

A smiling female doctor with brown hair tied back, wearing a white lab coat over a teal V-neck top. She is holding a dark blue clipboard in her right hand and has her left hand in her lab coat pocket. The background is a soft, out-of-focus light blue and white.

Mitsubishi Electric Asia Pte Ltd

HEALTH SCREENING

**FAMILY HEALTH SCREENING
PACKAGES**

Strictly by Appointment



2 LOCATIONS:

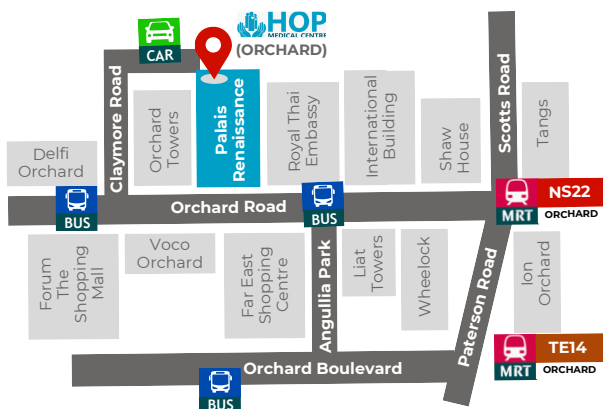
One-stop screening facilities conveniently located in **Tampines Central** and **Orchard Road**



(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



ECONOMY CLASS

\$158.00 (BEFORE GST)

INCLUDES:

FASTING IS OPTIONAL



DOCTOR CONSULTATION



CLINICAL TESTS

Height and Weight
BMI
Blood Pressure



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 (new)

Lipid Profile

Total Cholesterol
HDL Cholesterol
LDL Cholesterol (Direct) (new)
Cholesterol Ratio
Triglycerides

Kidney Profile

Urea
Creatinine
Potassium
Sodium
Chloride
EGFR

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

Cancer Markers

AFP (Liver)
CEA (Colon)

Venereal Profile

Syphilis TP Ab

Hematology

Full Blood Count
Hb Indices
ESR
Peripheral Blood Film

Deficiency Profile

Iron

CHOOSE 2 OF THE FOLLOWING:



ELECTROCARDIOGRAPHY

ECG



TONOMETRY

Eye Pressure



BONE SCAN

Bone Mineral Densitometry



RADIOLOGY

Chest X-ray



SPIROMETRY

Lung Function Test



AUDIOMETRY

Functional Hearing Test



POST SCREENING DOCTOR CONSULTATION



PERSONAL REPORT AND LIFESTYLE COUNSELLING



REFRESHMENT VOUCHER

BUSINESS CLASS

\$408.00 (BEFORE GST)

FASTING IS OPTIONAL



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 (new)

Lipid Profile

Total Cholesterol
HDL Cholesterol
LDL Cholesterol (Direct) (New)
Cholesterol Ratio
Triglycerides

Kidney Profile

Urea
Creatinine
Potassium
Sodium
Chloride
EGFR

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

Cancer Markers

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

Cardiac Profile

Hs-CRP
Creatine Kinase

Venereal Profile

Syphilis TP Ab

Hematology

Full Blood Count
Hb Indices
ESR
Peripheral Blood Film

Deficiency Profile

Iron

Stool Analysis

Stool Occult Blood

INCLUDES:

CHOOSE 3 OF THE FOLLOWING:



ELECTROCARDIOGRAPHY

ECG



TONOMETRY

Eye Pressure



BONE SCAN

Bone Mineral Densitometry



RADIOLOGY

Chest X-ray



SPIROMETRY

Lung Function Test



AUDIOMETRY

Functional Hearing Test



PAPSMEAR

ThinPrep (females) - once every 3 years ♀



CHOOSE 1 OF THE FOLLOWING:

Ultrasound Prostate ♂

Ultrasound Pelvis ♀

Ultrasound Thyroid

Ultrasound Breast ♀

Ultrasound Kidney

Ultrasound Liver (HBS) - (fasting is required if you select this test)

Mammogram ♀

Treadmill



POST SCREENING DOCTOR CONSULTATION



PERSONAL REPORT AND LIFESTYLE COUNSELLING



REFRESHMENT VOUCHER

* PRICE BEFORE GST

NON-FASTING HEALTH SCREENING

LEARN MORE



Q: What is non-fasting Screening?

A non-fasting screening means that you can get your health screening done without the need to fast. Choose to screen either in the morning or afternoon

Q: Will my results be accurate?

Yes! Your results will be accurate as **HbA1c** is done to assess a person's diabetes status regardless of fasting. A Direct lipid will also be conducted to ensure results accuracy.

Q: What is HbA1c?

HbA1c tells us your average blood glucose level over the past 3 months by measuring the glucose levels that is bound to your blood cells.

Q: What is a direct lipid?

A direct LDL cholesterol test is distinct in that it directly measures LDL cholesterol in the blood accuracy.

Q: What test cannot be done under a non-fasting screening?

A HBS (liver) ultrasound cannot be done under a non-fasting screening.

Q: Who is not suitable for a non-fasting screening

Individuals with known anaemia are not suitable for a non-fasting screening as it may affect the HbA1c results.

Q: Any preparations to take note of?

Please try to avoid heavy food and alcohol before your appointment.

HEALTH SCREENING PREPARATION

To bring

- NRIC/FIN/Passport

To prepare

- Fasting is **optional** - please avoid heavy foods and alcohol before your appointment. **However if you are selecting a liver ultrasound, fasting will be required.**
- 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

- Fasting is optional - please avoid heavy foods and alcohol before your appointment.

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

- Liver (HBS) 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

- Kindly arrive on time for your appointment. **Rescheduling** of appointments to be made at least 48 hours in advance.
Orchard: 6589 0009 | Medicalcentre@hop.sg
Tampines: 6589 0001 | Tampines@hop.sg
- Depending on your selected package, your screening may take **between 1 to 3 hrs.**
- A **time chit** can be provided for your screening appointment.