

HEALTH SCREENING PACKAGES

Your Health Companion For Life

**Fasting and Non-Fasting Options Available*



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PREPARATION FOR YOUR HEALTH SCREENING APPOINTMENT

Before Screening

- Fasting of at least 8-10 hours is required prior to your appointment. Only consumption of plain water is allowed.
- Routine medication for heart conditions/high blood pressure can be consumed.
- For diabetic patients, please refrain from taking your diabetic medication on the morning of your appointment.
- For ladies: Pap smear, urine and stool tests should be done at least 5 days before or after your menstruation cycle.



For Fasting Option



For Non-Fasting Option

- Please note that these packages use the result of Direct LDL vs the usual Cholesterol LDL which may produce raised values and sometimes be attributed to food and drink consumption within a few hours before the screening.
- This may require a repeat test of fasting lipid profile to get a more accurate representation of your health condition.
- Non-Fasting option is however not suitable for individuals with anemia.
- For individuals who are considering abdominal ultrasound tests, fasting is still required.

On the Day of your Screening

- Bring along your identification document (NRIC/Passport/E Pass/ S Pass/Work Permit).
- Schedule an appointment for a post-review with your doctor after completing your screening.



Post Screening

- Your report will be ready within 5 - 7 working days.
- Post-review: The Doctor will discuss the report with you in detail and provide recommendations as necessary.

ACTIVE

\$43

Physical Examination

- Height & Weight
- Blood Pressure
- Vision

Diabetes Screen

- Blood Glucose Levels or
• *Glucose (Random) + HbA1c (if non-fasting)*

Cholesterol Screen

- Total Cholesterol, HDL Cholesterol, Total/HDL Ratio
- LDL Cholesterol or *Direct LDL (if non-fasting)*
- Triglycerides

ELEVATE

\$73

Physical Examination

Diabetes Screen

Cholesterol Screen

Kidney Screen (Basic)

Liver Screen (Comprehensive)

- GGT, AST, ALT
- Total Bilirubin
- Alkaline Phosphatase
- Total Protein
- Albumin, Globulin, Alb/Glob Ratio

Haematology Screen (Basic)

- Haemoglobin
- Total RBC, Total WBC, Platelets, PBF, RBC Indices

Urine Analysis

- Urine FEME

DYNAMIC

\$53

Physical Examination

Diabetes Screen

Cholesterol Screen

Liver Screen (Basic)

- GGT, AST, ALT

Kidney Screen (Basic)

- Urea
- Creatinine
- eGFR

FRESH

\$83

Physical Examination

Diabetes Screen

Cholesterol Screen

Liver Screen (Comprehensive)

Haematology Screen (Comprehensive)

- Haemoglobin, Total RBC, Total WBC, Platelets, PBF, RBC Indices
- Differential Counts, ESR

Bone & Joint Screen (Basic)

- Uric Acid

Kidney Screen (Comprehensive)

- Urea, Creatinine, eGFR
- Potassium, Sodium, Chloride, Bicarbonate

Urine Analysis

GLOW

\$103

Physical Examination
Diabetes Screen
Cholesterol Screen
Liver Screen (Comprehensive)
Kidney Screen (Comprehensive)
Haematology Screen

Bone & Joint Screen

- Uric Acid
- Calcium, Phosphate

Thyroid Screen

- Free T4, Thyroid Stimulating Hormone (TSH)

Hepatitis Screen

- Hepatitis A
- Hepatitis Bs Antibodies & Antigen

Urine Analysis

ECG

PRIME

\$153

Physical Examination
Diabetes Screen
Cholesterol Screen
Liver Screen
Kidney Screen
Haematology Screen
Bone & Joint Screen
Thyroid Screen

Hepatitis Screen

- Hepatitis A
- Hepatitis Bs Antibodies & Antigen
- Hepatitis C

STD Screen

- HIV Antibodies
- Syphilis (VDRL/TPHA)

Cancer Screen (Basic)

- Liver (AFP)
- Colon (CEA)

Urine Analysis

ECG

REJUVENATE \$203

Physical Examination
Diabetes Screen
Cholesterol Screen
Liver Screen
Kidney Screen
Haematology Screen
Bone & Joint Screen
Thyroid Screen
Hepatitis Screen
STD Screen

Cancer Screen (Comprehensive)

- Liver (AFP)
- Colon (CEA)
- Gastrointestinal (CA-19.9)
- Nasopharyngeal (EBV EA + EBNA-1 IgA)
- Breast (CA-15.3) ♀
- Ovary (CA-125) ♀
- Prostate (PSA) ♂

Urine Analysis

ECG

STRENGTH \$293

Physical Examination
Diabetes Screen
Cholesterol Screen
Liver Screen (Comprehensive)
Kidney Screen (Comprehensive)
Haematology Screen
Bone & Joint Screen
Thyroid Screen
Hepatitis Screen
STD Screen
Cancer Screen (Comprehensive)
Cardiac Risk Screen

- HS C-Reactive Protein (HS CRP)

Blood Group

- ABO Blood Group

Urine Analysis
ECG

TENACITY \$333

Physical Examination
Diabetes Screen
Cholesterol Screen
Liver Screen
Kidney Screen
Haematology Screen
Bone & Joint Screen
Thyroid Screen
Hepatitis Screen
STD Screen
Cancer Screen
Cardiac Risk Screen
Blood Group
Urine Analysis
Stool Analysis

- Stool Occult Blood Test

ECG

ULTRA \$363

FOR WOMEN ONLY ♀

Add-on **Pap Smear** to Tenacity

VITALITY \$393

Physical Examination
Diabetes Screen
Cholesterol Screen
Liver Screen
Kidney Screen
Haematology Screen
Bone & Joint Screen
Thyroid Screen
Hepatitis Screen
STD Screen
Cancer Screen
Cardiac Risk Screen
Blood Group
Vitamin Screen (Basic)

- 25-Hydroxyvitamin D

Urine & Stool Analysis
ECG
PAP Smear ♀

WELLNESS \$493

Physical Examination

Diabetes Screen

Cholesterol Screen

Liver Screen

Kidney Screen

Haematology Screen

Bone & Joint Screen

Thyroid Screen

Hepatitis Screen

STD Screen

Cancer Screen

Cardiac Risk Screen

Blood Group

Vitamin Screen

(Comprehensive)

- 25-Hydroxyvitamin D
- Folate (Folic Acid)
- Transferrin Saturation
- Iron, TIBC, Ferritin

Urine & Stool Analysis

ECG

Pap Smear ♀

ZEST

Physical Examination

- Height & Weight
- Blood Pressure
- Vision

Diabetes Screen

- Blood Glucose Levels or
- *Glucose (Random) & HbA1c (if non-fasting)*

Cholesterol & Cardiac Risk Screen

- Total Cholesterol, HDL Cholesterol, Total/HDL Ratio, Triglycerides
- LDL Cholesterol or *Direct LDL (if non-fasting)*
- HS C-Reactive Protein (HS CRP)

Liver Screen (Full)

- GGT, AST, ALT
- Total Bilirubin, Alkaline Phosphatase, Total Protein, Albumin, Globulin, Alb/Glob Ratio

Kidney Screen (Full)

- Urea, Creatinine, eGFR
- Potassium, Sodium, Chloride, Bicarbonate

Haematology Screen

- Haemoglobin, Total RBC, Total WBC, Platelets, PBF, RBC Indices
- Differential Counts, ESR

Bone & Joint Screen

- Uric Acid, Calcium, Phosphate

Thyroid Screen

- Free T4, Thyroid Stimulating Hormone (TSH)

Hepatitis Screen

- Hepatitis A
- Hepatitis Bs Antibodies & Antigen
- Hepatitis C

STD Screen

- HIV Antibodies, Syphilis (VDRL/TPHA)

Cancer Screen

- Liver (AFP), Colon (CEA), Gastrointestinal (CA-19.9), Nasopharyngeal (EBV EA + EBNA-1 IgA)
- Breast (CA-15.3), Ovary (CA-125) ♀
- Prostate (PSA) ♂

Blood Group

- ABO Blood Group

Vitamin Screen

- 25-Hydroxyvitamin D
- Folate (Folic Acid), Transferrin Saturation, Iron, TIBC, Ferritin

Hormonal Screen

- Estradiol (E2)
- Follicle Stimulating Hormone (FSH)
- Progesterone
- Testosterone
- Luteinizing Hormone (LH)
- Prolactin

Urine & Stool Analysis

- Urine FEME, Stool Occult Blood Test

ECG

Pap Smear ♀

HEALTH SCREENING PACKAGES

PACKAGES	ACTIVE	DYNAMIC	ELEVATE	FRESH	GLOW	PRIME	REJUVENATE	STRENGTH	TENACITY	VITALITY	WELLNESS	ZEST
PRICE (BEFORE GST)	\$43	\$53	\$73	\$83	\$103	\$153	\$203	\$293	\$333	\$393	\$493	\$593
PHYSICAL EXAMINATION												
Height & Weight	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Blood Pressure Measurement	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Vision Test	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
INVESTIGATION												
ECG					✓	✓	✓	✓	✓	✓	✓	✓
PAP SMEAR ♀									Ultra +\$30	✓	✓	✓
DIABETES SCREEN - Measures the level of sugar in your blood												
Blood Glucose *Glucose (Random) + HbA1c (If non-fasting)	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
CHOLESTEROL & CARDIAC RISK SCREEN - Determines your risk of developing cardiovascular diseases such as heart attack												
Full Cholesterol Profile *Direct LDL (If non-fasting)	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
HS C-Reactive Protein (HS CRP)								✓	✓	✓	✓	✓
LIVER SCREEN - Determines the health of your liver												
Basic - GGT, AST , ALT		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Comprehensive - Total Bilirubin, Alkaline Phosphatase, Total Protein, Albumin, Globulin, Alb/Glob Ratio			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
KIDNEY SCREEN - Determines the health of your kidney												
Basic - Urea, Creatinine, eGFR		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Comprehensive - Potassium, Sodium, Chloride, Bicarbonate			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
BONE & JOINT SCREEN - Identifies your risk of bone and joint disorders												
Basic - Uric Acid				✓	✓	✓	✓	✓	✓	✓	✓	✓
Comprehensive - Phosphate, Calcium				✓	✓	✓	✓	✓	✓	✓	✓	✓
THYROID SCREEN - Measures the health of your thyroid gland, which produces hormones to regulate many body functions												
Free T4, Thyroid Stimulating Hormone (TSH)					✓	✓	✓	✓	✓	✓	✓	✓

HEALTH SCREENING PACKAGES

PACKAGES	ACTIVE	DYNAMIC	ELEVATE	FRESH	GLOW	PRIME	REJUVENATE	STRENGTH	TENACITY	VITALITY	WELLNESS	ZEST
PRICE (BEFORE GST)	\$43	\$53	\$73	\$83	\$103	\$153	\$203	\$293	\$333	\$393	\$493	\$593
HAEMATOLOGY SCREEN - Provides insight of your overall health and other conditions such as anaemia, blood infection and lukemia												
Basic - Haemoglobin, Total RBC, Total WBC, Platelets, PBF, RBC Indices			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Comprehensive - Differential Counts, ESR				✓	✓	✓	✓	✓	✓	✓	✓	✓
ABO BLOOD GROUP												
Blood Group								✓	✓	✓	✓	✓
HEPATITIS SCREEN - Detects presence of liver infection and/ or disease and measures the level of immunity.												
Hepatitis A, Hepatitis Bs Ab + Bs Ag					✓	✓	✓	✓	✓	✓	✓	✓
Hepatitis C						✓	✓	✓	✓	✓	✓	✓
CANCER SCREEN - Detects potential presence of cancer												
Basic - Liver (AFP), Colon (CEA)						✓	✓	✓	✓	✓	✓	✓
Comprehensive - Gastrointestinal (CA19.9), Nasopharyngeal (EBV EA + EBNA-1 IgA), Breast (CA - 15.3), Ovary (CA - 125) ♀, Prostate (PSA) ♂							✓	✓	✓	✓	✓	✓
STD SCREEN - Detects sexually transmitted diseases												
HIV, Syphilis (VDRL/TPHA)						✓	✓	✓	✓	✓	✓	✓
VITAMIN SCREEN - Provides insight/ measures the levels of various vitamins and minerals in your body.												
25-Hydroxyvitamin D										✓	✓	✓
Folate (Folic Acid), Transferrin Saturation, Iron, TIBC, Ferritin										✓	✓	✓
HORMONAL SCREEN - Reveals information about levels of hormones in your body												
<ul style="list-style-type: none"> Estradiol (E2) Follicle Stimulating Hormone (FSH) Progesterone Testosterone Luteinizing Hormone (LH) Prolactin 												✓
URINALYSIS - Detects possible conditions such as urinary tract infections, kidney impairment and presence of diabetes												
Urine FEME			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
STOOL ANALYSIS - Detects for colorectal issues												
Stool Occult Blood Test									✓	✓	✓	✓

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Joo Koon

Jurong West

Taman Jurong

Teban Gardens

Tuas Amenity Centre

Tuas South



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