

# HEALTH SCREENING

EXECUTIVE PACKAGES





**(ORCHARD)  
HOP MEDICAL CENTRE**

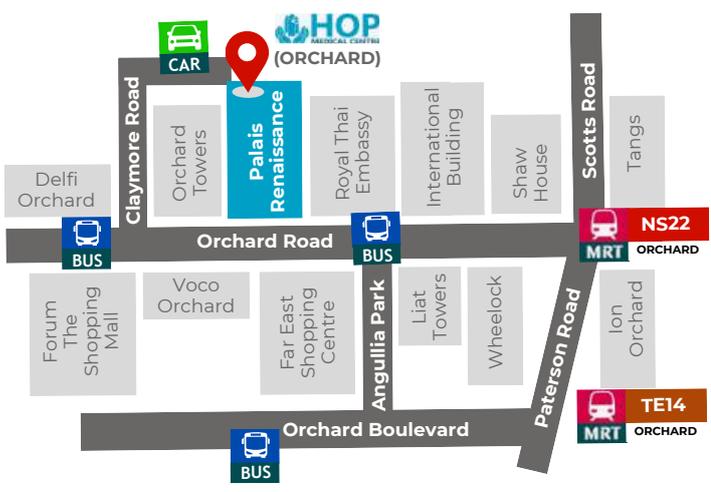
**(TAMPINES)  
HOP MEDICAL CENTRE**

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

tampines@hop.sg



Applicable for all staff | Strictly by appointment only  
Min 21 years and above | Extended to dependents

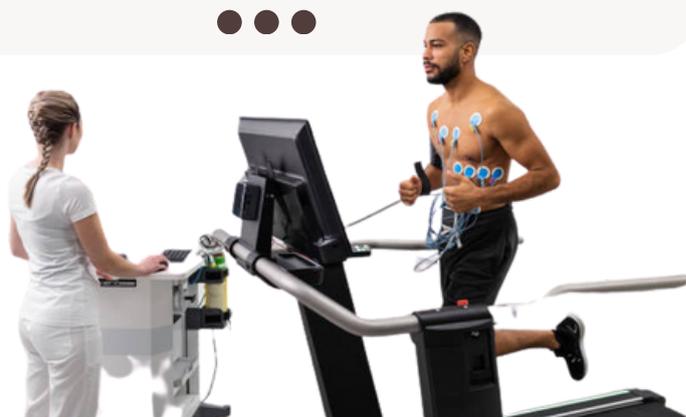
Mon-Fri : 8.30am - 4.30pm Saturday : 8.30am  
-11.30am Sunday / PH : Closed



# 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**



**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) ♀

**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**



WhiteCoat

# EXECUTIVE PLUS

\$450 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  
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**

**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**

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

**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**



WhiteCoat

**ULTIMATE**  
**\$1,250 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

**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**

**INFINITY**  
\$1,400 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

**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



**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

**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**

**DIAMOND**  
\$3,000 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

**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**

# 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.