

HEALTH SCREENING PACKAGES 2026



| *Strictly for internal circulation only*                                                                                                                                                                                                                                              |                                                                         |                               |            |              | BASIC                    | PREMIUM | COMPREHENSIVE | SUPERIOR | PRESTIGE       | ELITE |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------|-------------------------------|------------|--------------|--------------------------|---------|---------------|----------|----------------|-------|
|                                                                                                                                                                                                                                                                                       |                                                                         |                               |            |              | REDEEMABLE<br>BY VOUCHER | \$78    | \$158         | \$288    | \$438          | \$588 |
| Fast for at least 8 hours - Drinking plain water is allowed<br>10ml of blood required regardless of selected package<br>Ultrasounds and clinical tests available at HOP Medical Centre (Orchard/Tampines)<br>Package includes post-screening doctor consultation<br>Prices before GST |                                                                         |                               |            |              |                          |         |               |          |                |       |
| Mental Screening<br>心理检查                                                                                                                                                                                                                                                              | Mental Health Screening assessment                                      | 心理健康筛查                        | ✓          | ✓            | ✓                        | ✓       | ✓             | ✓        |                |       |
| Sleep Screening<br>睡眠检查                                                                                                                                                                                                                                                               | Sleep Health Screening with personalized report                         | 睡眠健康筛查                        | ✓          | ✓            | ✓                        | ✓       | ✓             | ✓        |                |       |
| Biometric<br>Measurement<br>体检                                                                                                                                                                                                                                                        | Blood Pressure                                                          | 血压                            | ✓          | ✓            | ✓                        | ✓       | ✓             | ✓        |                |       |
|                                                                                                                                                                                                                                                                                       | Height & Weight - Body Mass Index (BMI)                                 | 身高和体重                         | ✓          | ✓            | ✓                        | ✓       | ✓             | ✓        |                |       |
| Lipid Profile<br>类脂化合物检验                                                                                                                                                                                                                                                              | Total Cholesterol                                                       | 胆固醇                           | ✓          | ✓            | ✓                        | ✓       | ✓             | ✓        |                |       |
|                                                                                                                                                                                                                                                                                       | HDL Cholesterol                                                         | 高密度脂蛋白胆固醇                     | ✓          | ✓            | ✓                        | ✓       | ✓             | ✓        |                |       |
|                                                                                                                                                                                                                                                                                       | Total-Cholesterol/HDL ratio                                             | 总胆固醇与高密度脂蛋白胆固醇比率              | ✓          | ✓            | ✓                        | ✓       | ✓             | ✓        |                |       |
|                                                                                                                                                                                                                                                                                       | Direct LDL Cholesterol                                                  | 密度脂蛋白胆固醇                      | ✓          | ✓            | ✓                        | ✓       | ✓             | ✓        |                |       |
|                                                                                                                                                                                                                                                                                       | Triglyceride                                                            | 酸甘油脂                          | ✓          | ✓            | ✓                        | ✓       | ✓             | ✓        |                |       |
| Diabetes Profile<br>血糖控制检验                                                                                                                                                                                                                                                            | Fasting / Random Blood Glucose                                          | 血糖                            | ✓          | ✓            | ✓                        | ✓       | ✓             | ✓        |                |       |
|                                                                                                                                                                                                                                                                                       | HbA1c (included only if)                                                |                               |            |              |                          |         |               |          |                |       |
|                                                                                                                                                                                                                                                                                       | - Fasting blood glucose > 126mg/dL                                      | 糖化血红素                         | ✓          | ✓            | ✓                        | ✓       | ✓             | ✓        |                |       |
|                                                                                                                                                                                                                                                                                       | - Random blood glucose > 198mg/dL                                       |                               |            |              |                          |         |               |          |                |       |
| Liver Profile<br>肝功能检验                                                                                                                                                                                                                                                                | Total Bilirubin                                                         | 胆红素                           |            |              | ✓                        | ✓       | ✓             | ✓        |                |       |
|                                                                                                                                                                                                                                                                                       | Alkaline Phosphatase                                                    | 碱性磷酸酶                         |            |              | ✓                        | ✓       | ✓             | ✓        |                |       |
|                                                                                                                                                                                                                                                                                       | SGPT (ALT)                                                              | 谷氨酸丙酮酸转胺酶                     |            | ✓            | ✓                        | ✓       | ✓             | ✓        |                |       |
|                                                                                                                                                                                                                                                                                       | SGOT (AST)                                                              | 谷氨酸草乙酸转胺酶                     |            | ✓            | ✓                        | ✓       | ✓             | ✓        |                |       |
|                                                                                                                                                                                                                                                                                       | Gamma GT (GGT)                                                          | 伽玛-转氨转胺酶                      |            | ✓            | ✓                        | ✓       | ✓             | ✓        |                |       |
|                                                                                                                                                                                                                                                                                       | Total Protein                                                           | 总蛋白质                          |            |              | ✓                        | ✓       | ✓             | ✓        |                |       |
|                                                                                                                                                                                                                                                                                       | Albumin                                                                 | 白蛋白                           |            |              | ✓                        | ✓       | ✓             | ✓        |                |       |
|                                                                                                                                                                                                                                                                                       | Globulin                                                                | 球蛋白                           |            |              | ✓                        | ✓       | ✓             | ✓        |                |       |
|                                                                                                                                                                                                                                                                                       | Alb/Glob Ratio                                                          | 白蛋白/球蛋白比率                     |            |              | ✓                        | ✓       | ✓             | ✓        |                |       |
| Hepatitis Profile<br>肝炎的检验                                                                                                                                                                                                                                                            | Hep B s Antigen and Antibody                                            | B型肝炎表面抗原 / 抗体                 |            |              | ✓                        | ✓       | ✓             | ✓        |                |       |
|                                                                                                                                                                                                                                                                                       | Hep A Antibody                                                          | A型肝炎抗体                        |            |              | ✓                        | ✓       | ✓             | ✓        |                |       |
| Kidney Function<br>肾脏的检验                                                                                                                                                                                                                                                              | Urea , Creatinine, Potassium , Sodium, Chloride, eGFR                   | 尿素, 肌酸酐, 钾, 钠, 氯化物, 肾小球滤过率    |            | ✓            | ✓                        | ✓       | ✓             | ✓        |                |       |
|                                                                                                                                                                                                                                                                                       | Bicarbonate                                                             | 碳酸氢盐                          |            |              | ✓                        | ✓       | ✓             | ✓        |                |       |
| Urinalysis<br>尿液分析                                                                                                                                                                                                                                                                    | Urine FEME                                                              | 尿液化学及显微镜分析                    |            | ✓            | ✓                        | ✓       | ✓             | ✓        |                |       |
|                                                                                                                                                                                                                                                                                       | Urine Microalbumin                                                      | 小分子白蛋白                        |            |              | ✓                        | ✓       | ✓             | ✓        |                |       |
|                                                                                                                                                                                                                                                                                       | Urine Creatinine                                                        | 尿肌酐                           |            |              | ✓                        | ✓       | ✓             | ✓        |                |       |
|                                                                                                                                                                                                                                                                                       | Microalbumin/Creatinine Ratio                                           | 小分子白蛋白 / 尿肌酐比率                |            |              | ✓                        | ✓       | ✓             | ✓        |                |       |
| Thyroid Function<br>甲状腺功能检验                                                                                                                                                                                                                                                           | Thyroid Stimulating Hormone (TSH)                                       | 甲状腺促进激素                       |            | ✓            | ✓                        | ✓       | ✓             | ✓        |                |       |
|                                                                                                                                                                                                                                                                                       | FT4 (Included only if)<br>TSH <0.27 pmol/L or >4.20 pmol/L              | 游离甲状腺素                        |            | ✓            | ✓                        | ✓       | ✓             | ✓        |                |       |
| Bone & Joint Profile<br>骨骼及关节要素检验                                                                                                                                                                                                                                                     | Calcium                                                                 | 钙                             |            | ✓            | ✓                        | ✓       | ✓             | ✓        |                |       |
|                                                                                                                                                                                                                                                                                       | Phosphate                                                               | 磷                             |            | ✓            | ✓                        | ✓       | ✓             | ✓        |                |       |
|                                                                                                                                                                                                                                                                                       | Uric Acid (Gout)                                                        | 尿酸                            |            | ✓            | ✓                        | ✓       | ✓             | ✓        |                |       |
|                                                                                                                                                                                                                                                                                       | Rheumatoid Arthritis                                                    | 类风湿因子                         |            |              |                          | ✓       | ✓             | ✓        |                |       |
| Cancer Markers<br>癌标记物检验                                                                                                                                                                                                                                                              | AFP (Liver)                                                             | 甲胎蛋白                          |            |              | ✓                        | ✓       | ✓             | ✓        |                |       |
|                                                                                                                                                                                                                                                                                       | CEA (Colon)                                                             | 癌胚抗原                          |            |              | ✓                        | ✓       | ✓             | ✓        |                |       |
|                                                                                                                                                                                                                                                                                       | EBV (Nose)                                                              | 鼻咽检查                          |            |              |                          | ✓       | ✓             | ✓        |                |       |
|                                                                                                                                                                                                                                                                                       | CA19.9 (Pancreas)                                                       | 胰腺检查                          |            |              |                          | ✓       | ✓             | ✓        |                |       |
|                                                                                                                                                                                                                                                                                       | Female                                                                  | Male                          | 女          | 男            |                          | ✓       | ✓             | ✓        |                |       |
|                                                                                                                                                                                                                                                                                       | CA125 (Ovarian)                                                         | PSA (Prostate)                | 卵巢检验       | 前列腺检验        |                          | ✓       | ✓             | ✓        |                |       |
|                                                                                                                                                                                                                                                                                       | CA15.3 (Breast)                                                         | Beta HCG (Testes)             | 乳腺检验       | 绒毛膜促性腺激素(睾丸) |                          |         | ✓             | ✓        |                |       |
| Venereal Profile<br>性病检验                                                                                                                                                                                                                                                              | Syphilis TP Ab / VD (RPR) if TP Ab reactive / TPPA if VD (RPR reactive) | 梅毒 / 梅毒检验 / 梅毒特异性鉴定检验         |            |              | ✓                        | ✓       | ✓             | ✓        |                |       |
| Haematology<br>血液学                                                                                                                                                                                                                                                                    | Full Blood Count / Hb Indices                                           | 血红素, 白血球, 红血球指标, 血小板, 白血球区别计数 |            | ✓            | ✓                        | ✓       | ✓             | ✓        |                |       |
|                                                                                                                                                                                                                                                                                       | Total WBC, RBC, PLT, DC                                                 |                               |            |              |                          |         |               |          |                |       |
|                                                                                                                                                                                                                                                                                       | Erythrocyte Sedimentation Rate (ESR)                                    | 红血球沉降率                        |            | ✓            | ✓                        | ✓       | ✓             | ✓        |                |       |
|                                                                                                                                                                                                                                                                                       | Peripheral Blood Film (PBF)                                             | 血液涂片检验                        |            | ✓            | ✓                        | ✓       | ✓             | ✓        |                |       |
| Heart Screen<br>心脏检查                                                                                                                                                                                                                                                                  | C-Reactive Protein (CRP)                                                | C-反应蛋白                        |            |              |                          | ✓       | ✓             | ✓        |                |       |
|                                                                                                                                                                                                                                                                                       | Creatine Kinase                                                         | 肌酸激酶                          |            |              |                          | ✓       | ✓             | ✓        |                |       |
|                                                                                                                                                                                                                                                                                       | Special Lipids Profile (AA1 + APB)                                      | 载脂蛋白分析                        |            |              |                          |         | ✓             | ✓        |                |       |
| Deficiency Screen<br>缺陷检查                                                                                                                                                                                                                                                             | Vitamin D                                                               | 维生素D试验                        |            |              |                          |         | ✓             | ✓        |                |       |
|                                                                                                                                                                                                                                                                                       | Iron + Vitamin B12 + Folic Acid                                         | 铁含量 + 维生素B12 + 叶酸             |            |              |                          |         | ✓             | ✓        |                |       |
| Stomach Screen<br>胃部检查                                                                                                                                                                                                                                                                | Helicobacter Pylori (HPY)                                               | 幽门螺杆菌试验                       |            |              |                          |         | ✓             | ✓        |                |       |
| Stool 粪便检验                                                                                                                                                                                                                                                                            | Stool Occult Blood (Optional)                                           | 粪便                            |            |              |                          |         | ✓             | ✓        |                |       |
| Hormone Screen<br>激素测试                                                                                                                                                                                                                                                                | Female                                                                  | Male                          | 女          | 男            |                          |         |               |          | ✓              |       |
|                                                                                                                                                                                                                                                                                       | Estradiol + Follicle Stimulating Hormone                                | Testosterone                  | 雌二醇, 促卵泡激素 | 睾酮           |                          |         |               |          | ✓              |       |
| Clinical Tests<br>临床测验                                                                                                                                                                                                                                                                | Chest-X Ray (Filmless)                                                  | 胸部X光                          |            |              |                          |         |               |          | CHOOSE ONE (1) |       |
|                                                                                                                                                                                                                                                                                       | Bone Mineral Density (BMD)                                              | 超声骨密度                         |            |              |                          |         |               |          |                |       |
|                                                                                                                                                                                                                                                                                       | 12 Lead Electrocardiogram (ECG)                                         | 心电图                           |            |              |                          |         |               |          |                |       |
| *Available at HOP Medical Centre                                                                                                                                                                                                                                                      | Tonometry                                                               | 眼压                            |            |              |                          |         |               |          |                |       |
|                                                                                                                                                                                                                                                                                       | Spirometry                                                              | 肺活量测试                         |            |              |                          |         |               |          |                |       |
|                                                                                                                                                                                                                                                                                       | Audiometry                                                              | 听力测试                          |            |              |                          |         |               |          |                |       |
|                                                                                                                                                                                                                                                                                       | Digital Retina Imaging (+\$20)                                          | 视网膜照相 (+\$20)                 |            |              |                          |         |               |          |                |       |
|                                                                                                                                                                                                                                                                                       | Kidneys                                                                 | 肾脏                            |            |              |                          |         |               |          |                |       |
| Ultrasounds<br>超声波                                                                                                                                                                                                                                                                    | Liver                                                                   | 肝脏                            |            |              |                          |         |               |          | CHOOSE ONE (1) |       |
|                                                                                                                                                                                                                                                                                       | Full Abdomen - Kidneys + Liver (+\$50)                                  | 腹部 (+\$50)                    |            |              |                          |         |               |          |                |       |
|                                                                                                                                                                                                                                                                                       | Thyroid                                                                 | 甲状腺                           |            |              |                          |         |               |          |                |       |
|                                                                                                                                                                                                                                                                                       | Carotid (Artery blockages)                                              | 内膜内侧厚度                        |            |              |                          |         |               |          |                |       |
| *Available at HOP Medical Centre                                                                                                                                                                                                                                                      | Prostate (Male)                                                         | 前列腺 (男)                       |            |              |                          |         |               |          |                |       |
|                                                                                                                                                                                                                                                                                       | Pelvis (TA) (Female)                                                    | 骨盆 (经腹) (女)                   |            |              |                          |         |               |          |                |       |
|                                                                                                                                                                                                                                                                                       | Breast (Female)                                                         | 乳房 (女)                        |            |              |                          |         |               |          |                |       |
|                                                                                                                                                                                                                                                                                       | Mammogram (Female) - 40 yrs and above                                   | 乳房X光检查 (女)                    |            |              |                          |         |               |          |                |       |