

Mitsubishi Electric Asia Pte Ltd

# HEALTH SCREENING

EXECUTIVE PACKAGES 2025  
ECONOMY PACKAGE



**BOOK NOW**

Strictly by Appointment



**2 LOCATIONS:**

One-stop screening facilities conveniently located in **Tampines Central** and **Orchard Road**



**(ORCHARD)  
HOP MEDICAL CENTRE**

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

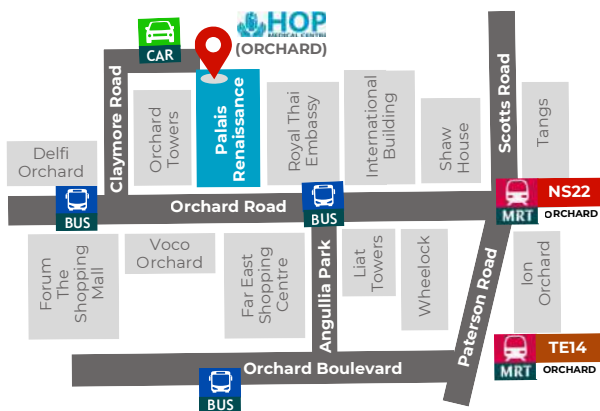
☎ 6589 0009 ✉ Medicalcentre@hop.sg



**NEW (TAMPINES)  
HOP MEDICAL CENTRE**

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

☎ 6589 0002 ✉ tampines@hop.sg



# ECONOMY CLASS

**BOOK NOW**

**INCLUDES:**

**FASTING IS OPTIONAL**

## **DOCTOR CONSULTATION**

## **CLINICAL TESTS**

Height and Weight  
BMI  
Blood Pressure

## **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 (new)**

### **Lipid Profile**

Total Cholesterol  
HDL Cholesterol  
**LDL Cholesterol (Direct) (new)**  
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 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

## **Deficiency Profile**

Iron

## **CHOOSE 2 OF THE FOLLOWING:**

### **ELECTROCARDIOGRAPHY**

ECG

### **TONOMETRY**

Eye Pressure

### **BONE SCAN**

Bone Mineral Densitometry

### **RADIOLOGY**

Chest X-ray

### **SPIROMETRY**

Lung Function Test

### **AUDIOMETRY**

Functional Hearing Test

### **BRAIN HEALTH**

Brain Health  
Assessment

### **POST SCREENING DOCTOR CONSULTATION**

### **PERSONAL REPORT AND LIFESTYLE COUNSELLING**

### **REFRESHMENT VOUCHER**

# BUSINESS CLASS

TOP UP \$250 BEFORE GST

BOOK NOW

## FASTING IS OPTIONAL

### 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 (new)

#### Lipid Profile

Total Cholesterol  
HDL Cholesterol  
**LDL Cholesterol (Direct) (New)**  
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 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)  
PSA (Prostate) ♂  
CA125 (Ovarian) ♀  
EBV (Nose)

#### Cardiac Profile

Hs-CRP  
Creatine Kinase

#### Venereal Profile

Syphilis TP Ab

#### Hematology

Full Blood Count  
Hb Indices  
ESR  
Peripheral Blood Film

#### Deficiency Profile

Iron

#### Stool Analysis

Stool Occult Blood

## INCLUDES:

### CHOOSE 3 OF THE FOLLOWING:

 **ELECTROCARDIOGRAPHY**  
ECG


 **TONOMETRY**  
Eye Pressure


 **BONE SCAN**  
Bone Mineral Densitometry


 **RADIOLOGY**  
Chest X-ray

 **SPIROMETRY**  
Lung Function Test

 **AUDIOMETRY**  
Functional Hearing Test

 **PAPSMEAR**  
ThinPrep (females) - once every 3 years ♀

 **BRAIN HEALTH**  
Brain Health Assessment

 **CHOOSE 1 OF THE FOLLOWING:**  
Ultrasound Prostate ♂

Ultrasound Pelvis ♀

Ultrasound Thyroid

Ultrasound Breast ♀

Ultrasound Kidney

**Ultrasound Liver (HBS) - (fasting is required if you select this test)**

Mammogram ♀

Treadmill

 **POST SCREENING DOCTOR CONSULTATION**

 **PERSONAL REPORT AND LIFESTYLE COUNSELLING**

 **REFRESHMENT VOUCHER**

\* PRICE BEFORE GST

# 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

- Liver (HBS) 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.  
**Orchard:** 6589 0009 | [Medicalcentre@hop.sg](mailto:Medicalcentre@hop.sg)  
**Tampines:** 6589 0001 | [Tampines@hop.sg](mailto:Tampines@hop.sg)
- Depending on your selected package, your screening may take **between 1 to 3 hrs.**
- A **time chit** can be provided for your screening appointment.