

ROYAL PACKAGE

\$4,481.20 nett

• Medical Consultation by Doctor

• Clinical Assessment

- Height & Weight Measurement
- Body Mass Index (BMI)
- Blood Pressure Measurement
- Waist & Hip Circumference
- Body Fat Measurement
- Visual Acuity
- Colour Vision
- Tonometry
- Retinal Photography
- 12-Lead Resting ECG

• Laboratory Analysis

HAEMATOLOGY

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

ANAEMIA SCREEN

- B12
- Folate
- TIBC
- Ferritin
- Iron

DIABETES SCREEN

- Blood Glucose
- HbA1c

LIPID SCREEN

- Total Cholesterol
- HDL Cholesterol
- LDL Cholesterol
- Triglycerides
- Cholesterol Ratio

THYROID SCREEN

- Free T4
- TSH

KIDNEY FUNCTION

- Sodium
- Potassium
- Chloride
- Urea
- Creatinine
- eGFR

LIVER FUNCTION

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

BONE & JOINT SCREEN

- Calcium
- Uric Acid
- Rheumatoid Arthritis Factor
- Phosphate
- Vitamin D

HEPATITIS SCREEN

- Hepatitis A
- Hepatitis B
- Hepatitis C

TUMOUR MARKERS

- Liver (AFP)
- Colon (CEA)
- Ovary (CA 125)♀
- Prostate (PSA)♂
- Nose (EBV)
- Pancreas (CA19-9)
- Breast (CA15.3)♀
- Testes (Beta-hCG)♂

CARDIAC RISK PROFILE

- hs C-Reactive Protein (hsCRP)
- Apolipoprotein A1
- Apolipoprotein B
- Apolipoprotein B/A1 Ratio

AUTO-IMMUNE PROFILE

- ANA
- Anti-ds DNA

URINE & STOOL ANALYSIS

- Urine FEME
- Urine Microalbumin /Creatinine Ratio
- Stool Occult Blood (Immuno)

CERVICAL CANCER SCREEN

- Thin Prep ♀
- HPV DNA ♀

IMMUNOLOGY

- Helicobacter pylori

• Radiological Investigation

- Chest X-ray

• A choice of 5 of the following tests:

- Ultrasound Abdomen
- Ultrasound Breast♀
- Ultrasound Pelvis♀
- Ultrasound Prostate♂
- Ultrasound Thyroid
- Mammogram♀
- Bone Mineral Density
- Treadmill Stress Test
- Uroflowmetry♂
- Advance Body Mass Composition

• A choice of 1 of the following tests:

- Hormone Profile
- Urea Breath Test

• Gastroscopy*

• Colonoscopy*

• Medical Report, Consultation & Lifestyle Counselling

*Gastroscopy & colonoscopy include doctor's fee and facility fee only. It excludes anesthesia, medications, biopsy and histology fees (if required).

Health Screening Preparations

What do I need to bring?

- Singapore NRIC/ Passport/ Employment Pass/Work Permit
- Recent medical reports and films (highly encouraged)
- Letter of Guarantee from your Insurance Company/Agency (if applicable)
- Authorisation letter, company letter or staff pass (applicable to corporate clients)

Before your health screening

FASTING

The purpose of fasting is to achieve accurate results for your blood test for glucose, cholesterol, triglycerides, and certain ultrasound procedures.

- Please fast for at least 8 hours before your appointment.

- No food or beverages are allowed during the fast. However, you can have plain water. We will provide light refreshments after your assessment.

- The average screening duration ranges from 1.5 – 3 hours depending on the selected package.

GENERAL

- Please do not consume your routine medication or supplements until the fasting tests are over. You can have them right after the test.

- Women are advised to undergo Thin Prep, HPV test, as well as urine and stool tests at least 5 days before or after their menstruation cycle.

DECLARATION OF ILLNESS

Should you feel unwell prior to your screening, please call our centre to inform our staff. Our doctor may require you to adhere to special precautions or postpone your screening depending on your medical condition.

During your health screening

EYE EXAMINATION

- As part of our screening, we perform vision tests which require you to bring your glasses or contact lenses (if applicable).
- If you do wear contact lenses, you will need to remove it at least 30 minutes prior to the test.

ULTRASOUND

- You will be required to drink at least 5-6 glasses of water before undergoing an ultrasound of the pelvis/prostate. For ultrasound abdomen, 8 hours of fasting is required.

- Avoid urinating around an hour before the examination

STRESS ECG (TREADMILL)

- It takes about 20 – 30 minutes to complete the treadmill test.

- Please avoid caffeinated drinks / food before the test.

- Medication such as beta-blockers should be stopped 3 days before this test (please check with your doctor before performing this test).

- Please bring along your sports attire and shoes for this test. We encourage you to bring a change of clothes due to perspiration during the test.

STOOL COLLECTION

- If you are bringing your stool sample from home, please collect 1 scoop of stool in the sterile stool specimen bottle, seal the bottle tightly and bring it along with you on the day of your screening.

- Stool sample should not be kept for more than 12 hours before submission.

- For women, please ensure that you are not menstruating at the time of urine and stool collection.

During your health screening

- Avoid red meat and iron supplements 3 days before stool sample is collected.

- You may collect a stool specimen bottle from one of our screening centres or GP clinics prior to your screening appointment.

MAMMOGRAM (For Women)

- Please avoid this examination if you are pregnant.

- Please arrange for your appointment to be at least 1 week after the last day of your menstruation.

- Refrain from wearing any deodorant, perfume, powder or cream at your underarms or chest area as it may affect the quality of the mammogram.

- It is advisable that you bring your most recent mammogram films or reports (if available). This is to allow for better comparison between the previous and latest mammogram result.

- Kindly submit your most recent mammogram films to our radiology department within 3 working days from the day of your screening if you have forgotten to bring it on the day of examination.

Post health screening

- Your health screening report will be ready within the next 10 days.

- We also offer comprehensive services including GP & family medicine clinics, health screening and adult specialists, shall you require follow-up care or treatments.

Contact Us



Healthway Screening @ Downtown

6A Shenton Way #03-11/12/13
Downtown Gallery
Singapore 068815

Healthway Screening @ Downtown directions:

Nearest MRT Station - **Tanjong Pagar (EW15)**
Exit Tanjong Pagar MRT Station through Exit F, cross Robinson Road and walk straight towards OUE Downtown Gallery.



Healthway Screening @ Centrepoint

176 Orchard Road #06-03/04
The Centrepoint
Singapore 238843

Healthway Screening @ Centrepoint directions:

Nearest MRT Station - **Somerset (NS23)**
From Somerset Station Exit B, walk out of Somerset 313 towards Orchard Road. Cross at the traffic light and turn right towards The Centrepoint.



Healthway Screening @ Capitol

13 Stamford Road #B2-17/18/19/20/21
Capitol Singapore
Singapore 178905

Healthway Screening @ Capitol directions:

Nearest MRT Station - **City Hall (EW13/NS25)**
From City Hall Station, on the right you will see the sign Exit D to Capitol. Exit D is a passageway that goes under North Bridge Road. Continue along this passageway into Capitol Singapore.

Operating hours for all Healthway Screening Centres:

Monday to Friday: 8.00 am – 5.00 pm

Weekdays Lunch Break: 1.00 pm – 2.00 pm (Closed)

Saturday: 8.00 am – 12.00 pm

Sunday and Public Holidays: Closed



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