

Valentine's Wellness Programmes



Care For Two Bundle

\$1,470 NETT



A paired health screening experience for two, featuring the Eunoia Programme.

Eunoia

Designed for adults in their 30s to 50s seeking a more complete, multi-layered view of their health, with extended markers and two selected diagnostic tests for broader insight.

Medical Assessment

- Doctor Consultation & Physical Examination
- Medical Review
- Height & Weight Measurement
- Body Mass Index (BMI)
- Waist & Hip Circumference
- Body Fat Measurement
- Blood Pressure Measurement
- Visual Acuity
- Colour Vision
- Tonometry

Haematology

- Full Blood Count
- Erythrocyte Sedimentation Rate (ESR)
- Peripheral Blood Film

Diabetes Screen

- Glucose
- HbA1c

Lipid Profile

- Total Cholesterol
- HDL Cholesterol
- Triglycerides
- Total Cholesterol / HDL Ratio
- Cholesterol LDL (Direct)

Liver Function

- Total Protein
- Albumin
- Globulin
- A/G Ratio
- Total Bilirubin
- Alkaline Phosphatase (ALP)
- SGOT (AST)
- SGPT (ALT)
- GGT

Kidney Function

- Urea
- Creatinine
- Sodium
- Potassium
- Chloride
- eGFR
- Urine Microalbumin / Creatinine Ratio

Urine

- Urine FEME

Heart Function & Risk Markers

- Resting ECG – 12-lead Electrocardiogram
- High-Sensitivity C-Reactive Protein - hs-CRP

Tumour Markers

- AFP (Liver)
- CEA (Colon)
- CA 125 (Ovary)
- PSA (Prostate)

Hepatitis Screen

- Hepatitis A Antibody (HAV Ab)
- Hepatitis B Surface Antigen (HBsAg)
- Hepatitis B Surface Antibody (HBsAb)

Thyroid Screen

- Free T4
- TSH

Bone & Joint Screen

- Calcium
- Uric Acid
- Phosphate

Digestive Health

- Stool Occult Blood – FIT (Immuno)

Radiological Investigation

- Chest X-Ray

Additional Tests

- Autoimmune: Rheumatoid Factor (RF)
- Helicobacter Pylori
- Retinal Photography
- Tumour Markers: CA 19-9 (Pancreas)
- **ThinPrep Pap Test**
- Anaemia Screen¹

Choice of two (2) Tests

- Advance Body Mass Composition
- Bone Mineral Density
- Treadmill Stress Test² + \$65
- Ultrasound HBS (Hepatobiliary System)
- Ultrasound Kidney
- Ultrasound Thyroid
- Mammogram
- Ultrasound Breast
- Ultrasound Pelvis (Transabdominal)
- Ultrasound Pelvis³ (Transvaginal) + \$65
- Ultrasound Prostate
- Ultrasound Scrotum / Testicle
- Uroflowmetry
- Ultrasound Abdomen² + \$65

¹ Anaemia Screen: Reflex tests will be automatically performed at no extra cost when laboratory trigger criteria are met (Hb <13 g/dL). Triggered test include Ferritin, Iron, TIBC, Vitamin B12, and Folic Acid.

² Top-up fees apply if your selected test includes an Ultrasound Abdomen, Ultrasound Pelvis (Transvaginal), or Treadmill Stress Test.



Balance With Love Bundle

\$3,103.50 NETT



A midlife wellness screening, featuring the Golden Years Programme (for women) and Prime Years Programme (for men).

Golden Years

A midlife women's health screening assessing hormonal, metabolic, and bone health changes to support balance and wellbeing with specialist-led insight.

Medical Assessment

- Doctor Consultation & Physical Examination
- Height & Weight Measurement
- Body Mass Index (BMI)
- Waist & Hip Circumference
- Body Fat Measurement
- Blood Pressure Measurement
- Visual Acuity
- Colour Vision
- Tonometry
- Retinal Photography

Haematology

- Full Blood Count
- Erythrocyte Sedimentation Rate (ESR)
- Peripheral Blood Film

Diabetes Screen

- Glucose
- HbA1c
- Fasting Insulin

Lipid Profile

- Total Cholesterol
- HDL Cholesterol
- Triglycerides
- Total Cholesterol / HDL Ratio
- Cholesterol LDL (Direct)

Liver Function

- Total Protein
- Albumin
- Globulin
- A/G Ratio
- Total Bilirubin
- Alkaline Phosphatase (ALP)
- SGOT (AST)
- SGPT (ALT)
- GGT

Kidney Function

- Urea
- Creatinine
- Sodium
- Potassium
- Chloride
- eGFR
- Urine Microalbumin / Creatinine Ratio

Urine

- Urine FEME

Heart Function & Risk Markers

- Resting ECG – 12-lead Electrocardiogram
- High-Sensitivity C-Reactive Protein - hs-CRP

Tumour Markers

- AFP (Liver)
- CEA (Colon)
- CA 125 (Ovary)

Hepatitis Screen

- Hepatitis A Antibody (HAV Ab)
- Hepatitis B Surface Antigen (HBsAg)
- Hepatitis B Surface Antibody (HBsAb)

Thyroid Screen

- Free T4
- TSH

Bone & Joint Screen

- Calcium
- Uric Acid
- Phosphate
- Parathyroid Hormone (PTH)

Digestive Health

- Stool Occult Blood – FIT (Immuno)

Radiological Investigation

- Chest X-Ray

Autoimmune

- Rheumatoid Factor (RF)
- Anti-CCP

Cervical Cancer Screening

- ThinPrep Pap Test
- HPV DNA

Anaemia Screen¹

Special Tests

- Vitamin D
- Magnesium
- Hormone Profile:
E2, Progesterone, FSH, LH

Choice of Tests (Choose 4)

- Bone Mineral Density (Hip and Spine)
- Ultrasound Abdomen
- Ultrasound Thyroid
- Ultrasound Pelvis
Transabdominal or Transvaginal
- Ultrasound Breast
- Mammogram

Medical Review

- Consultation with Medical Doctor
- Specialist Consultation
(choose Gynaecologist or Endocrinologist)
Specialist consultation will be scheduled on a separate day at the specialist clinic.

¹ Anaemia Screen: Reflex tests will be automatically performed at no extra cost when laboratory trigger criteria are met (Hb <13 g/dL). Triggered test include Ferritin, Iron, TIBC, Vitamin B12, and Folic Acid.



Balance With Love Bundle

\$3,103.50 NETT



A midlife wellness screening, featuring the Golden Years Programme (for women) and Prime Years Programme (for men).

Prime Years

A midlife screening for men evaluating hormones, metabolism, prostate health, and cardiovascular risk to provide clear, personalised guidance through andropause.

Medical Assessment

- Doctor Consultation & Physical Examination
- Height & Weight Measurement
- Body Mass Index (BMI)
- Waist & Hip Circumference
- Body Fat Measurement
- Blood Pressure Measurement
- Visual Acuity
- Colour Vision
- Tonometry
- Retinal Photography

Haematology

- Full Blood Count
- Erythrocyte Sedimentation Rate (ESR)
- Peripheral Blood Film

Diabetes Screen

- Glucose
- HbA1c
- Fasting Insulin

Lipid Profile

- Total Cholesterol
- HDL Cholesterol
- Triglycerides
- Total Cholesterol / HDL Ratio
- Cholesterol LDL (Direct)

Liver Function

- Total Protein
- Albumin
- Globulin
- A/G Ratio
- Total Bilirubin
- Alkaline Phosphatase (ALP)
- SGOT (AST)
- SGPT (ALT)
- GGT

Kidney Function

- Urea
- Creatinine
- Sodium
- Potassium
- Chloride
- eGFR
- Urine Microalbumin / Creatinine Ratio

Urine

- Urine FEME

Heart Function & Risk Markers

- Resting ECG - 12-lead Electrocardiogram
- High-Sensitivity C-Reactive Protein - hs-CRP

Tumour Markers

- AFP (Liver)
- CEA (Colon)
- PSA (Prostate)

Hepatitis Screen

- Hepatitis A Antibody (HAV Ab)
- Hepatitis B Surface Antigen (HBsAg)
- Hepatitis B Surface Antibody (HBsAb)

Thyroid Screen

- Free T4
- TSH

Bone & Joint Screen

- Calcium
- Uric Acid
- Phosphate

Digestive Health

- Stool Occult Blood - FIT (Immuno)

Radiological Investigation

- Chest X-Ray

Autoimmune

- Rheumatoid Factor (RF)

Anaemia Screen¹

Special Tests

- Vitamin D (250H)
- Magnesium
- Hormone Profile:
Testosterone (Total and Free,
Done in AM), SHBG, Prolactin, FSH, LH

Choice of Tests (Choose 4)

- Bone Mineral Density
- Ultrasound Abdomen
- Ultrasound Thyroid
- **Ultrasound Prostate**
- Ultrasound Scrotum / Testicle
- Uroflowmetry

Medical Review

- Consultation with Medical Doctor
- Specialist Consultation with Endocrinologist

Specialist consultation will be scheduled on a separate day at the specialist clinic.

¹ Anaemia Screen: Reflex tests will be automatically performed at no extra cost when laboratory trigger criteria are met (Hb <13 g/dL). Triggered test include Ferritin, Iron, TIBC, Vitamin B12, and Folic Acid.

