



HEALTH SCREENING

PRE-MARITAL HEALTH PACKAGES



AN ELEVATED EXPERIENCE

Providing you a range of comprehensive and quality services. Our pre-marital 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.

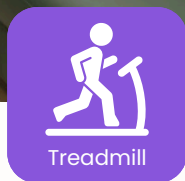
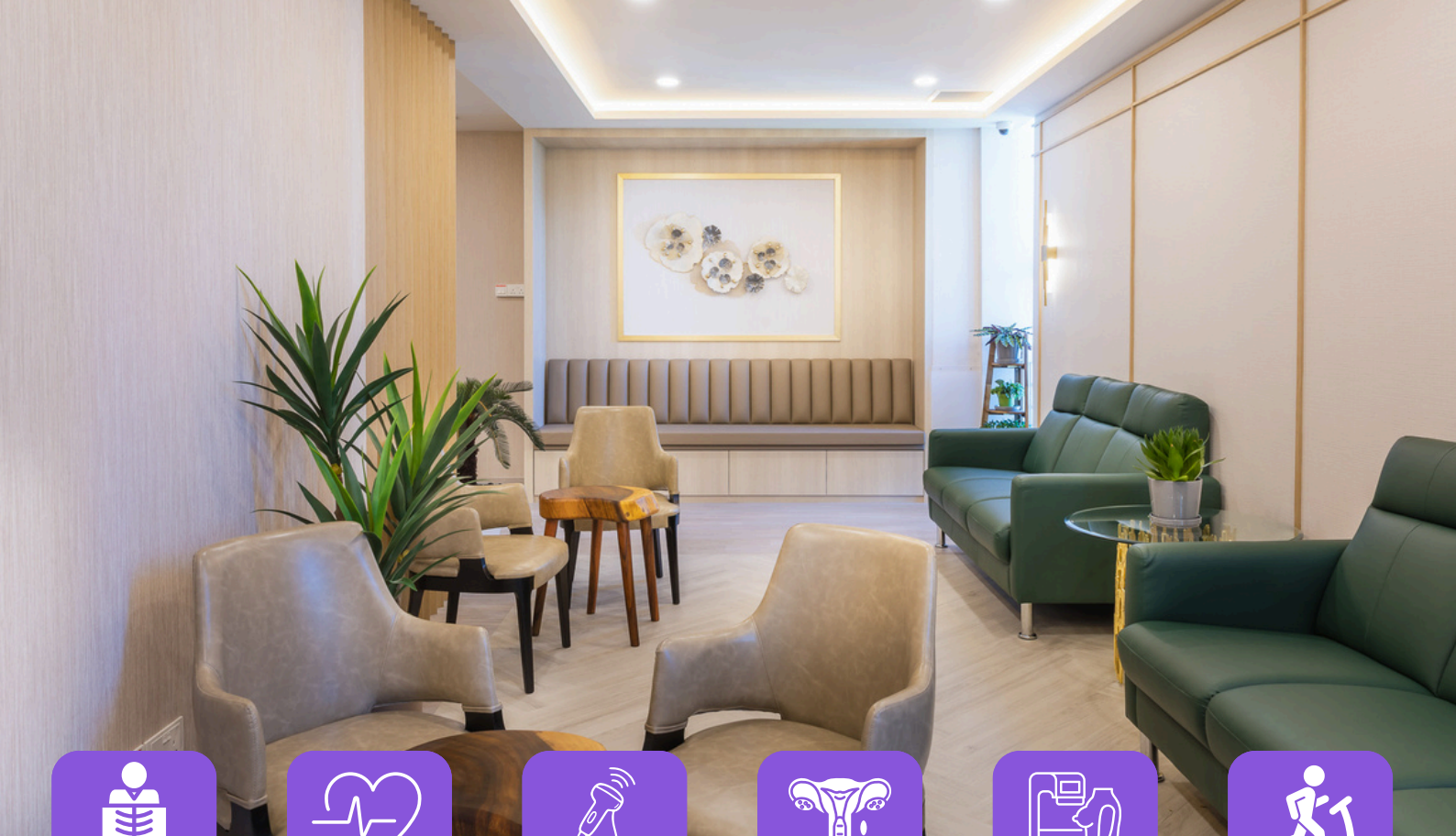


CARE AND COMFORT

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.

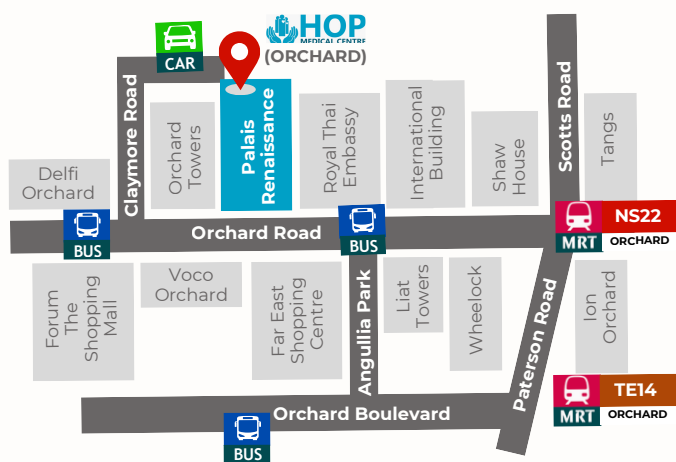




2 one-stop medical centres located at Orchard and Tampines. Fully equipped for all tests, exams and scans to be completed conveniently under one roof.

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

FOR MEN AND WOMEN

FOUNDATION PACKAGE

1 PAX

COUPLE BUNDLE

\$392.40 |

\$749.00 Inc GST

INCLUDES:



CLINICAL TESTS

Height and Weight
BMI
Blood Pressure



LABORATORY TESTS

Liver Profile

SGPT (ALT)
SGOT (AST)
Gamma GT (GGT)

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 B Antigen
Hepatitis B Antibody

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)

Iron Studies

Iron
Ferritin
Total Iron Binding Capacity
% Iron Saturation
Transferrin

Venereal Profile

Syphilis TP Ab

Hematology

Full Blood Count
Hb Indices
ESR
Peripheral Blood Film
ABO Blood Group

Pre-Marital Screen

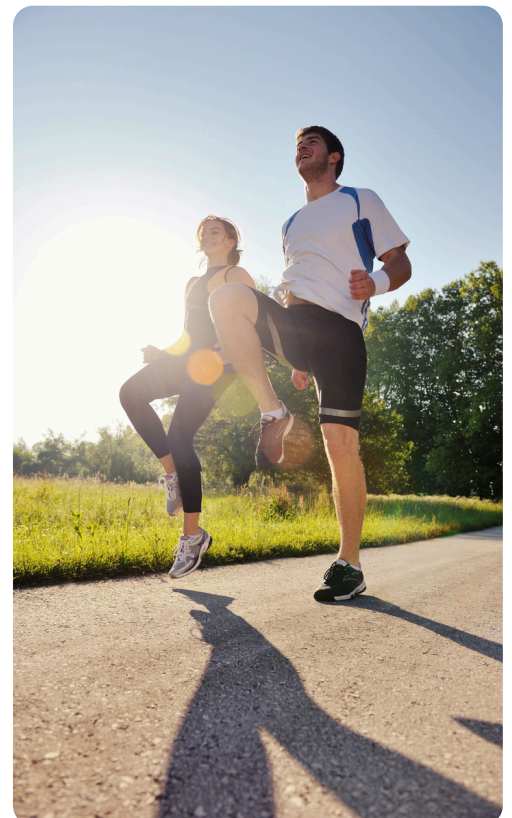
Hb Electrophoresis
Rubella IgG Antibody

ADD ONS ULTRASOUND

Pelvis Ultrasound +\$130
(Female)
HIV Ab/Ag Screen +\$50



POST SCREENING DOCTOR CONSULTATION



LIVEWELL PACKAGE

\$1,395.20 (\$1,280 before GST)

INCLUDES:



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

Lipid Profile

Total Cholesterol
 HDL Cholesterol
 LDL Cholesterol
 Cholesterol Ratio
 Triglycerides

Kidney Profile

Urea
 Creatinine
 Potassium
 Sodium
 Chloride
 EGFR

Diabetes Profile

Blood Glucose
 HbA1c

Cancer Markers

AFP (Liver)
 CEA (Colon)
 CA125 (Ovarian)

Urinalysis

Urine FEME
 Urine Microalbumin
 Urine Creatinine
 Microalbumin/Creatinine Ratio

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)
 Rheumatoid Arthritis

Venereal Profile

Syphilis TP Ab

Hematology

Full Blood Count
 Hb Indices
 ESR
 Peripheral Blood Film
 Blood Group

Pre-Marital Screen

Hb Electrophoresis
 Rubella IgG Antibody

Hormones

Estradiol (E2)
 Follicle-stimulating Hormone (FSH)

Anaemia Profile

Iron
 Vit B12
 Folic Acid
 Ferritin
 Total Iron Binding Capacity
 % Iron Saturation
 Transferrin
 Vitamin D

SLE Screen

Anti-ds DNA
 Anti Nuclear Factor (ANF)

Varicella-Zoster IgG Antibody

CLINICAL TEST:



ELECTROCARDIOGRAPHY

ECG



BONE SCAN

Bone Mineral Densitometry (Heel)



RADIOLOGY

Chest X-ray



ULTRASOUNDS

Ultrasound Pelvis
 Ultrasound Thyroid
 Ultrasound Breast



ADD ONS

HIV Ab/Ag Screen +\$50
 ThinPrep +\$65



POST SCREENING DOCTOR CONSULTATION

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

Pap Smear

- 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

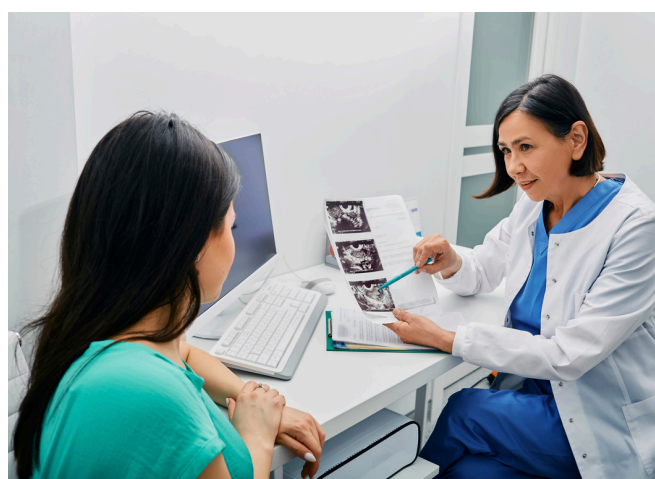
- If you are pregnant, please avoid this test.
- Examination should be done at least 1 week after your menstruation.
- Avoid perfumes, powders, deodorants and creams at your chest or underarm areas.

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**

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.