



SPECIAL FOR

Cargill

CORPORATE HEALTH SCREENING

Click Here to book



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.

**(ORCHARD)
HOP MEDICAL CENTRE**

390 Orchard Road Palais Renaissance
#11-03/04 S(238871)

☎ 6589 0009 ✉ Medicalcentre@hop.sg

NEW

**(TAMPINES)
HOP MEDICAL CENTRE**

1 Tampines Central 5 CPF Tampines Building
#07-04/05 S(529508)

☎ 6589 0002 ✉ tampines@hop.sg

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

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



PREMIUM PACKAGE

\$85 NETT

Price quoted are in SGD (Singapore Dollars)

"An entry level screening recommended for first-timers"

**STAFF AND FAMILY MEMBERS OF CARGILL ENJOYS THE SAME CORPORATE RATE
8-HOUR FASTING REQUIRED**



BIOMETRICS

Height and Weight
BMI
Blood Pressure



LABORATORY TESTS

Diabetes Profile

Blood Glucose
HbA1c (where applicable)

Lipid Profile

Total Cholesterol
HDL Cholesterol
LDL Cholesterol
Cholesterol Ratio
Triglycerides

Liver Profile

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

Kidney Profile

Urea
Creatinine
Potassium
Sodium
Chloride
EGFR

Urinalysis

Urine FEME

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)

Hematology

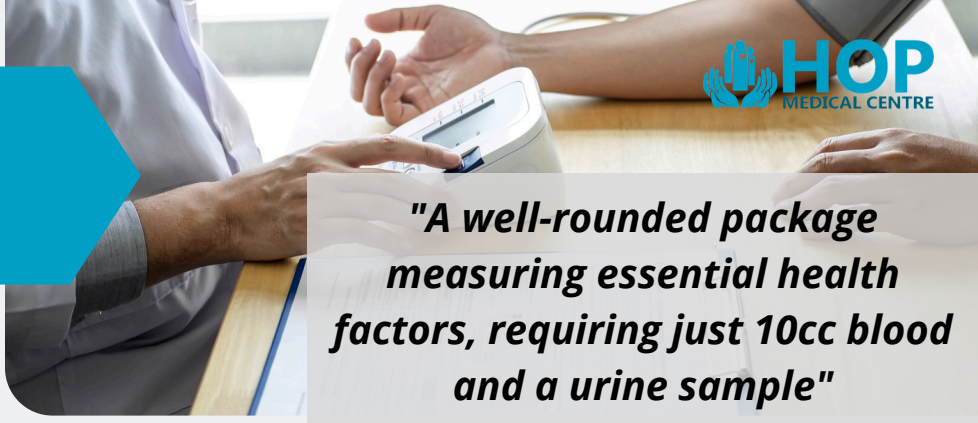
Full Blood Count
Hb Indices
ESR
Peripheral Blood Film



PERSONAL REPORT AND LIFESTYLE COUNSELLING



DOCTOR CONSULTATION



"A well-rounded package measuring essential health factors, requiring just 10cc blood and a urine sample"

COMPREHENSIVE PACKAGE \$170 NETT

Price quoted are in SGD (Singapore Dollars)

**STAFF AND FAMILY MEMBERS OF CARGILL ENJOYS THE SAME CORPORATE RATE
8-HOUR FASTING REQUIRED**



BIOMETRICS

Height and Weight
BMI
Blood Pressure



LABORATORY TESTS

Diabetes Profile

Blood Glucose
HbA1c (where applicable)

Lipid Profile

Total Cholesterol
HDL Cholesterol
LDL Cholesterol
Cholesterol Ratio
Triglycerides

Liver Profile

Total Bilirubin
Alkaline Phosphatase
SGPT (ALT)
SGOT (AST)
Gamma GT (GGT)
Total Protein
Albumin
Globulin
Alb/Glob Ratio

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 is <0.40 pmol/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



PERSONAL REPORT AND LIFESTYLE COUNSELLING



DOCTOR CONSULTATION

EXECUTIVE PACKAGE

\$300 NETT

Price quoted are in SGD (Singapore Dollars)

***"No fasting required!
Recommended for busy
Executive looking for a fast,
efficient and comprehensive
health evaluation"***

**STAFF AND FAMILY MEMBERS OF CARGILL ENJOYS THE SAME CORPORATE RATE
NO FASTING REQUIRED**



BIOMETRICS

Height and Weight
BMI
Blood Pressure



LABORATORY TESTS

Diabetes Profile

Blood Glucose
HbA1c

Lipid Profile

Total Cholesterol
HDL Cholesterol
LDL Cholesterol
Cholesterol Ratio
Triglycerides

Liver Profile

Total Bilirubin
Alkaline Phosphatase
SGPT (ALT)
SGOT (AST)
Gamma GT (GGT)
Total Protein
Albumin
Globulin
Alb/Glob Ratio

Stool Analysis (Optional)

Stool Occult Blood

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 is <0.40 pmol/L or
>4.70 pmol/L)

Bone and Joint Profile

Calcium
Phosphate
Uric Acid (Gout)
Rheumatoid Arthritis

Cardiac Profile

CRP
Creatine Kinase

Cancer Markers

AFP (Liver)
CEA (Colon)
PSA (Prostate) ♂
CA125 (Ovarian) ♀
BETA HCG (Testes) ♂
CA15.3 (Breast) ♀

Venereal Profile

Syphilis TP Ab

Hematology

Full Blood Count
Hb Indices
ESR
Peripheral Blood Film

♀ **ThinPrep + \$65**



CLINICAL TESTS

Choose 1 of the following:

Electrocardiography (ECG)
Bone Mass Densitometry (Heel)
Tonometry
Chest X-ray
Spirometry
Audiometry
Brain Health Assessment



PERSONAL REPORT AND LIFESTYLE COUNSELLING



DOCTOR CONSULTATION

DELUXE PACKAGE

\$395 NETT

Price quoted are in SGD (Singapore Dollars)

"The deluxe places a stronger emphasis on cancer screenings"

**STAFF AND FAMILY MEMBERS OF CARGILL ENJOYS THE SAME CORPORATE RATE
NO FASTING REQUIRED**

BIOMETRICS

- Height and Weight
- BMI
- Blood Pressure
- Full Body Composition
- Oxygen Saturation
- Visual Acuity

LABORATORY TESTS

Diabetes Profile

- Blood Glucose
- HbA1c

Lipid Profile

- Total Cholesterol
- HDL Cholesterol
- LDL Cholesterol
- Cholesterol Ratio
- Triglycerides

Liver Profile

- Total Bilirubin
- Alkaline Phosphatase
- SGPT (ALT)
- SGOT (AST)
- Gamma GT (GGT)
- Total Protein
- Albumin
- Globulin
- Alb/Glob Ratio

Stool Analysis (Optional)

- Stool Occult Blood

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 is <0.40 pmol/L or >4.70 pmol/L)

Bone and Joint Profile

- Calcium
- Phosphate
- Uric Acid (Gout)
- Rheumatoid Arthritis

Cardiac Profile

- CRP
- Creatine Kinase

Venereal Profile

- Syphilis TP Ab

Cancer Markers

- AFP (Liver)
- CEA (Colon)
- PSA (Prostate) ♂
- CA125 (Ovarian) ♀
- EBV (Nasopharyngeal)
- CA19.9 (Pancreas)
- BETA HCG (Testes) ♂
- CA15.3 (Breast) ♀

Hematology

- Full Blood Count
- Hb Indices
- ESR
- Peripheral Blood Film

♀ ThinPrep +\$65



CLINICAL TESTS

Choose 2 of the following:

- Electrocardiography (ECG)
- Bone Mass Densitometry (Heel)
- Tonometry
- Chest X-ray
- Spirometry
- Audiometry
- Brain Health Assessment



PERSONAL REPORT AND LIFESTYLE COUNSELLING



DOCTOR CONSULTATION

DELUXE PLUS PACKAGE

\$523 NETT

Price quoted are in SGD (Singapore Dollars)

A level-up from our DELUXE package, this includes a scan of choice

**STAFF AND FAMILY MEMBERS OF CARGILL ENJOYS THE SAME CORPORATE RATE
NO FASTING REQUIRED**

BIOMETRICS

- Height and Weight
- BMI
- Blood Pressure
- Full Body Composition
- Oxygen Saturation
- Visual Acuity

LABORATORY TESTS

Diabetes Profile

- Blood Glucose
- HbA1c

Lipid Profile

- Total Cholesterol
- HDL Cholesterol
- LDL Cholesterol
- Cholesterol Ratio
- Triglycerides

Liver Profile

- Total Bilirubin
- Alkaline Phosphatase
- SGPT (ALT)
- SGOT (AST)
- Gamma GT (GGT)
- Total Protein
- Albumin
- Globulin
- Alb/Glob Ratio

Stool Analysis (Optional)

- Stool Occult Blood

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 is <0.40 pmol/L or >4.70 pmol/L)

Bone and Joint Profile

- Calcium
- Phosphate
- Uric Acid (Gout)
- Rheumatoid Arthritis

Cardiac Profile

- CRP
- Creatine Kinase

Venereal Profile

- Syphilis TP Ab

Cancer Markers

- AFP (Liver)
- CEA (Colon)
- PSA (Prostate) ♂
- CA125 (Ovarian) ♀
- EBV (Nasopharyngeal)
- CA19.9 (Pancreas)
- BETA HCG (Testes) ♂
- CA15.3 (Breast) ♀

Hematology

- Full Blood Count
- Hb Indices
- ESR
- Peripheral Blood Film

♀ Papsmear +\$65

CLINICAL TESTS

Choose 2 of the following:

- Electrocardiography (ECG)
- Bone Mass Densitometry (Heel)
- Tonometry
- Chest X-ray
- Spirometry
- Audiometry
- Brain Health Assessment

Choose 1 of the following:

- Ultrasound Abdomen
- Ultrasound Prostate ♂
- Ultrasound Pelvis ♀
- Ultrasound Thyroid
- Ultrasound Breast ♀
- Mammogram (Referred) ♀

PERSONAL REPORT AND LIFESTYLE COUNSELLING

DOCTOR CONSULTATION

ELITE PACKAGE

\$737 NETT

Price quoted are in SGD (Singapore Dollars)

"A preferred choice for those looking for a complete clinical evaluation which includes 2 scans"

**STAFF AND FAMILY MEMBERS OF CARGILL ENJOYS THE SAME CORPORATE RATE
NO FASTING REQUIRED**

BIOMETRICS

Height and Weight
BMI
Blood Pressure
Full Body Composition
Oxygen Saturation
Visual Acuity

LABORATORY TESTS

Diabetes Profile

Blood Glucose
HbA1c

Lipid Profile

Total Cholesterol
HDL Cholesterol
LDL Cholesterol
Cholesterol Ratio
Triglycerides

Liver Profile

Total Bilirubin
Alkaline Phosphatase
SGPT (ALT)
SGOT (AST)
Gamma GT (GGT)
Total Protein
Albumin
Globulin
Alb/Glob Ratio

Stool Analysis (Optional)

Stool Occult Blood

Venereal Profile

Syphilis TP Ab

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

Bone and Joint Profile

Calcium
Phosphate
Uric Acid (Gout)
Rheumatoid Arthritis

Cancer Markers

AFP (Liver)
CEA (Colon)
PSA (Prostate) ♂
CAS125 (Ovarian) ♀
EBV (Nasopharyngeal)
CA19.9 (Pancreas)
BETA HCG (Testes) ♂
CA15.3 (Breast) ♀

Cardiac Profile

CRP
Creatine Kinase

Stomach Screening

HPY

Deficiency Profile

Iron

Hematology

Full Blood Count
Hb Indices
ESR
Peripheral Blood Film

♀ Papsmear \$65

CLINICAL TESTS

Choose 4 of the following:

Electrocardiography (ECG)
Bone Mass Densitometry (Heel)
Tonometry
Chest X-ray
Spirometry
Audiometry
Brain Health Assessment

Choose 2 of the following:

Ultrasound Abdomen
Ultrasound Prostate ♂
Ultrasound Pelvis ♀
Ultrasound Thyroid
Ultrasound Breast ♀
Mammogram (Referred) ♀

PERSONAL REPORT AND LIFESTYLE COUNSELLING

DOCTOR CONSULTATION

PLATINUM PACKAGE

\$920 NETT

Price quoted are in SGD (Singapore Dollars)

Our C-suite level package catered for those seek a thorough health evaluation"

**STAFF AND FAMILY MEMBERS OF CARGILL ENJOYS THE SAME CORPORATE RATE
NO FASTING REQUIRED**

BIOMETRICS

Height and Weight
BMI
Blood Pressure
Full Body Composition
Oxygen Saturation
Visual Acuity

LABORATORY TESTS

Diabetes Profile

Blood Glucose
HbA1c

Lipid Profile

Total Cholesterol
HDL Cholesterol
LDL Cholesterol
Cholesterol Ratio
Triglycerides

Stool Analysis (Optional)

Stool Occult Blood

Liver Profile

Total Bilirubin
Alkaline Phosphatase
SGPT (ALT)
SGOT (AST)
Gamma GT (GGT)
Total Protein
Albumin
Globulin
Alb/Glob Ratio

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

Bone and Joint Profile

Calcium
Phosphate
Uric Acid (Gout)
Rheumatoid Arthritis

Cancer Markers

AFP (Liver)
CEA (Colon)
PSA (Prostate) ♂
CAS125 (Ovarian) ♀
EBV (Nasopharyngeal)
CA19.9 (Pancreas)
BETA HCG (Testes) ♂
CA15.3 (Breast) ♀

Cardiac Profile

CRP
Creatine Kinase
Apolipoprotein
AA1/APB

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

Estradiol ♀
Testosterone ♂

♀ **Papsmear \$65**

CLINICAL TESTS

Choose 4 of the following:

Electrocardiography (ECG)
Bone Mass Densitometry (Heel)
Tonometry
Chest X-ray
Spirometry
Audiometry
Brain Health Assessment

CHOOSE 2 OF THE FOLLOWING:

Ultrasound Abdomen
Ultrasound Prostate ♂
Ultrasound Pelvis ♀
Ultrasound Thyroid
Ultrasound Breast ♀
Mammogram (Referred) ♀

PERSONAL REPORT AND LIFESTYLE COUNSELLING

DOCTOR CONSULTATION

OUR FACILITIES ORCHARD ROAD



FRONT COUNTER

Greeted by friendly staff and nurses ready to serve you



WAITING AREA



VIP SUITE

For senior executives looking for that extra comfort and privacy. Stocked with beverages, coffee machine and a water dispenser.



MAMMOGRAM ROOM



X-RAY ROOM



ULTRASOUND ROOM

TAMPINES BRANCH



FRONT COUNTER

Greeted by friendly staff and nurses ready to serve you



WAITING AREA



MAMMOGRAM



VIP SUITE



ULTRASOUND ROOM



X-RAY ROOM

MORE PHOTOS



WAITING AREA - ORCHARD



WAITING AREA - ORCHARD



TREADMILL STRESS TEST

Available at both locations



BLOOD TAKING PODS - TAMPINES

Discover unforgettable fragrances in our catalog, crafted to express elegance, confidence, and timeless charm



WAITING AREA - TAMPINES



CLINICAL TEST AREA - ORCHARD

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

- 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.