

### **Cancer Markers**

AFP (Liver)  
CEA (Colon)  
PSA (Prostate) ♂  
CA125 (Ovarian) ♀  
CA19.9 (Pancreas)  
EBV (Nose)  
Beta hCG (Testes) ♂  
CA15.3 (Breast) ♀

### **Stomach Screen**

Helicobacter Pylori  
Antibody (Gastritis)

### **Cardiac Profile**

C-Reactive Protein

### **Urinalysis**

Urine FEME  
Urine Microalbumin  
Urine Creatinine  
Microalbumin/Creatinine Ratio

### **Hepatitis Profile**

Hepatitis A  
Hepatitis B

### **Thyroid Profile**

TSH  
FT4 (if TSH <0.40pmol/L or  
>4.70 pmol/L)

### **Bone and Joint Profile**

Calcium  
Phosphate  
Uric Acid (Gout)  
Rheumatoid Arthritis

### **Venereal Profile**

Syphilis TP Ab

### **Hematology**

Full Blood Count  
Hb Indices  
ESR  
Peripheral Blood Film

### **Stool Analysis**

Stool Occult Blood

### **CLINICAL TEST (CHOOSE 4):**



#### **ELECTROCARDIOGRAPHY**

Resting ECG



#### **RADIOLOGY**

Chest X-ray



#### **BONE SCAN**

Bone Mineral Densitometry



#### **TONOMETRY**

Eye Pressure



#### **SPIROMETRY**

Lung Function Test



#### **Cervical Cancer** ♀

Thin Prep Pap Smear -  
recommended every 3 year



### **CHOOSE 2 OF THE FOLLOWING:**

Ultrasound HBS (Liver,  
gallbladder pancreas, spleen)  
Ultrasound Prostate ♂  
Ultrasound Pelvis ♀  
Ultrasound Thyroid  
Ultrasound Kidney  
Ultrasound Breast ♀  
Mammogram ♀  
Treadmill ECG



### **Light Refreshment**



### **PERSONAL REPORT AND LIFESTYLE COUNSELLING**



### **POST DOCTOR REVIEW**



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**ELITE PLUS**  
**\$1,000 NETT**

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### **DOCTOR CONSULTATION**



### **BIOMETRIC TESTS**

Height and Weight  
BMI  
Blood Pressure  
Full Body Composition  
Visual Acuity and Color Test



### **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

#### **Stool Analysis**

Stool Occult Blood

### **Cancer Markers**

AFP (Liver)  
CEA (Colon)  
PSA (Prostate) ♂  
CA125 (Ovarian) ♀  
CA19.9 (Pancreas)  
EBV (Nose)  
Beta hCG (Testes) ♂  
CA15.3 (Breast) ♀

### **Stomach Screen**

Helicobacter Pylori  
Antibody (Gastritis)

### **Cardiac Profile**

C-Reactive Protein

### **Urinalysis**

Urine FEME  
Urine Microalbumin  
Urine Creatinine  
Microalbumin/Creatinine Ratio

### **Hepatitis Profile**

Hepatitis A  
Hepatitis B

### **Thyroid Profile**

TSH  
FT4 (if TSH <0.40pmol/L or  
>4.70 pmol/L)

### **Bone and Joint Profile**

Calcium  
Phosphate  
Uric Acid (Gout)  
Rheumatoid Arthritis

### **Venereal Profile**

Syphilis TP Ab

### **Hematology**

Full Blood Count  
Hb Indices  
ESR  
Peripheral Blood Film

### **Deficiency Profile**

Iron  
Vitamin B12  
Folic Acid  
Vitamin D

### **Hormone Profile**

Testosterone ♂  
Estradiol ♀  
Follicle-Stimulating Hormone ♀

### **CLINICAL TEST (CHOOSE 5):**



### **ELECTROCARDIOGRAPHY**

Resting ECG



### **BONE SCAN**

Bone Mineral Densitometry



### **RADIOLOGY**

Chest X-ray



### **TONOMETRY**

Eye Pressure



### **SPIROMETRY**

Lung Function Test



### **Cervical Cancer** ♀

Thin Pap Smear -  
recommended every 3 year



### **CHOOSE 3 OF THE FOLLOWING:**

Ultrasound HBS (Liver, gallbladder pancreas, spleen)  
Ultrasound Prostate ♂  
Ultrasound Pelvis ♀  
Ultrasound Thyroid  
Ultrasound Kidney  
Ultrasound Breast ♀  
Mammogram ♀  
Treadmill ECG



### **Light Refreshment**



### **PERSONAL REPORT AND LIFESTYLE COUNSELLING**



### **POST DOCTOR REVIEW**



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### **DOCTOR CONSULTATION**



### **BIOMETRIC TESTS**

Height and Weight  
BMI  
Blood Pressure  
Full Body Composition  
Visual Acuity and Color Test



### **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

#### **Stool Analysis**

Stool Occult Blood

### **Cancer Markers**

AFP (Liver)  
CEA (Colon)  
PSA (Prostate) ♂  
CA125 (Ovarian) ♀  
CA19.9 (Pancreas)  
EBV (Nose)  
CA15.3 (Breast) ♀  
Beta hCG (Testes) ♂

### **Stomach Screen**

Helicobacter Pylori  
Antibody (Gastritis)

### **Cardiac Profile**

C-Reactive Protein  
Creatine Kinase  
Apolipoprotein A1  
Apolipoprotein B  
Apolipoprotein B/A1 Ratio

### **Urinalysis**

Urine FEME  
Urine Microalbumin  
Urine Creatinine  
Microalbumin/Creatinine Ratio

### **Hepatitis Profile**

Hepatitis A  
Hepatitis B

### **Thyroid Profile**

TSH  
FT4 (if TSH <0.40pmol/L or  
>4.70 pmol/L)

### **Bone and Joint Profile**

Calcium  
Phosphate  
Uric Acid (Gout)  
Rheumatoid Arthritis

### **Venereal Profile**

Syphilis TP Ab

### **Hematology**

Full Blood Count  
Hb Indices  
ESR  
Peripheral Blood Film

### **Deficiency Profile**

Iron  
Vitamin B12  
Folic Acid  
Vitamin D

### **Hormone Profile**

Testosterone ♂  
Estradiol ♀  
Follicle-Stimulating Hormone ♀

### **CLINICAL TEST (CHOOSE 6):**



#### **ELECTROCARDIOGRAPHY**

Resting ECG



#### **BONE SCAN**

Bone Mineral Densitometry



#### **RADIOLOGY**

Chest X-ray



#### **TONOMETRY**

Eye Pressure



#### **SPIROMETRY**

Lung Function Test



#### **Retinal Photography**

Eye Diseases



#### **Cervical Cancer** ♀

Thin Pap Smear -  
recommended every 3 year



### **CHOOSE 4 OF THE FOLLOWING:**

Ultrasound HBS (Liver,  
gallbladder pancreas, spleen)  
Ultrasound Prostate ♂  
Ultrasound Pelvis ♀  
Ultrasound Thyroid  
Ultrasound Kidney  
Ultrasound Breast ♀  
Mammogram ♀  
Treadmill ECG



### **Light Refreshment**



### **PERSONAL REPORT AND LIFESTYLE COUNSELLING**



### **POST DOCTOR REVIEW**



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### **DOCTOR CONSULTATION**



### **BIOMETRIC TESTS**

Height and Weight  
BMI  
Blood Pressure  
Full Body Composition  
Visual Acuity and Color Test



### **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

#### **Stool Analysis**

Stool Occult Blood

### **Cancer Markers**

AFP (Liver)  
CEA (Colon)  
PSA (Prostate) ♂  
CA125 (Ovarian) ♀  
CA19.9 (Pancreas)  
EBV (Nose)  
CA15.3 (Breast) ♀  
Beta hCG (Testes) ♂

### **Stomach Screen**

Helicobacter Pylori  
Antibody (Gastritis)

### **Cardiac Profile**

C-Reactive Protein  
Creatine Kinase  
Apolipoprotein A1  
Apolipoprotein B  
Apolipoprotein B/A1 Ratio

### **Urinalysis**

Urine FEME  
Urine Microalbumin  
Urine Creatinine  
Microalbumin/Creatinine Ratio

### **Hepatitis Profile**

Hepatitis A  
Hepatitis B

### **Thyroid Profile**

TSH  
FT4 (if TSH <0.40pmol/L or  
>4.70 pmol/L)

### **Bone and Joint Profile**

Calcium  
Phosphate  
Uric Acid (Gout)  
Rheumatoid Arthritis

### **Venereal Profile**

Syphilis TP Ab

### **Hematology**

Full Blood Count  
Hb Indices  
ESR  
Peripheral Blood Film

### **Immunology Profile**

Anti-DS DNA Antibody  
Anti-Nuclear Antibody

### **Deficiency Profile**

Iron  
Vitamin B12  
Folic Acid  
Vitamin D

### **Hormone Profile**

Testosterone ♂  
Estradiol ♀  
Follicle-Stimulating Hormone ♀

### **CLINICAL TEST (CHOOSE 6):**



#### **ELECTROCARDIOGRAPHY**

Resting ECG



#### **BONE SCAN**

Bone Mineral Densitometry



#### **RADIOLOGY**

Chest X-ray



#### **TONOMETRY**

Eye Pressure



#### **SPIROMETRY**

Lung Function Test



#### **Retinal Photography**

Eye Diseases



#### **Cervical Cancer** ♀

Thin Pap Smear -  
recommended every 3 year



### **CHOOSE 5 OF THE FOLLOWING:**

Ultrasound HBS (Liver, gallbladder pancreas, spleen)  
Ultrasound Prostate ♂  
Ultrasound Pelvis ♀  
Ultrasound Thyroid  
Ultrasound Kidney  
Ultrasound Breast ♀  
Mammogram ♀  
Treadmill ECG



### **Light Refreshment**



### **PERSONAL REPORT AND LIFESTYLE COUNSELLING**



### **POST DOCTOR REVIEW**



**PREMIUM**  
\$2,200 NETT

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### DOCTOR CONSULTATION



### BIOMETRIC TESTS

Height and Weight  
BMI  
Blood Pressure  
Full Body Composition  
Visual Acuity and Color Test



### 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

#### Stool Analysis

Stool Occult Blood

### Cancer Markers

AFP (Liver)  
CEA (Colon)  
PSA (Prostate) ♂  
CA125 (Ovarian) ♀  
CA19.9 (Pancreas)  
EBV (Nose)  
CA15.3 (Breast) ♀  
Beta hCG (Testes) ♂

### Stomach Screen

Helicobacter Pylori  
Antibody (Gastritis)

### Cardiac Profile

C-Reactive Protein  
Creatine Kinase  
Apolipoprotein A1  
Apolipoprotein B  
Apolipoprotein B/A1 Ratio

### Urinalysis

Urine FEME  
Urine Microalbumin  
Urine Creatinine  
Microalbumin/Creatinine Ratio

### Hepatitis Profile

Hepatitis A  
Hepatitis B

### Thyroid Profile

TSH  
FT4 (if TSH <0.40pmol/L or  
>4.70 pmol/L)

### Bone and Joint Profile

Calcium  
Phosphate  
Uric Acid (Gout)  
Rheumatoid Arthritis

### Venereal Profile

Syphilis TP Ab

### Hematology

Full Blood Count  
Hb Indices  
ESR  
Peripheral Blood Film

### Immunology Profile

Anti-DS DNA Antibody  
Anti-Nuclear Antibody

### Deficiency Profile

Iron  
Vitamin B12  
Folic Acid  
Vitamin D

### Hormone Profile

Testosterone ♂  
Estradiol ♀  
Follicle-Stimulating Hormone ♀

### CLINICAL TESTS



#### Eletrocardiography

Resting ECG



#### Bone Scan

Bone Mineral Densitometry



#### Tonometry

Eye Pressure



#### Spirometry

Lung Function Test



#### Retinal Photography

Eye Diseases



#### Cervical Cancer ♀

Thin Pap Smear -  
recommended every 3 year



### ULTRASOUND & RADIOLOGY TEST

Ultrasound HBS (Liver,  
gallbladder pancreas, spleen)  
Ultrasound Prostate ♂  
Ultrasound Pelvis ♀  
Ultrasound Thyroid  
Ultrasound Kidney  
Ultrasound Breast (age below 40) ♀  
Mammogram (age 40 and above) ♀



**CT CALCIUM SCORE** To look for  
calcium deposits in heart arteries



**CT LUNG** To look for  
lung cancer and lung diseases



**Light Refreshment**



**PERSONAL REPORT AND  
LIFESTYLE COUNSELLING**



**POST DOCTOR REVIEW**



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**DIAMOND**  
\$3,000 NETT

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### DOCTOR CONSULTATION



### BIOMETRIC TESTS

Height and Weight  
BMI  
Blood Pressure  
Full Body Composition  
Visual Acuity and Color Test



### 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

#### Stool Analysis

Stool Occult Blood

### Cancer Markers

AFP (Liver)  
CEA (Colon)  
PSA (Prostate) ♂  
CA125 (Ovarian) ♀  
CA19.9 (Pancreas)  
EBV (Nose)  
CA15.3 (Breast) ♀  
Beta hCG (Testes) ♂

### Stomach Screen

Helicobacter Pylori  
Antibody (Gastritis)

### Cardiac Profile

C-Reactive Protein  
Creatine Kinase  
Apolipoprotein A1  
Apolipoprotein B  
Apolipoprotein B/A1 Ratio

### Urinalysis

Urine FEME  
Urine Microalbumin  
Urine Creatinine  
Microalbumin/Creatinine Ratio

### Hepatitis Profile

Hepatitis A  
Hepatitis B

### Thyroid Profile

TSH  
FT4 (if TSH <0.40pmol/L or  
>4.70 pmol/L)

### Bone and Joint Profile

Calcium  
Phosphate  
Uric Acid (Gout)  
Rheumatoid Arthritis

### Venereal Profile

Syphilis TP Ab

### Hematology

Full Blood Count  
Hb Indices  
ESR  
Peripheral Blood Film

### Immunology Profile

Anti-DS DNA Antibody  
Anti-Nuclear Antibody

### Deficiency Profile

Iron  
Vitamin B12  
Folic Acid  
Vitamin D

### Hormone Profile

Testosterone ♂  
Estradiol ♀  
Follicle-Stimulating Hormone ♀

### CLINICAL TESTS:



#### Electrocardiography

Resting ECG



#### Bone Scan

Bone Mineral Densitometry



#### Tonometry

Eye Pressure



#### Spirometry

Lung Function Test



#### Retinal Photography

Eye Diseases



#### Cervical Cancer ♀

Thin Pap Smear -  
recommended every 3 year



### ULTRASOUND & RADIOLOGY TEST

Ultrasound HBS (Liver,  
gallbladder pancreas, spleen)  
Ultrasound Prostate ♂  
Ultrasound Pelvis ♀  
Ultrasound Thyroid  
Ultrasound Kidney  
Ultrasound Breast (age below 40) ♀  
Mammogram (age 40 and above) ♀



**CT CALCIUM SCORE** To look for  
calcium deposits in heart arteries



**CT LUNG** To look for  
lung cancer and lung diseases



**MRI HEAD (Headache Screen)  
without contrast** To look for brain  
diseases that can cause headache



### Light Refreshment



### PERSONAL REPORT AND LIFESTYLE COUNSELLING



### POST DOCTOR REVIEW



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# HEALTH SCREENING PREPARATION

## To bring

- NRIC/FIN/Passport

## To prepare

- Fast for at least 8 hrs - plain water is allowed. Unless you opted for a 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 opted for a 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

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- 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 Tele-review**

### 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**
- Depending on your selected package, your screening may take **between 1 to 3 hrs.**
- A **time chit** can be provided for your screening appointment.