



Wellness Care For You

Health Screening Packages



Wellness Care For You

Preventive healthcare is the process of encouraging healthy lifestyle habits, discouraging risky habits, and periodically getting your health screened. Wellness care, as it is also known, is different from seeing the physician when you are unwell or have symptoms.

Your preventive care needs are based upon your individual age, gender and risk factor profile. At ParkwayHealth, our health screening packages are designed to provide your body and health a 'reality check', giving a review of your overall health status and addressing risk factors for prevention of diseases.

General Screening

S\$550
(price listed before GST)

- **Body Composition Analysis**
 - Height, Weight, Body Mass Index
 - Muscle Mass / Percentage
 - Body Fat
 - Edema Examination
- **Clinical Examination**
 - Complete Examination of Heart, Lungs & Abdomen
 - Rectal Examination
 - Blood Pressure Measurement
 - Neurological & Musculoskeletal Examination
- **Full Blood Count**
 - Haemoglobin
 - Total RBC Count
 - Total WBC Count
 - Differential Count
 - Platelet Count
 - Haematocrit
 - Red Cell Index (MCV)
 - Peripheral Blood Film
 - Sedimentation Rate (ESR)
 - Blood Grouping
- **Lipid Studies**
 - Total Cholesterol
 - HDL Cholesterol
 - LDL Cholesterol
 - Triglycerides
 - Cholesterol Index
- **Gout**
 - Uric Acid
- **Liver Function Tests**
 - Serum Bilirubin
 - SGPT
 - SGOT
 - SGGT
 - Alkaline Phosphatase
 - Total Proteins
 - Albumin
 - Globulin
 - Albumin / Globulin Ratio
- **Diabetes Mellitus**
 - Sugar
- **Kidney Function Tests**
 - Creatinine
 - Urea
 - Sodium
 - Potassium
 - Chloride
 - Bicarbonate
- **Thyroid Disease**
 - T4 (T3 / TSH / FTI if T4 is abnormal)
- **Osteoporosis**
 - Calcium
 - Phosphate
- **STD Screening**
 - VDRL (TPHA if VDRL is positive)
- **Cancer Marker Studies**
 - CEA (Lungs / Breasts / Colon / Stomach)
 - AFP (Liver)
- **Hepatitis**
 - Hepatitis A Antibodies
 - Hepatitis B Antigen & Antibodies
- **Arthritis**
 - RA Factor
- **Urine Analysis**
 - Urine FEME
- **Stool Examinations**
 - For Occult Blood (GIT Cancer)
 - For Parasites
- **Cancer of Cervix (for women)**
 - Pelvic Examination
 - Pap Smear
- **Visual Acuity**
 - Near / Far Vision
 - Stereoscopic Vision
- **Tonometry**
 - Eyeball Pressure (Glaucoma)

Screening Locations:

Executive Health Screeners at Gleneagles Hospital, Mount Elizabeth Hospital, Parkway East Hospital, Novena Medical Centre and Paragon

To make an appointment, please call (65) 6735 5000 or email: ppac@parkway.sg

Premier Scan

S\$1,250
(price listed before GST)

- **Body Composition Analysis**
 - Height, Weight, Body Mass
 - Index Muscle Mass Percentage
 - Body Fat
 - Edema Examination
- **Clinical Examination**
 - Complete Examination of Heart, Lungs & Abdominal Rectal
 - Blood Pressure Measurement
 - Neurological & Musculoskeletal Examination
- **Full Blood Count**
 - Haemoglobin
 - Total RBC Count
 - Total WBC Count
 - Differential Count
 - Platelet Count
 - Haematocrit
 - Red Cell Indices (MCV, MCH, MCHC)
 - Peripheral Blood Film
 - Sedimentation Rate (ESR)
 - Blood Grouping
- **Lipid Studies**
 - Total Cholesterol
 - HDL Cholesterol
 - LDL Cholesterol
 - Triglycerides
 - Cholesterol Index
 - Lipoprotein (a)
- **Gout**
 - Uric Acid
- **Liver**
 - Serum Bilirubin
 - SGPT
 - SGOT
 - SGGT
 - Alkaline Phosphatase
 - Total Proteins
 - Albumin
 - Globulin
 - Albumin / Globulin Ratio
- **Diabetes**
 - Sugar
- **Kidney**
 - Creatinine
 - Urea
 - Sodium
 - Potassium
 - Chloride
 - Bicarbonate
- **Thyroid Disease**
 - T4 (T3 / TSH / FTI if T4 is abnormal)
- **Osteoporosis**
 - Calcium
 - Phosphate
- **STD Screening**
 - VDRL (TPHA if VDRL is positive)
 - Anti-HIV
- **Cancer Marker Studies**
 - CEA (Lung / GIT / Kidney / Breast / Pancreas)
 - AFP (Liver)
 - EBV-EA-EBNA-1 (Nose)
 - CA 19-9 (Pancreas)
 - PSA (Prostate) (for men)
 - CA 125 (Ovary) (for women)
- **Hepatitis**
 - Hepatitis A Antibodies
 - Hepatitis B Antigen & Antibodies
 - Hepatitis C Antibodies
- **Arthritis**
 - RA Factor
- **Autoimmune Diseases**
 - Anti-DNA
- **High-Sensitivity CRP**
- **HbA1c**
- **Urine Analysis**
 - Urine FEME
- **Stool Examination**
 - For Occult Blood (GIT Cancer)
- **Cancer of Cervix (for women)**
 - Pelvic Examination
 - Pap Smear
- **Visual Acuity**
 - Near / Far Vision
 - Stereoscopic Vision
- **Tonometry**
 - Eyeball Pressure (Glaucoma)
- **Fundus Photography**
 - Retina Diseases
- **Hearing**
 - Audiogram (Hearing Impairment)
 - * (Not available at Mount Elizabeth Hospital)
- **Lung Function**
 - Spirometry (Restrictive / Obstructive)
- **Chest X-ray**
 - Lung Diseases (including TB / Lung Cancer)
 - Heart Diseases
- **Electrocardiogram (ECG)**
 - Detects Abnormalities of Heart Function (Ischaemic Heart / Irregular Heart Rhythm / Enlarged Heart)
- **Treadmill Exercise Stress Test**
 - Assess Heart Function under Exertion (Coronary Heart Disease)
- **Ultrasound of the Abdomen**
 - Ultrasound Scan of Liver / Gall Bladder / Kidneys / Pancreas / Spleen
- **Ultrasound of the Pelvis (for women)**
 - Ultrasound Scan of Uterus / Ovaries
 - Detects Abnormal Mass in Pelvis
- **Breast Cancer (for women)**
 - Mammogram
- **Uroflowmetry (for men)**
 - Prostate
- **Bladder Scan (for men)**
- **Antioxidants (Oxidata Test)**
- **Medical Review**
 - Doctor's recommendations

*Replace with Microalbumin, Urine

Screening Locations:

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Executive Premier Scan

S\$1,850
(price listed before GST)

- **Body Composition Analysis**
 - Height, Weight, Body Mass
 - Index Muscle Mass Percentage
 - Body Fat
 - Edema Examination
- **Clinical Examination**
 - Complete Examination of Heart, Lungs & Abdominal Rectal
 - Blood Pressure Measurement
 - Neurological & Musculoskeletal Examination
- **Full Blood Count**
 - Haemoglobin
 - Total RBC Count
 - Total WBC Count
 - Differential Count
 - Platelet Count
 - Haematocrit
 - Red Cell Indices (MCV, MCH, MCHC)
 - Peripheral Blood Film
 - Sedimentation Rate (ESR)
 - Blood Grouping
- **Lipid Studies**
 - Total Cholesterol
 - HDL Cholesterol
 - LDL Cholesterol
 - Triglycerides
 - Cholesterol Index
 - Lipoprotein (a)
- **Gout**
 - Uric Acid
- **Liver**
 - Serum Bilirubin
 - SGPT
 - SGOT
 - SGGT
 - Alkaline Phosphatase
 - Total Proteins
 - Albumin
 - Globulin
 - Albumin / Globulin Ratio
- **Diabetes**
 - Sugar
- **Kidney**
 - Creatinine
 - Urea
 - Sodium
 - Potassium
- Chloride
- Bicarbonate
- **Thyroid Disease**
 - T4 (T3 / TSH / FTI if T4 is abnormal)
- **Osteoporosis**
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- **STD Screening**
 - VDRL (TPHA if VDRL is positive)
 - Anti-HIV
- **Cancer Marker Studies**
 - CEA (Lung / GIT / Kidney / Breast / Pancreas)
 - AFP (Liver)
 - EBV-EA-EBNA-1 (Nose)
 - CA 19-9 (Pancreas)
 - PSA (Prostate) (for men)
 - CA 125 (Ovary) (for women)
- **Hepatitis**
 - Hepatitis A Antibodies
 - Hepatitis B Antigen & Antibodies
 - Hepatitis C Antibodies
- **Arthritis**
 - RA Factor
- **Autoimmune Diseases**
 - Anti-DNA
- **Ageing Biomarkers**
 - IgF
 - DHEA(S)
 - FSH
 - LH or ICSH
 - Estradiol
 - Testosterone
 - Prolactin
- **High-Sensitivity CRP**
- **HbA1c**
- **Urine Analysis**
 - Urine FEME
- **Stool Examination**
 - For Occult Blood (GIT Cancer)
- **Cancer of Cervix (for women)**
 - Pelvic Examination
 - Pap Smear
- **Visual Acuity**
 - Near / Far Vision
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- **Tonometry**
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- **Ultrasound of the Pelvis (for women)**
 - Ultrasound Scan of Uterus / Ovaries
 - Detects Abnormal Mass in Pelvis
- **Breast Cancer (for women)**
 - Mammogram
 - Ultrasound Scan of Breasts
- **Uroflowmetry (for men)**
 - Prostate
- **Bladder Scan (for men)**
- **Antioxidants (Oxidata Test)**
- **Rhinocopy**
- **Bone Densitometry**
- **Medical Review**
 - Doctor's recommendations

*Replaced with Microalbumin, Urine

Screening Locations:

Executive Health Screeners at Gleneagles Hospital, Mount Elizabeth Hospital, Parkway East Hospital, Novena Medical Centre and Paragon

To make an appointment, please call (65) 6735 5000 or email: ppac@parkway.sg

LUXE Wellness Plan (For female only)

Below 40 Years Old

\$\$2,500
(price listed before GST)



- **Medical Consultation**

- Medical History & Physical Examination

- **Vital Signs**

- Height, Weight, Biometric Test

- **Eye Check**

- Visual Acuity
- Ishihara Test
- Tonometry
- Fundoscopy

- **Audiometry Testing**

- **Cardiac Screening**

- Total Cholesterol
- HDL Cholesterol
- LDL Cholesterol
- Triglycerides
- Cholesterol Index
- High-Sensitivity CRP (hs-CRP)
- Electrocardiogram (ECG)
- *Treadmill
- *2D-Echocardiography

- **Lung Screening**

- Spirometry (Lung Function Test)
- Chest X-ray

- **Imaging Tests**

- Abdominal Ultrasound
- Breast Ultrasound

- **Pelvic Examination**

- Pelvic Ultrasound
- Pap Smear
- HPV

- **Liver Function Screening**

- Serum Bilirubin
- SGPT

- SGOT

- GGT

- Alkaline Phosphatase
- Total Proteins

- Albumin

- Globulin

- Albumin / Globulin Ratio

- **Hepatitis Screening**

- Hepatitis A Ab
- Hepatitis Bs Ag & Ab
- Hepatitis C Ab

- **Renal (Kidney) Health**

- Urea

- Creatinine

- Potassium

- Sodium

- Chloride

- Urine Microalbumin / Creatinine ratio

- Urine FEME

- **Endocrine Health**

- Free T4 / Free T3 / TSH

- **Autoimmune Diseases**

- Anti-DNA

- Anti-ANA

- **Diabetes Screening**

- Fasting Sugar

- HbA1C

- Oral Glucose Tolerance Test

- **Bone & Joint Health**

- Calcium & Phosphate

- Uric Acid (Gout)

- Rheumatoid (RA) Factor

- Bone Mineral

- Densitometry

- **Cancer Markers**

- Screening Tests**

- AFP (Alpha Fetoprotein) (Liver)

- CEA

- (Carcinoembryonic Antigen)

- (Lung, GIT, Kidney, Pancreas, Colon)

- CA 125 (Ovary)

- CA 19.9 (Pancreas)

- CA 15.3 (Breast)

- EBV EA IgA (Nose & Throat)

- **Full Blood Count**

- Haemoglobin

- Total RBC Count

- Total WBC Count

- Differential Count

- Platelet Count

- Haematocrit

- Red Cell Index (MCV)

- Peripheral Blood Film

- Sedimentation Rate (ESR)

- Blood Grouping (ABO & Rhesus)

- **HB Electrophoresis**

- **STD Screening**

- Venereal Disease (VDRL)

- TPHA (if VDRL is positive)

- Anti-HIV (optional)

- **Immunology**

- Stool OB & FEME

- **Medical Review**

- Doctor's recommendations

**The final interpretation of the test results will be completed by a cardiologist.*

Screening Location: Mandarin Orchard Singapore, 333 Orchard Road, #06-25 (Orchard Wing), Singapore 238867

To make an appointment, please call (65) 6735 5000 or email: ppac@parkway.sg

LUXE Wellness Plan (For female only)

Above 40 Years Old

SS\$2,900
(price listed before GST)

• Medical Consultation

- Medical History & Physical Examination

• Vital Signs

- Height, Weight, Biometric Test

• Eye Check

- Visual Acuity
- Ishihara Test
- Tonometry
- Fundoscopy

• Audiometry Testing

• Cardiac Screening

- Total Cholesterol
- HDL Cholesterol
- LDL Cholesterol
- Triglycerides
- Cholesterol Index
- High-Sensitivity CRP (hs-CRP)
- Electrocardiogram (ECG)
- *Treadmill
- *2D-Echocardiography

• Lung Screening

- Spirometry (Lung Function Test)
- Chest X-ray

• Imaging Tests

- Abdominal Ultrasound
- Breast Ultrasound
- Mammogram

• Pelvic Examination

- Pelvic Ultrasound
- Pap Smear
- HPV

• Liver Function Screening

- Serum Bilirubin
- SGPT
- SGOT
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- Alkaline Phosphatase
- Total Proteins
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- Albumin / Globulin Ratio

• Hepatitis Screening

- Hepatitis A Ab
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- Hepatitis C Ab

• Renal (Kidney) Health

- Urea
- Creatinine
- Potassium
- Sodium
- Chloride
- Urine Microalbumin / Creatinine ratio
- Urine FEME

• Endocrine Health

- Free T4 / Free T3 / TSH

• Autoimmune Diseases

- Anti-DNA
- Anti-ANA

• Diabetes Screening

- Fasting Sugar
- HbA1c
- Oral Glucose Tolerance Test

• Bone & Joint Health

- Calcium & Phosphate
- Uric Acid (Gout)
- Rheumatoid (RA) Factor
- Bone Mineral Densitometry

• Cancer Markers

- Screening Tests**
- AFP (Alpha Fetoprotein) (Liver)
- CEA (Carcinoembryonic Antigen)

- (Lung, GIT, Kidney, Pancreas, Colon)
- CA 125 (Ovary)
- CA 19.9 (Pancreas)
- CA 15.3 (Breast)
- EBV EA IgA (Nose & Throat)

• Full Blood Count

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• HB Electrophoresis

• Ageing Biomarkers

- IgF
- DHEA(S)
- FSH
- LH or ICSH
- Estradiol
- Testosterone
- Prolactin
- Cortisol
- SHBG

• STD Screening

- Venereal Disease (VDRL)
- TPHA (if VDRL is positive)
- Anti-HIV (optional)

• Immunology

- Stool OB & FEME

• Medical Review

- Doctor's recommendations

**The final interpretation of the test results will be completed by a cardiologist.*

Health Screening

Pre-screening Guidelines

How do I prepare for a health screening?

- To prepare for the health screening, you will need to fast for 10 hours the night before your scheduled appointment. However, if need be, only sips of water may be taken during the fasting.
- After the blood test and abdominal ultrasound (for Premier Scan), a light breakfast will be served.

What are the dietary instructions before the screening?

In order to obtain a reliable result, you are advised to:

- Eat a diet rich in roughage, such as vegetables, salad, nuts, and wholemeal bread for three days before the start of the test.
- Avoid raw and half-cooked meat and cold cuts eg. steak tartar, steak, liver, salami during the period.
- Do not take any drug or vitamin preparation on the day of the screening.

What do I need to bring along for my appointment?

- Please bring along your NRIC/FIN or Passport for registration.
- For those with pre-existing medical conditions, please bring along any relevant medical reports, blood test results and/or medications.
- If your health screening plan includes a vision test, please do not put on your contact lenses on the day of your appointment. Remember to bring along your glasses that you normally use for distant and near vision.
- Please bring along a pair of track shoes, shorts and T-shirt for your treadmill stress test.

What do I expect during the health screening?

- After the blood test and abdominal ultrasound (for Premier Scan), a light breakfast will be served.
- Depending on your health screening plan, urine/stool samples may be taken for analysis. Containers will be provided to you on your arrival at the Health Screening Centre. Urine should be taken from the mid stream of your urine flow in order to obtain the most accurate results.
- You will then go through the series of tests in your health screening plan such as electrocardiogram, chest X-ray, ultrasound etc.
- At the end of your screening, we will arrange for an appointment for you to attend a medical review with our resident physician.

Screening Location: Mandarin Orchard Singapore, 333 Orchard Road, #06-25 (Orchard Wing), Singapore 238867

To make an appointment, please call (65) 6735 5000 or email: ppac@parkway.sg

ParkwayHealth Patient Assistance Centre
24-Hour Helpline: (65) 6735 5000

Email: ppac@parkway.sg • Websites: www.ppac.sg | www.womenandchildren.sg



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