

# 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



For Fasting Option

- 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 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

## \$47

(\$43.12 W/O GST)

### 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

## \$80

(\$73.39 W/O GST)

### 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

## \$58

(\$53.21 W/O GST)

### Physical Examination

### Diabetes Screen

### Cholesterol Screen

### Liver Screen (Basic)

- GGT, AST, ALT

### Kidney Screen (Basic)

- Urea
- Creatinine
- eGFR

# FRESH

## \$91

(\$83.49 W/O GST)

### 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

## \$113

(\$103.67 W/O GST)

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

## \$167

(\$153.21 W/O GST)

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

## \$222

(\$203.67 W/O GST)

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 **\$320**

(\$293.58 W/O GST)

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 **\$363**

(\$333.03 W/O GST)

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 **\$396**

FOR WOMEN ONLY ♀

(\$363.30 W/O GST)

Add-on **Pap Smear** to Tenacity

## VITALITY **\$429**

(\$393.58 W/O GST)

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 \$538

(\$493.58 W/O GST)

## 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

# \$647

(\$593.58 W/O GST)

## 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 (w/GST)	\$47	\$58	\$80	\$91	\$113	\$167	\$222	\$320	\$363	\$429	\$538	\$647
<b>PHYSICAL EXAMINATION</b>												
Height & Weight	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Blood Pressure Measurement	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Vision Test	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
<b>INVESTIGATION</b>												
ECG					✓	✓	✓	✓	✓	✓	✓	✓
PAP SMEAR ♀									Ultra +\$33	✓	✓	✓
<b>DIABETES SCREEN - Measures the level of sugar in your blood</b>												
Blood Glucose *Glucose (Random) + HbA1c (If non-fasting)	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
<b>CHOLESTEROL &amp; CARDIAC RISK SCREEN - Determines your risk of developing cardiovascular diseases such as heart attack</b>												
Full Cholesterol Profile *Direct LDL (If non-fasting)	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
HS C-Reactive Protein (HS CRP)								✓	✓	✓	✓	✓
<b>LIVER SCREEN - Determines the health of your liver</b>												
Basic - GGT, AST , ALT		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Comprehensive - Total Bilirubin, Alkaline Phosphatase, Total Protein, Albumin, Globulin, Alb/Glob Ratio			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
<b>KIDNEY SCREEN - Determines the health of your kidney</b>												
Basic - Urea, Creatinine, eGFR		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Comprehensive - Potassium, Sodium, Chloride, Bicarbonate			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
<b>BONE &amp; JOINT SCREEN - Identifies your risk of bone and joint disorders</b>												
Basic - Uric Acid				✓	✓	✓	✓	✓	✓	✓	✓	✓
Comprehensive - Phosphate, Calcium				✓	✓	✓	✓	✓	✓	✓	✓	✓
<b>THYROID SCREEN - Measures the health of your thyroid gland, which produces hormones to regulate many body functions</b>												
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)	\$47	\$58	\$80	\$91	\$113	\$167	\$222	\$320	\$363	\$429	\$538	\$647
<b>HAEMATOLOGY SCREEN - Provides insight of your overall health and other conditions such as anaemia, blood infection and lukemia</b>												
Basic - Haemoglobin, Total RBC, Total WBC, Platelets, PBF, RBC Indices			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Comprehensive - Differential Counts, ESR				✓	✓	✓	✓	✓	✓	✓	✓	✓
<b>ABO BLOOD GROUP</b>												
Blood Group								✓	✓	✓	✓	✓
<b>HEPATITIS SCREEN - Detects presence of liver infection and/or disease and measures the level of immunity.</b>												
Hepatitis A, Hepatitis Bs Ab + Bs Ag					✓	✓	✓	✓	✓	✓	✓	✓
Hepatitis C						✓	✓	✓	✓	✓	✓	✓
<b>CANCER SCREEN - Detects potential presence of cancer</b>												
Basic - Liver (AFP), Colon (CEA)						✓	✓	✓	✓	✓	✓	✓
Comprehensive - Gastrointestinal (CA19.9), Nasopharyngeal (EBV EA + EBNA-1 IgA), Breast (CA - 15.3), Ovary (CA - 125) ♀, Prostate (PSA) ♂							✓	✓	✓	✓	✓	✓
<b>STD SCREEN - Detects sexually transmitted diseases</b>												
HIV, Syphilis (VDRL/TPHA)						✓	✓	✓	✓	✓	✓	✓
<b>VITAMIN SCREEN - Provides insight/ measures the levels of various vitamins and minerals in your body.</b>												
25-Hydroxyvitamin D										✓	✓	✓
Folate (Folic Acid), Transferrin Saturation, Iron, TIBC, Ferritin										✓	✓	✓
<b>HORMONAL SCREEN - Reveals information about levels of hormones in your body</b>												
<ul style="list-style-type: none"> <li>Estradiol (E2)</li> <li>Follicle Stimulating Hormone (FSH)</li> <li>Progesterone</li> <li>Testosterone</li> <li>Luteinizing Hormone (LH)</li> <li>Prolactin</li> </ul>												✓
<b>URINALYSIS - Detects possible conditions such as urinary tract infections, kidney impairment and presence of diabetes</b>												
Urine FEME			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
<b>STOOL ANALYSIS - Detects for colorectal issues</b>												
Stool Occult Blood Test									✓	✓	✓	✓



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**Taman Jurong**

**Teban Gardens**

**Tuas Amenity Centre**

**Tuas South**



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