



SPECIAL FOR



CORPORATE HEALTH SCREENING PACKAGES 2026



BOOK NOW

**(ORCHARD)
HOP MEDICAL CENTRE**

**NEW (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)

☎ 6589 0009 ✉ Medicalcentre@hop.sg

☎ 6589 0002 ✉ tampines@hop.sg

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

ONE-STOP CENTRE

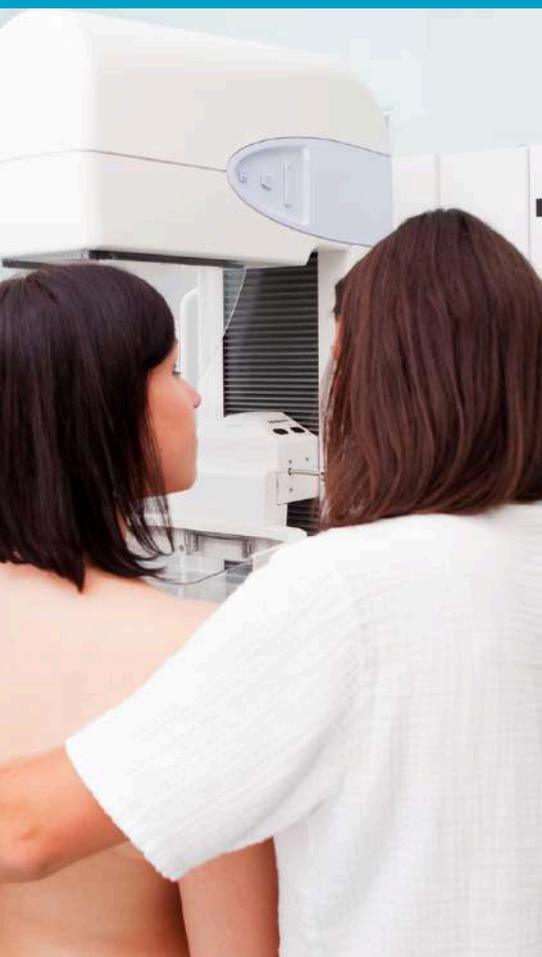
HOP Medical Centre is **One-stop** Health Screening Centre conveniently located at **Orchard Road** Palais Renaissance and **Tampines** CPF Building complete with in-house imaging services.

Our screening centre are equipped with the latest medical equipment to meet your needs.

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.



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.



DELUXE \$500

BEFORE GST



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)

Cardiac Risk Screen

C-Reactive Protein

Stomach Screen

Helicobacter Pylori
Antibodies (Gastritis)

Hematology

Full Blood Count
Hb Indices
ESR
Peripheral Blood Film

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

Urinalysis

Urine FEME

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 ♀

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 Carotid IMT
- Ultrasound Breast ♀
- Mammogram ♀
- Treadmill ECG



Light Refreshment



PERSONAL REPORT AND LIFESTYLE COUNSELLING



POST DOCTOR REVIEW

PLATINUM \$600

BEFORE GST



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)
CA15.3 (Breast) ♀
Beta HCG (Testes) ♂

Stomach Screen

Helicobacter Pylori
Antibody (Gastritis)

Hematology

Full Blood Count
Hb Indices
ESR
Peripheral Blood Film

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

Urinalysis

Urine FEME

Stool Analysis

Stool Occult Blood

Cardiac Profile

C-Reactive Protein

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 Kidneys
- Ultrasound Carotid IMT
- Ultrasound Breast ♀
- Mammogram ♀
- Treadmill ECG



Light Refreshment



PERSONAL REPORT AND LIFESTYLE COUNSELLING



POST DOCTOR REVIEW

HOP MEDICAL CENTRE HEALTH SCREENING PACKAGES			China Harbour (Singapore) Engineering Company Pte. Ltd. 2026	
Packages			Platinum 白金套餐	Deluxe 豪华套餐
Prices before GST			\$600	\$500
DOCTOR CONSULTATION		医生咨询	✓	✓
Physical Examination 体检	Blood Pressure	血压	✓	✓
	Height & Weight - Body Mass Index (BMI)	身高和体重	✓	✓
	Visual Acuity and Color Vision	视力 & 色觉测试	✓	✓
	BMI & Body Fat Composition Analysis	身体质量 & 脂肪成分分析	✓	✓
	Oxygen Saturation (SpO2)	血氧饱和度 (SpO ₂)	✓	✓
Diabetes Profile 血糖控制检验	Fasting Blood Glucose	血糖	✓	✓
	HbA1c (included only if Fasting blood glucose > 126mg/dL - Random blood glucose > 198mg/dL)	糖化血红蛋白	✓	✓
Lipid Profile 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	✓	✓
	LDL Cholesterol	密度脂蛋白胆固醇	✓	✓
	Trilyceride	酸甘油酯	✓	✓
Haematology 血液学	Full Blood Count (Hemoglobin, Total White blood Cell, Red Blood Cell, Platelets, Differential Count)	血红素, 白血球, 红血球指标, 血小板	✓	✓
	Hb Indices (PCV, MCV, MCH, MCHC)	白血球区别计数	✓	✓
	Erythrocyte Sedimentation Rate (ESR)	红血球沉降率	✓	✓
	Peripheral Blood Film	血液涂片检验	✓	✓
Liver Profile 肝功能检验	Total Bilirubin	胆红素	✓	✓
	Alkaline Phosphatase	碱性磷酸酶	✓	✓
	SGPT (ALT)	谷胺酸丙酮酸转胺酶	✓	✓
	SGOT (AST)	谷胺酸草乙酸转胺酶	✓	✓
	Gamma GT (GGT)	伽玛-麩氨酸转胺酶	✓	✓
	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 肝炎的检验	Hep B s Antigen	B 型肝炎表面抗原	✓	✓
	Hep B s Antibody	B 型肝炎表面抗体	✓	✓
	Hep B Core Total IgG (If HBsAg+)	乙型肝炎核心抗体总 IgG (仅限乙肝表面抗原 HBsAg 阳性者)	✓	✓
	Hep A Antibody	A型肝炎抗体	✓	✓
Kidney Function 肾脏的检验	Urea	尿素	✓	✓
	Creatinine	肌酸酐	✓	✓
	Potassium	钾	✓	✓
	Sodium	钠	✓	✓
	Chloride	氯化物	✓	✓
	Estimated Glomerular Filtration Rate (eGFR)	肾小球滤过率	✓	✓
	Bicarbonate	碳酸氢盐	✓	✓
Thyroid Function 甲状腺功能检验	Thyroid Stimulating Hormone (TSH)	游离甲状腺素	✓	✓
	Free Thyroxine (FT4) (If TSH is <0.40 pmol/L or >4.70 pmol/L)	游离甲状腺素* 如果 游离甲状腺素 <0.40 pmol/L or >4.70 pmol/L	✓	✓
Venereal Profile 性病检验	Syphilis TP Ab	梅毒	✓	✓
	VD (RPR) if Syphilis TP Ab is reactive	梅毒检验	✓	✓
	TPPA if VD (RPR) is reactive	梅毒特异性鉴定检验	✓	✓
Bone & Joint Profile 骨骼及关节要素检验	Calcium	钙	✓	✓
	Phosphate	磷	✓	✓
	Uric Acid (Gout)	尿酸	✓	✓
Stomach Screening 胃检查	Helicobacter pylori Antibody	幽门螺杆菌试验	✓	✓

Cancer Markers 癌标记物检验	AFP (Liver)	甲胎蛋白	✓	✓
	CEA (Colon)	癌胚抗原	✓	✓
	CA125 (Ovarian) -Female	卵巢检验-女	✓	✓
	PSA (Prostate) -Male	前列腺检验 -男	✓	✓
	CA19.9 (Pancreas)	糖类抗	✓	✓
	EBV (Nasopharyngeal)	鼻咽癌检验	✓	
	CA15.3 (Breast) -Female	乳腺检验-女	✓	
	Beta hCG (Testicular) -Male	人绒毛膜促性腺激素 -男	✓	
Heart Screening 心脏检查	C-Reactive Protein (CRP)	C-反应蛋白	✓	✓
Stool Test 粪便检验	Stool OB	粪便	✓	✓
Urinalysis 尿液分析	Urine FEME	尿液化学及显微镜分析	✓	✓
CLINICAL TESTS	Resting ECG	心电图	CHOOSE FOUR (4) 请选择其中四(4)项	CHOOSE THREE (3) 请选择其中三(3)项
	Tonometry (Glaucoma)	眼压计		
	Chest X-Ray (Tb, lung cancer)	胸部 X 光检查		
	Spirometry	肺量计		
	Bone Mass Density	骨扫描		
	ThinPrep Pap Smear (Female)	宫颈癌 - 女		
Imaging/ Other Tests 超声波扫描/其他测试	Ultrasound Pelvis (Transabdominal) (Female)	盆腔超声波扫描	CHOOSE TWO (2) 请选择其中两(2)项	CHOOSE TWO (2) 请选择其中两(2)项
	Ultrasound Prostate (Male)	前列腺超声波扫描		
	Ultrasound Thyroid	甲状腺超声波扫描		
	Ultrasound HBS (Liver, gallbladder, pancreas, spleen)	腹部超声波检查 (肝脏、胆囊、胰腺、及脾脏)		
	Ultrasound Kidneys	肾脏超声波扫描		
	Ultrasound Carotid IMT	颈动脉内膜中层厚度超声检查		
	Ultrasound Breast (Female <40 yrs old)	乳房超声波扫描		
	Mammogram (Female >40 yrs old)	乳房X光检查		
Treadmill Stress Test	心脏压力测试			

HEALTH SCREENING PREPARATION

To bring

- NRIC/FIN/Passport

To prepare

- Fast for at least 8 hrs - plain water is allowed. Unless you opt for 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 opt for 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

- 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 - Orchard and 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.