



HEALTH SCREENING

MEN'S HEALTH PACKAGES



AN ELEVATED EXPERIENCE

Providing you a range of comprehensive and quality services. Our men's health 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.

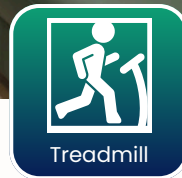


CARE AND COMFORT

Enjoy a peaceful ambience as we take you through your health journey.

We provide high-touch care throughout the screening to ensure that you are comfortable and relaxed during your important day.

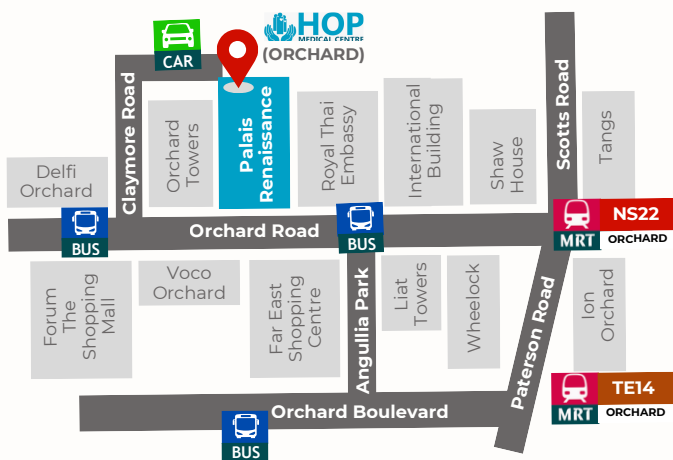




2 one-stop medical centres located at Orchard and Tampines. Fully equipped for all tests, exams and scans to be completed conveniently under one roof.

HOP MEDICAL CENTRE (ORCHARD)

390 Orchard Road, Palais Renaissance, #11-03/04, S238871



- Conveniently located in Orchard Road
- Just a 5-mins walk from Orchard MRT

HOP MEDICAL CENTRE (TAMPINES)

1 Tampines Central 5, CPF Building, #07-04/05, S529508



- Conveniently located in the heart of Tampines Central
- Inside CPF Building
- Just a 2-mins walk from Tampines MRT Station (DT/EW) and bus interchange

6589 0009 Medicalcentre@hop.sg

6589 0002 Tampines@hop.sg

CEDAR PACKAGE

\$717.22 (\$658 before GST)

INCLUDES:



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

Lipid Profile

Total Cholesterol
HDL Cholesterol
LDL Cholesterol
Cholesterol Ratio
Triglycerides

Kidney Profile

Urea
Creatinine
Potassium
Sodium
Chloride
EGFR

Urinalysis

Urine FEME

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)

Cancer Markers

AFP (Liver)
CEA (Colon)
PSA (Prostate)

Cardiac Profile

Hs-CRP
Creatine Kinase

Venereal Profile

Syphilis TP Ab

Hematology

Full Blood Count
Hb Indices
ESR
Peripheral Blood Film

Hormone

Testosterone

Deficiency Profile

Vitamin B12

Stool Analysis

Stool Occult Blood

CLINICAL TEST:



ELECTROCARDIOGRAPHY

Resting ECG



RADIOLOGY

Chest X-ray



IMAGING EXAM

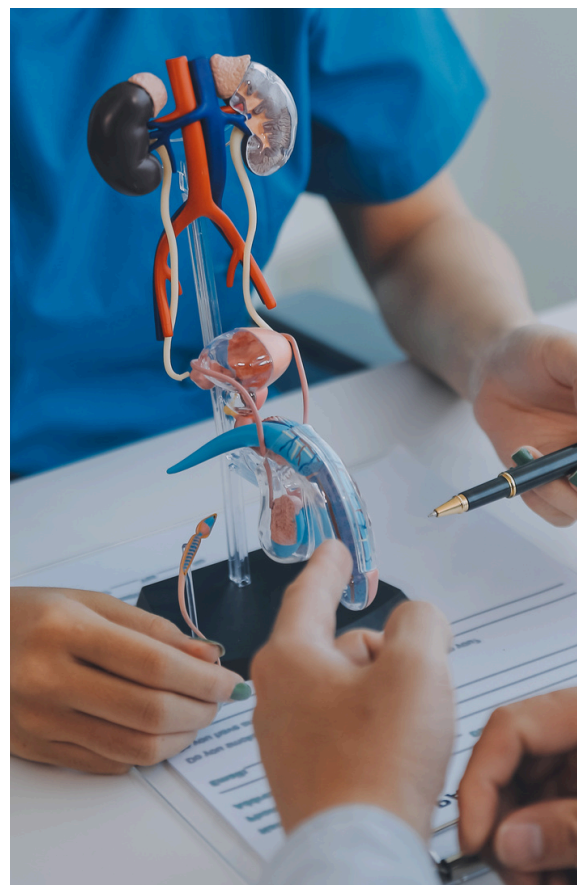
Ultrasound Prostate OR
Ultrasound Abdomen



POST SCREENING DOCTOR CONSULTATION



PERSONAL REPORT AND LIFESTYLE COUNSELLING



OAK PACKAGE

\$1,831.20 (\$1,680 before GST)

INCLUDES:

 **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

Lipid Profile

Total Cholesterol
HDL Cholesterol
LDL Cholesterol
Cholesterol Ratio
Triglycerides

Kidney Profile

Urea
Creatinine
Potassium
Sodium
Chloride
EGFR

Stool Analysis

Stool Occult Blood

Urinalysis

Urine FEME
Urine Microalbumin
Urine Creatinine
Microalbumin/Creatinine Ratio

Hepatitis Profile

Hepatitis A
Hepatitis B

Thyroid Profile

TSH
FT4

Bone and Joint Profile

Calcium
Phosphate
Uric Acid (Gout)
Rheumatoid Arthritis

Cancer Markers

AFP (Liver)
CEA (Colon)
CA125 (Ovarian)
EBV (Nasopharyngeal)
CA19.9 (Pancreas)
BETA HCG (Testes)

Cardiac Profile

Hs-CRP
Creatine Kinase
Apolipoprotein
AA1/APB
Lipoprotein A

Stomach Screen

Helicobacter Pylori

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

CLINICAL TEST:

 **ELECTROCARDIOGRAPHY**

Resting ECG

 **BONE SCAN**

Bone Mineral Densitometry (Heel)

 **RADIOLOGY**

Chest X-ray

 **SPIROMETRY**

Lung Function Test

 **IMAGING EXAM**

Ultrasound Carotid (IMT - cardiovascular)
Ultrasound Prostate
Ultrasound Abdomen

 **SPECIAL TEST - CHOOSE 1:**

Prostate Health Index (PHI)
OR
Treadmill
OR
CT Calcium Score (+\$350)
(Send out test)

 **POST SCREENING DOCTOR CONSULTATION**

 **PERSONAL REPORT AND LIFESTYLE COUNSELLING**

PREPARATION AND 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.
- If you have any known heart conditions or on any heart or blood pressure medications, please consult a physician before the test

ECG

- Please wear a 2-piece outfit as electrodes will be placed on your chest.

X-ray

- 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**

THINGS TO TAKE NOTE

- 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.