Health For Life
Health Screening Packages
Health For Life

Heart disease, stroke, diabetes and kidney disease are among the top causes of death in Singapore. These illnesses are often ‘silent killers’ and are largely lifestyle-related. With early detection through regular health screening, these diseases can be prevented or treated, minimising your risk of being burdened with the complications of these life-threatening diseases.

Colorectal, breast and cervical cancers are some of the most common cancers in Singapore. Recent guidelines from the Screening Test Review Committee (STRC) from The Academy of Medicine Singapore advise screening for the following:

- Women aged 50 to 69 years should undergo mammogram screening for breast cancer every 2 years. Women aged 40 to 49 years can consider annual screening.
- Persons aged 50 years and older should be screened regularly for colorectal cancer through annual stool analysis using the Faecal Immunohistochemistry Test for occult blood.
- Women aged 25 to 69 years, who have had sexual intercourse, should undergo Pap smear screening for cervical cancer every 3 years.

Health screening packages

We understand that different people have different lifestyles, health risks and needs.

As such, we offer a suite of health screening packages tailored to your individual requirements.

Within our comfortable and private setting, our dedicated team of doctors and nurses will assist you through the screening packages appropriate for you.

All of our screening packages begin with an interview with our doctors on your medical history. A comprehensive physical examination, body fat analysis and vision assessment is also included.

Upon your second visit, our doctors will review your screening results, offer medical advice and lifestyle counselling, as well as provide you with a personalised report.
The ‘Essential Health’ and ‘General Package’ are basic health screening packages suitable for individuals with no specific health concerns.

1. **Essential Health - $98**
   
   **One visit**
   - Interview on medical history by doctor
   - Comprehensive physical examination by doctor
   - Body fat analysis
   - Vision assessment

   **Laboratory investigations**
   - Cholesterol test – Total/HDL/LDL/Ratio, Triglycerides
   - Blood sugar
   - Urine analysis

   **Other investigations**
   - Electrocardiogram (ECG)

   **Post examination**
   - Review by doctor
   - Lifestyle counselling

   Results of these standard investigations are made available on the same day.

2. **General Package - $198**
   
   **First visit**
   - Interview on medical history by doctor
   - Comprehensive physical examination by doctor
   - Body fat analysis
   - Vision assessment

   **Laboratory investigations**
   - Full blood count
   - Cholesterol test – Total/HDL/LDL/Ratio, Triglycerides
   - Blood sugar
   - Kidney function – Creatinine, Potassium, Sodium, Urea
   - Urine analysis
   - Stool occult blood test (2 specimens)

   **Other investigations**
   - Electrocardiogram (ECG)
   - Chest X-ray

   **Second visit**
   - Review by doctor
   - Lifestyle counselling
   - Personalised medical report
3. **Pre-marital Package - $278**

This package is recommended for young couples planning to start a family.

**First visit**
- Interview on medical history by doctor
- Comprehensive physical examination by doctor
- Body fat analysis
- Vision assessment

**Laboratory investigations**
- Full blood count
- Cholesterol test – Total/HDL/LDL/Ratio, Triglycerides
- Blood sugar
- Kidney function – Creatinine, Potassium, Sodium, Urea
- Hepatitis B screening – HbsAg, Anti-Hbs
- Syphilis screening
- Blood group
- Rubella antibody (for female)
- HIV test
- Urine analysis

**Second visit**
- Review by doctor
- Lifestyle counselling
- Personalised medical report
4. **Evergreen Package - $328**

   This is a comprehensive package designed for the mature individual.

**First visit**
- Interview on medical history by doctor
- Comprehensive physical examination by doctor
- Body fat analysis
- Vision assessment

**Laboratory investigations**
- Full blood count
- Cholesterol test – Total/HDL/LDL/Ratio, Triglycerides
- Blood sugar
- Kidney function – Creatinine, Potassium, Sodium, Urea
- Hepatitis B screening – HbsAg, Anti-Hbs
- Liver function – Albumin, Alkaline Phosphate, ALT, AST, GGT, Total Bilirubin, Total Protein
- Uric acid
- Thyroid function
- Urine analysis
- Stool occult blood test (2 specimens)

**Other investigations**
- Electrocardiogram (ECG)
- Chest X-ray
- Tonometry

**Second visit**
- Review by doctor
- Lifestyle counselling
- Personalised medical report
5. Ladies Wellness - $388
This is designed for females aged 40 years and above.

First visit
- Interview on medical history by doctor
- Comprehensive physical examination by doctor
- Body fat analysis
- Vision assessment

Laboratory investigations
- Full blood count
- Cholesterol test – Total/HDL/LDL/Ratio, Triglycerides
- Blood sugar
- Kidney function – Creatinine, Potassium, Sodium, Urea
- Hepatitis B screening – HbsAg, Anti-Hbs
- Urine analysis
- Stool occult blood test (2 specimens)

Other investigations
- Electrocardiogram (ECG)
- Chest X-ray
- Mammogram*
- Pap smear

Second visit
- Review by doctor
- Lifestyle counselling
- Personalised medical report

(*Medisave claimable for 50 years and above)
6. **Executive Package - $498**
This is a comprehensive premium package designed for individuals aged 40 years and above.

**First visit**
- Interview on medical history by doctor
- Comprehensive physical examination by doctor
- Body fat analysis
- Vision assessment

**Laboratory investigations**
- Full blood count
- Cholesterol test – Total/HDL/LDL/Ratio, Triglycerides
- Blood sugar
- Kidney function – Creatinine, Potassium, Sodium, Urea
- Hepatitis B screening – HbsAg, Anti-Hbs
- Liver function – Albumin, Alkaline Phosphate, ALT, AST, GGT, Total Bilirubin, Total Protein
- Uric acid
- Thyroid function
- Urine analysis
- Stool occult blood test (2 specimens)

**Other investigations**
- Electrocardiogram (ECG)
- Chest X-ray
- Tonometry
- Treadmill stress ECG

**Second visit**
- Review by doctor
- Lifestyle counselling
- Personalised medical report
7. Optional tests upon doctor consultation
The following optional tests are available upon request and can be added on to your screening package based on your personal and family history, following the doctor consultation.

Bone and joint
• Bone Mineral Density Test
• Rheumatoid Arthritis Test

Women’s health
• Mammogram*
• Pap Smear

Infections
• HIV test
• Hepatitis A antibodies
• Hepatitis B
• Hepatitis C

Tumour markers
• Cancer marker for large intestine (CEA)
• Cancer marker for liver (AFP)
• Cancer marker for prostate (PSA, for male)
• Cancer Marker for ovary (CA125, for female)

Others
• Blood grouping
• Thalassemia screening
• Treadmill stress ECG

8. Other services
We have the following services to complement your health screening packages.

• Weight management programme
• Occupational and workplace health
  - Work permit and employment pass screening
  - Pre-employment screening
• Chronic disease management
• Travel medicine and vaccination
• Medical screening for Permanent Residents, overseas visa etc

(All prices quoted are inclusive of GST and subjected to price revision.)