

Health screening programme 2024

Basic Courses for Adults

updated April 2024

Category	Details	M	S	A	A+	B	B+	G	G+
Somatometry	Height Weight BMI Body Fat Rate Eye sight (excluded for M course) Abdominal Circumference (above 40yrs old only)	○	○	○	○	○	○	○	○
Urine	Urobilinogen Bilirubin Ketones Glucose Protein Blood Nitrite pH	○	○	○	○	○	○	○	○
Stool	Occult Blood			○	○	○	○	○	○
BP	Blood Pressure	○	○	○	○	○	○	○	○
ECG	Resting ECG		○	○	○	○	○	○	○
Haematology	RBC WBC Hb Hct Platelets	○	○	○	○	○	○	○	○
	Polymorphs Lymphocytes Monocytes Eosinophils Basophils	○	○	○	○	○	○	○	○
	Iron			○	○	○	○	○	○
Liver, Pancreatic, gall bladder function	GOT GPT γGTP T-Bil	○	○	○	○	○	○	○	○
	LDH ALP TP Albumin Amylase			○	○	○	○	○	○
Lipid profile	Total-Cholesterol TG HDL LDL	○	○	○	○	○	○	○	○
Kidney function	Uric Acid	○	○	○	○	○	○	○	○
	BUN Creatinine Sodium Potassium			○	○	○	○	○	○
Diabetic screening	Glucose HbA1c	○	○	○	○	○	○	○	○
Rheumatoid / Tumour markers	RA			○	○	○	○	○	○
	Tumour markers : CEA AFP CA19-9 PSA(Male only) CA125(Female only)				○		○		○
Thyroid function	FT4 TSH			○	○	○	○	○	○
Hepatitis screening	HAV Ab HBsAg HBsAb			○	○	○	○	○	○
Chest X-ray	Chest X-ray		○	○	○	○	○	○	○
Hearing test	1000Hz 4000Hz				○		○		○
U/s Abdomen	Ultrasound of Liver, Gallbladder, Spleen, Kidney & Pancreas				○		○		○
Barium meal	Gastroduodenal X-ray					○	○		
Gastroscopy	Gastroscopy							○	○
Consultation	Consultation by doctor		○	○	○	○	○	○	○
Report	Report in Japanese or English	○	○	○	○	○	○	○	○
Follow-up	Explanation of the result (Any additional follow-up test required will be charged accordingly)		○	○	○	○	○	○	○
PRICE (S\$) GST exclusive		130	235	395	625	535	765	1005	1235

(Food Restrictions before Medical check-up)

Applicable for all adult courses and children's C course.

*Morning Appointments:

Please do not take any food after 11pm on the previous day, you may take water before you go to bed.
Please do not take any drinks from 7am in the morning before the examination.

*Afternoon Appointments:

You can take a light breakfast before 7am, after which fasting is required. You may take water till 10am.

Special Tests (You may add these additional tests to the Basic Courses.)

1a	Eye ground	Retinal photo to detect possible diseases	45	
1b	Eye pressure	Glaucoma check	30	
2	Tumour markers	CEA AFP CA19-9 PSA (Male only) CA125 (Female only)	110	Included in A+, B+ & G+ course
3	Pap smear	Screening for cervical cancer for female	45	
4	U/S Abdomen	Ultrasound of Liver, Gallbladder, Spleen, Kidney and Pancreas	120	Included in A+, B+ & G+ course
5	Allergy test	Blood test for IgEAb a. Food panel b. Inhalant panel	460 435	
6	Syphilis	Blood test: TPA	20	
7	Sputum test	Sputum cytology test for lung cancer or infection	150	
8	HCV Ab	Screening for Hepatitis C	45	
9	Lung function	Respiratory function	50	
10	U/S Pelvis	For Female. Ovaries and Uterus screening	110	
11a	U/S Breast	For Female. Breast cancer screening	110	
11b	Mammogram	(Mammogram is recommend for those who are above 40 years old)	120	
12	Hearing test	1000Hz 4000Hz	25	Included in A+,B+ & G+ course
13	Helicobacter Pylori Ag	Stool test for Helicobacter Pylori Ag	100	
14	HPV Test	Human papillomavirus test	150	Recommend for over 40 years old
15	Sleep Test	Test for Apnoea syndrome	420	

Basic Courses for Children

Category	Details	C	D
Somatometry	Height Weight BMI Eye sight (above 6yrs old only)	○	○
Urine	Urobilinogen Bilirubin Ketones Glucose Protein Blood Nitrite pH	○	○
Stool	Occult blood	○	○
BP	Depending on age	○	×
Haematology	RBC WBC Hb Hct Platelets	○	×
Liver function	GOT GPT	○	×
Lipid profile	Total cholesterol TG HDL LDL	○	×
Diabetic screening	Glucose	○	×
Hepatitis screening	HAVAb HBsAg HBsAb	○	×
Consultation	Consultation by doctor	○	○
Report	Report in Japanese or English	○	○
Follow-up	Explanation of result (Any additional follow-up test required will be charged accordingly)	○	○
PRICE (S\$) GST exclusive		200	100

Remarks:

- *Please inform us in advance if any immunization or additional test is required.
- *If you have a postponed stool test, please bring it within 2 weeks. Otherwise, it will be cancelled automatically.
- *For special test 1, contact lenses have to be removed before the examination.
- *For special test 7, you need to use a sterilized container for sputum collection. It is recommended to collect the specimen in the morning.
- *If you are taking any medication, please inform us.
- *For ladies: If you are pregnant or suspect you may be pregnant, please do inform us as x-ray examination is not recommended in the event that you may be pregnant.
Pap smear, Urine & Stool test are not recommended during menstruation.
- *Voucher will be provided for S, A, A+, B, B+, G, G+, and C courses.

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