

COMPREHENSIVE PLUS



CORPORATE RATES



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

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

Cancer Markers AFP

(Liver)
CEA (Colon)

Venereal Profile

Syphilis TP Ab

Hematology

Full Blood Count Hb Indices
ESR
Peripheral Blood Film

Stomach Screen **Helicobacter Pylori Antibody (Gastritis)**

Cardiac Profile

C-Reactive Protein

Stool Analysis

Stool Occult Blood

CLINICAL TEST (CHOOSE 3):



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 years)



PERSONAL REPORT AND LIFESTYLE COUNSELLING



POST DOCTOR REVIEW

PREMIER PACKAGE



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)
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Albumin
Globulin
Alb/Glob Ratio

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Blood Glucose
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HDL Cholesterol
LDL Cholesterol
Cholesterol Ratio
Triglycerides

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Creatinine
Potassium
Sodium
Chloride
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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

Cancer Markers

AFP (Liver)
CEA (Colon)
PSA (Prostate)
CA125 (Ovarian)
CA19.9 (Pancreas)
EBV (Nose)

Stomach Screen **Helicobacter Pylori Antibody (Gastritis)**

Cardiac Profile

C-Reactive Protein
Apolipoprotein A
Apolipoprotein B

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 ♀**
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
HPV DNA
Urea Breath Test
Cervical Spine (2 view)

 **PERSONAL REPORT AND LIFESTYLE COUNSELLING**

 **POST DOCTOR REVIEW**

ADVANCED PACKAGE



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

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

Cancer Markers

AFP (Liver)
CEA (Colon)
PSA (Prostate ♂)
CA125 (Ovarian) ♀
CA19.9 (Pancreas)
EBV (Nose)

Stomach Screen **Helicobacter Pylori Antibody (Gastritis)**

Cardiac Profile

C-Reactive Protein
Apolipoprotein A
Apolipoprotein B

Venereal Profile

Syphilis TP Ab

Hematology

Full Blood Count
Hb Indices
ESR
Peripheral Blood Film

Stool Analysis

Stool Occult Blood

Deficiency Test

Vitamin D

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 ♀

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

HPV DNA

Urea Breath Test

Cervical Spine (2 view)

PERSONAL REPORT AND LIFESTYLE COUNSELLING

POST DOCTOR REVIEW

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

- 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

- 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

- 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.