



CORPORATE HEALTH SCREENING



BOOK NOW

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



HOP MEDICAL CENTRE

- 
 Chest X-Ray
- 
 ECG
- 
 Ultrasounds
- 
 Pap Smear
- 
 Mammogram
- 
 Treadmill

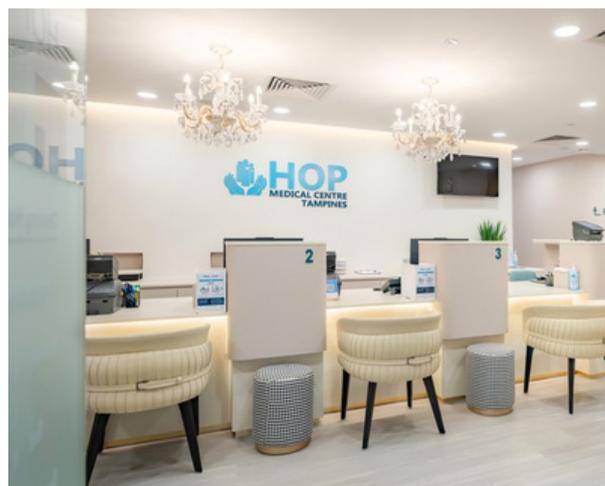
One-stop screening facilities conveniently located in **Tampines Central** and **Orchard Road**



(ORCHARD) HOP MEDICAL CENTRE

390 Orchard Road Palais Renaissance
#11-03/04 S(238871)

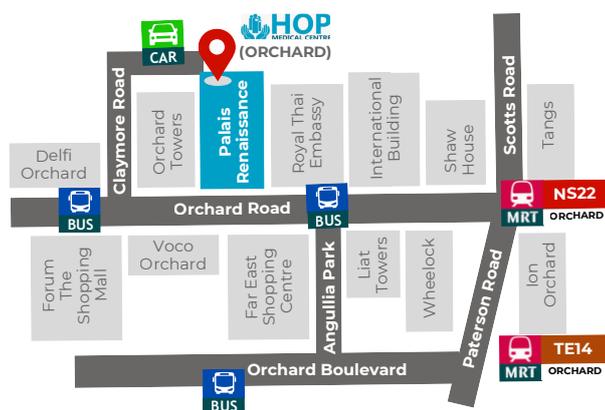
☎ 6589 0009 ✉ Medicalcentre@hop.sg



NEW (TAMPINES) HOP MEDICAL CENTRE

1 Tampines Central 5 CPF Tampines Building
#07-04/05 S(529508)

☎ 6589 0002 ✉ tampines@hop.sg



ESSENCE
\$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**

HEALTH 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

VITAL
\$600 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 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**

PRIME CARE
\$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

PRIME PLUS
\$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**

INFINITE

\$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

PREPARATION & INSTRUCTIONS

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 (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.
- **If you are pregnant**, it is not recommended to undergo executive health screening.