



HEALTH SCREENING PACKAGES



SAPPHIRE

\$120.00

Consultation on Medical History
Clinical Measurements
Physical Examination by Doctor
12 Lead Resting Electrocardiogram
Coronary Risk Profile
Diabetic Screen
Haematology Profile
Kidney Profile
Bone & Joint Profile
Liver Function Test
STD Screen
Urinalysis
Stool Occult Blood
Review & Report by Doctor

EMERALD

\$180.00

Consultation on Medical History
Clinical Measurements
Physical Examination by Doctor
12 Lead Resting Electrocardiogram
Coronary Risk Profile
Diabetic Screen with HbA1C
Haematology Profile
Kidney Profile
Bone & Joint Profile
+RA Factor
Liver Function Test
STD Screen
Thyroid Function Test
Hepatitis Screen
Urinalysis
Stool Occult Blood
Review & Report by Doctor

Consultation on Medical History	Hepatitis Screen
Clinical Measurements	Tumor Markers
Physical Examination by Doctor	+Alpha Fetoprotein
12 Lead Resting Electrocardiogram	+CEA
Coronary Risk Profile	+CA 19-9
Diabetic Screen	+CA 125 (For Ladies)
+Urine Microalbumin & Cr Ratio	+CA 153 (For Ladies)
Haematology Profile	+EBV EA + EbnA-1 IgA Ab
Kidney Profile	+PSA (For Men)
Bone & Joint Profile	Urinalysis
Liver Function Test	Stool Occult Blood
STD Screen	Review & Report by Doctor
Thyroid Function Test	

Additional Tests

HIV	\$10
Magnesium	\$42
Apolipoprotein A & B	\$92
Pap smear	\$15

Radiology Tests

CXR (Mini)	\$18
CXR (Large)	\$35
Female Special Package	\$520
<i>Mammogram + BMD + US (Abdomen) + US (Pelvis)</i>	
Male Special Package	\$450
<i>BMD + US (Abdomen) + US (Prostate)</i>	

DIAMOND

MALE \$750.00

Consultation on Medical History
Clinical Measurements
Physical Examination by Doctor
12 Lead Resting Electrocardiogram
Coronary Risk Profile
+HsCRP
+Homocysteine
Diabetic Screen with HbA1C
+Urine Microalbumin
+Urine Creatinine
+Urine Microalbumin & Cr Ratio
Haematology Profile
+PT/APTT
+Folate
+Vitamin B12
Kidney Profile
Bone & Joint Profile
+RA Factor
+ANA
+Vitamin D
Liver Function Test
Comprehensive STD Screen
+Herpes Simplex Type 1 IgG Ab
+Herpes Simplex Type 2 IgG Ab
+C. Trac/N. Gorr PCR
Thyroid Function Test
Hepatitis Screen
+HCV IgG Ab
Hormonal Profile
+Testosterone
Tumour Markers
+Alpha Fetoprotein
+CEA
+CA19.9
+EBV EA +EbnA-1 IgA Ab
+PSA
Urinalysis
Stool Occult Blood
Review & Report by Doctor

FEMALE \$790.00

Consultation on Medical History
Clinical Measurements
Physical Examination by Doctor
12 Lead Resting Electrocardiogram
Coronary Risk Profile
+HsCRP
+Homocysteine
Diabetic Screen with HbA1C
+Urine Microalbumin
+Urine Creatinine
+Urine Microalbumin & Cr Ratio
Haematology Profile
+PT/APTT
+Folate
+Vitamin B12
Kidney Profile
Bone & Joint Profile
+RA Factor
+ANA
+Vitamin D
Liver Function Test
Comprehensive STD Screen
+Herpes Simplex Type 1 IgG Ab
+Herpes Simplex Type 2 IgG Ab
+C. Trac/N. Gorr PCR
Thyroid Function Test
Hepatitis Profile
+HCV IgG Ab
Hormonal Profile
+Estradiol
+LH
+FSH
Tumour Markers
+Alpha Fetoprotein
+CEA
+CA19.9
+EBV EA +EbnA-1 IgA Ab
+CA125
Urinalysis
Stool Occult Blood
Review & Report by Doctor

Common Questions Regarding Health Screening

Why do we need Health Screening?

Cancer, along with chronic illnesses such as heart disease, stroke, diabetes and kidney disease are among the top causes of death and morbidity in Singapore. However, these conditions can often be detected in their early stages via regular health screening, hence enabling earlier intervention and reducing the subsequent morbidity from these diseases.

At Healthcare Medical Group, we offer a wide range of Health Screening Packages to cater for your needs according to your age and risk factors.

When should we start?

The Health Promotion Board in Singapore recommends that screening for chronic diseases should start in both men and women at 40 years of age if there are no pre-existing conditions. However if you have certain risk factors such as a strong family history of the disease, obesity or smoking, your doctor may recommend commencing screening at an earlier age.

Screening for colorectal cancer is also recommended for all asymptomatic individuals above the age of 50, whilst those with certain risk factors such as inflammatory bowel disease or a strong family history of colorectal cancers are encouraged to start at an earlier age.

All women aged between 25 and 69 years of age who have ever had sex are also advised to have a regular Pap smear whilst women above the age of 40 should also have a regular mammogram.

How long does the Health Screening take?

Health Screening can usually be completed within 30 minutes to 1 hour. Fasting overnight would also be required to achieve accurate results for the Cholesterol and Diabetic profile tests.

Preparations

General guidelines:

- Please fast for at least 8 hours or refrain from consuming food from 11 pm the night before your appointment. Drinking of plain water is permissible.
- Continue all your usual medication except diabetic medication which you may consume after the screening.
- Containers will be provided for urine and stool sample collection. For urine samples, please remember to collect a mid-stream sample - that is, do not collect urine at the initial and terminal of end urination. Kindly return the containers with the samples on the day of your appointment.

Radiological investigations:

- For the ultrasound abdomen, fasting is mandatory for at least 7 hours before the appointment.
- For ultrasound of the pelvis, you will need to drink at least 2 large glasses of water 1 hour before the appointment and avoid emptying your bladder until the scan is over.

For ladies:

- Pap smear should be done at least 3 to 5 days after the last day of menstruation and sexual intercourse should be avoided 48 hours before the test.
- Mammogram should be scheduled 5 to 10 days after menstruation as this is when your breasts are least sensitive and tender. Avoid wearing any deodorant, perfume, powder or cream under your arms or chest area on the day of your mammogram and kindly bring along any previous mammogram reports if you have any.



Our Clinics

Healthcare Medical @ Rail Mall

446 Upper Bukit Timah, Rail Mall, Singapore 678067

T: 6765 5733 F: 6765 5377

Consultation Hours

Monday - Thursday : 8.30am - 12.30pm
2.00pm - 4.30pm
6.30pm - 9.00pm

Friday & Saturday : 8.30am - 12.30pm

Sunday : 9.30am - 12.30pm

Closed on Public Holidays

Healthcare Medical @ Kovan

Blk 208 Hougang Street 21, #01-205, Singapore 530208

T: 6282 1118 F: 6282 2011

Consultation Hours

Monday - Thursday : 8.30am - 1.00pm
2.00pm - 5.00pm
6.00pm - 9.30pm

Friday : 8.30am - 1.00pm
2.00pm - 5.00pm

Saturday : 8.30am - 12.30pm

Closed on Sunday & Public Holidays

Healthcare Medical @ Sentosa

31 Ocean Way, Quayside Isle #01-21 Singapore 098375

T: 6268 4082 F: 6268 4074

Consultation Hours

Monday - Friday : 9.00am - 1.00pm
2.00pm - 6.00pm

Saturday : 9.00am - 1.00pm

Closed on Sunday & Public Holidays

