



# Corporate Executive Health Screening Packages

Singapore Estate Agents Association (SEAA) Members



## Experience The Difference

Our Healthway Screening Centres provide a comprehensive range of health screening packages tailored to the individual who prioritises quality and convenience. Our medical professionals offer personalised recommendations and treatments for patients, helping you to uncover key insights about your current health status, and identify any future risks for early intervention.

We offer an extensive range of medical check-ups at these locations:

Healthway Screening @ Downtown Healthway Screening @ Centrepoint Healthway Screening @ Capitol











## **SUPERIOR PACKAGE** \$360 (w/o GST)

#### Medical Consultation by Doctor

- Interview on Medical History
- Physical Examination

#### · Clinical Assessment

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

### Laboratory Analysis HAEMATOLOGY

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

#### **DIABETES SCREEN**

- Blood Glucose (Fasting)

#### LIPID SCREEN

- Total Cholesterol
- Triglycerides
- HDL Cholesterol
- I DI Cholesterol
- T : 101 1/151 F
- Total Chol/HDL Ratio

#### THYROID SCREEN

- Thyroxine (Free T4)
- Thyroid Stimulating Hormone (TSH)

#### **KIDNEY FUNCTION**

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

#### LIVER FUNCTION

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

#### **BONE & JOINT SCREEN**

- Calcium
- Uric Acid
- Rheumatoid Arthritis Factor
- Phosphate

#### **HEPATITIS SCREEN**

- Hepatitis A (HAV) IgG Antibody
- Hepatitis B Antibody
- Hepatitis B Antigen
- Hepatitis C Antibody

#### **TUMOUR MARKERS**

- Liver (AFP)
- Colon (CEA)
- Ovaries (CA 125)♀
- Prostate (PSA) 3

#### **URINE & STOOL ANALYSIS**

- Urine FEME
- Stool Occult Blood

#### **CERVICAL CANCER SCREEN**

- Thin Prep ♀
- · Radiological Investigation
- Chest X-ray

#### Selection of 1 Test:

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

- Full Medical Report
- Consultation & Lifestyle Counselling







## **ESSENTIAL PACKAGE** \$560 (w/o GST)

#### Medical Consultation by Doctor

- Interview on Medical History
- Physical Examination

#### · Clinical Assessment

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

#### · Laboratory Analysis **HAEMATOLOGY**

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

#### **DIABETES SCREEN**

- Blood Glucose (Fasting)
- HbA1c

#### LIPID SCREEN

- Total Cholesterol
- Trialvcerides
- HDL Cholesterol
- I DI Cholesterol
- Total Chol/HDL Ratio

#### THYROID SCREEN

- Thyroxine (Free T4)
- Thyroid Stimulating Hormone Phosphate (TSH)

#### KIDNEY FUNCTION

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

#### LIVER FUNCTION

- Total Protein
- Albumin
- Globulin
- A/G Ratio
- Total Bilirubin

- Alkaline Phosphatase
- SGOT (AST)
- SGPT (ALT)
- Gamma GT

#### **BONE & JOINT SCREEN**

- Calcium
- Uric Acid
- Rheumatoid Arthritis Factor

#### **HEPATITIS SCREEN**

- Hepatitis A (HAV) IgG Antibody
- Hepatitis B Antibody
- Hepatitis B Antigen
- Hepatitis C Antibody

#### **TUMOUR MARKERS**

- Liver (AFP)
- Colon (CEA)
- Ovaries (CA 125)♀
- Prostate (PSA)

#### **URINE & STOOL ANALYSIS**

- Urine FFMF
- Urine Microalbumin/ Creatinine Ratio
- Stool Occult Blood

#### CERVICAL CANCER SCREEN

- Thin Prep
- Radiological Investigation
- Chest X-rav

#### Selection of 2 Tests:

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

- Full Medical Report
- Consultation & Lifestyle Counsellina



## PRESTIGE PACKAGE \$710 (w/o GST)

#### Medical Consultation by Doctor

- Interview on Medical History
- Physical Examination

#### · Clinical Assessment

- Height & Weight Measurement
- Body Mass Index (BMI)
- Blood Pressure Measurement
- Waist & Hip Ratio
- 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 (Fasting)
- HbA1c

#### LIPID SCREEN

- Total Cholesterol
- Triglycerides
- Cholesterol
- Cholesterol
- 011010010101
- Toll Chol/HDL Ratio

#### **THYROID SCREEN**

- Thyroxine (Free T4)
- Thyroid Stimulating Hormone (TSH)

#### KIDNEY FUNCTION

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

#### LIVER FUNCTION

- Total Protein
- Albumin
- Globulin
- A/G Ratio
- Total Bilirubin
- IOIAI DIIIIUDIII
- Alkaline Phosphatase
- SGOT (AST)
- SGPT (ALT)
- Gamma GT

#### **BONE & JOINT SCREEN**

- Calcium
- Uric Acid
- Rheumatoid Arthritis Factor
- Phosphate

#### **HEPATITIS SCREEN**

- Hepatitis A (HAV) IgG Antibody
- Hepatitis B Antibody
- Hepatitis B Antigen
- Hepatitis C Antibody

#### **TUMOUR MARKERS**

- Liver (AFP)
- Colon (CEA)
- Ovaries (CA 125)♀
- Prostate (PSA)
- Nose (EBV)
- Pancreas (CA19-9)

#### CARDIAC RISK PROFILE

- hs C-Reactive Protein (hsCRP)

#### **URINE & STOOL ANALYSIS**

- Urine FEME
- Urine Microalbumin /Creatinine Ratio
- Stool Occult Blood

#### **CERVICAL CANCER SCREEN**

- Thin Prep?

#### **IMMUNOLOGY**

- Helicobacter pylori

#### · Radiological Investigation

- Chest X-ray

#### Selection of 2 Tests:

- Advance Body Mass Composition
- Bone Mineral Density
- Treadmill Stress Test

- Mammogram♀
- Uroflowmetry
- Ultrasound Pelvis♀
- Ultrasound Breast♀
- Ultrasound Prostated
- Ultrasound Thyroid
- Ultrasound Abdomen

- Full Medical Report
- Consultation & Lifestyle Counselling



## SIGNATURE PACKAGE \$1,010 (w/o GST)



#### Medical Consultation **bv Doctor**

- Interview on Medical History
- Physical Examination

#### · Clinical Assessment

- Height & Weight Measurement
- Body Mass Index (BMI)
- Blood Pressure Measurement
- Waist & Hip Ratio
- 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 (Fasting)
- HbA1c

#### LIPID SCREEN

- Total Cholesterol
- Triglycerides
- HDI Cholesterol
- LDL Cholesterol
- Total Chol/HDL Ratio

#### THYROID SCREEN

- Thyroxine (Free T4)
- Thyroid Stimulating Hormone (TSH)

#### KIDNEY FUNCTION

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

#### LIVER FUNCTION

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

#### **BONE & JOINT SCREEN**

- Calcium
- Uric Acid
- Rheumatoid Arthritis Factor
- Phosphate

#### **HEPATITIS SCREEN**

- Hepatitis A (HAV) IgG Antibody
- Hepatitis B Antibody
- Hepatitis B Antigen
- Hepatitis C Antibody

#### **TUMOUR MARKERS**

- Liver (AFP)
- Colon (CEA)
- Ovaries (CA 125)♀
- Prostate (PSA) d
- Nose (EBV)
- Pancreas (CA19-9)

#### **CARDIAC RISK PROFILE**

- hs C-Reactive Protein (hsCRP)

#### **URINE & STOOL ANALYSIS**

- Urine FEME
- Urine Microalbumin /Creatinine Ratio
- Stool Occult Blood

#### **CERVICAL CANCER** SCREEN

- Thin Prep ♀
- HPV DNA 🔉

#### **IMMUNOLOGY**

- Helicobacter pylori

#### **HORMONAL PROFILE**

- Progesterone♀
- Estradiol (E2)♀
- Luteinizing Hormone (LH)♀
- Testosterone d
- Prolactin
- Follicular Stimulating Hormone (FSH)

#### Radiological Investigation

- Chest X-ray

#### Selection of 3 Tests:

- Advance Body
- Mass Composition
- Bone Mineral Density - Treadmill Stress Test
- Mammogram ♀
- Uroflowmetrvd
- Ultrasound Pelvis♀
- Ultrasound Breast♀
- Ultrasound Prostated
- Ultrasound Thyroid
- Ultrasound Abdomen

- Full Medical Report
- Consultation & Lifestyle Counsellina

## 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)
- · Membership e-card

## 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**



#### 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

#### To schedule an appointment:



6811 8686



contactus@healthwaymedical.com





