

# MINMED HEALTH SCREENERERS

*Executive Health Screening*

*Health Screening  
At Paragon Is  
Something You  
Deserve*



290 Orchard Road  
#16-04/09/10 Paragon  
Singapore 238859



[www.minmed.sg](http://www.minmed.sg)



[ask@minmed.sg](mailto:ask@minmed.sg)



# STRAITS

\$267.50 with GST

## MEDICAL CONSULTATION

Detailed Medical History  
Complete Physical Examination by  
Doctor

## BIOMETRIC PARAMETERS

Height & Weight (BMI)  
Blood Pressure Measurement  
Vision Acuity  
Colour Vision  
Body Fats Analysis  
Waist Hip Ratio Measurement

## URINE & STOOL ANALYSIS

Urine FEME  
Stool OCC  
Urine Microalbumin & Creatinine  
Ratio

## BLOOD ANALYSIS

Fasting Blood Glucose  
HbA1c (if blood glucose > 7mmol)  
Fasting Blood Cholesterol  
Full Blood Count  
Kidney Function  
Liver Function  
VDRL  
Bone Disease  
Gout Screen  
Hepatitis A  
Hepatitis B  
Thyroid Function Test (FT4,TSH)  
Rheumatoid Factor  
Tumour Markers Screen:  
- AFP (Liver)  
- CEA (Colon)

## MEDICAL REPORT & REVIEW

Report review with Doctor  
Lifestyle Counselling

# STAMFORD

\$342.40 with GST

Includes all tests in Straits  
with additional following:

## BLOOD ANALYSIS

Tumour Markers Screen:  
+ Prostate (PSA)/Ovaries (CA125)

## OTHER TESTS

+ Spirometry  
+ Tonometry  
+ Chest X-Ray  
+ Resting Electrocardiogram  
+ Bone Mass Density (Ankle)

# SILOSO

\$449.40 with GST

## MEDICAL CONSULTATION

Detailed Medical History  
Complete Physical Examination by  
Doctor

## BIOMETRIC PARAMETERS

Height & Weight (BMI)  
Blood Pressure Measurement  
Vision Acuity  
Colour Vision  
Body Fats Analysis  
Waist Hip Ratio Measurement

## URINE & STOOL ANALYSIS

Urine FEME  
Stool OCC  
Urine Microalbumin & Creatinine  
Ratio

## OTHER TESTS

Spirometry  
Tonometry  
Chest X-Ray  
Resting Electrocardiogram  
Bone Mass Density (Ankle)  
Choice of 1:  
Mammogram / Ultrasound Breast /  
Ultrasound Prostate / Ultrasound  
Pelvis / Ultrasound Abdomen /  
Treadmill Stress Test

## BLOOD ANALYSIS

Fasting Blood Glucose  
HbA1c (if blood glucose > 7mmol)  
Fasting Blood Cholesterol  
Full Blood Count  
Kidney Function  
Liver Function  
VDRL  
Bone Disease  
Gout Screen  
Hepatitis A  
Hepatitis B  
Thyroid Function Test (FT4,TSH)  
Rheumatoid Factor  
Tumour Markers Screen:  
- AFP (Liver)  
- CEA (Colon)  
- Prostate (PSA)/Ovaries (CA125)

## MEDICAL REPORT & REVIEW

Report review with Doctor  
Lifestyle Counselling

# MERDEKA

\$556.40 with GST

Includes all tests in Siloso  
with additional following:

## BLOOD ANALYSIS

+ Helicobacter Pylori

### Heart Screen:

+ Apolipoprotein A  
+ Apolipoprotein B  
+ HsCRP

### Tumour Markers Screen:

+ Pancreas (CA19.9)  
+ Nose (EVB EA-IgA)  
+ Breast (CA15.3) / Testicular  
(Beta HCG)

# TEMASEK

\$663.40 with GST

## MEDICAL CONSULTATION

Detailed Medical History  
Complete Physical Examination by  
Doctor

## BIOMETRIC PARAMETERS

Height & Weight (BMI)  
Blood Pressure Measurement  
Vision Acuity  
Colour Vision  
Body Fats Analysis  
Waist Hip Ratio Measurement

## URINE & STOOL ANALYSIS

Urine FEME  
Stool OCC  
Urine Microalbumin & Creatinine  
Ratio

## OTHER TESTS

Spirometry  
Tonometry  
Chest X-Ray  
Resting Electrocardiogram  
Bone Mass Density (Ankle)  
Choice of 2:  
Mammogram / Ultrasound Breast /  
Ultrasound Prostate / Ultrasound  
Pelvis / Ultrasound Abdomen /  
Treadmill Stress Test

## BLOOD ANALYSIS

Fasting Blood Glucose  
HbA1c (if blood glucose > 7mmol)  
Fasting Blood Cholesterol  
Full Blood Count  
Kidney Function  
Liver Function  
VDRL  
Bone Disease  
Gout Screen  
Hepatitis A  
Hepatitis B  
Thyroid Function Test (FT4,TSH)  
Rheumatoid Factor  
Tumour Markers Screen:  
- AFP (Liver)  
- CEA (Colon)  
- Prostate (PSA)/Ovaries (CA125)  
- Pancreas (CA19.9)  
- Nose (EVB EA-IgA)  
- Breast (CA15.3) / Testicular (Beta  
HCG)  
Helicobacter Pylori  
Heart Screen:  
- Apolipoprotein A  
- Apolipoprotein B  
- HsCRP

## MEDICAL REPORT & REVIEW

Report review with Doctor  
Lifestyle Counselling

# SCREENING PREP AND CHECKLIST

## For X-ray

- Not for pregnant women
- Consult our doctor if test was done in the preceding 6 months

## For Ultrasound

- Avoid smoking
- Ultrasound abdomen/liver (fast at least 8 hours till after test completion)
- Ultrasound Pelvis (drink at least 5-6 glasses of plain water an hour before and avoid urination)

## For Treadmill Stress Test

- Stop beta-blocker medications (e.g. atenolol, propranolol) 3 days before
- Bring running attire, sports shoes and towel
- Take a light breakfast before test
- Avoid caffeinated drinks

## For eye examination

- Bring along spectacles (if any)
- Remove contact lens 30 mins before tonometry and retinal photography

## For PAP Smear

- Schedule appointment at least 5 days post menstruation
- Avoid sexual intercourse, use of spermicides, vaginal creams/medications, lubricants and tampons 48 hours before

## For Mammogram

- Not for pregnant women
- Avoid applying moisturizers, perfumes or powder on chest or under arms
- Best done 5 days after menstruation (breasts are less tender)
- Consult our doctor if you had a mammogram less than a year ago

## What do I need to bring?

- Identification - NRIC/Work Permit/Passport
- Medical report, radiology films from last health screening

## What do I need to do?

- Fast for at least 8 hours before your screening
- Drink plain water during fast
- Wear loose-fitting clothes (2 piece outfit for mammogram and PAP Smear)
- Omit diabetic medication until after breakfast
- Consume regular chronic medications
- Do PAP Smear/urine and stool test at least 5 days before or after menstruation

## For Stool test

- Avoid consuming red meat and iron supplements 3 days prior

# SCREENING SELECTION OVERVIEW

	STRAITS	STAMFORD	SILOSO	MERDEKA	TEMASEK
	\$267.50	\$342.40	\$449.40	\$556.40	\$663.40
Height & Weight (BMI)					
Blood Pressure Measurement					
Vision Acuity					
Colour Vision					
Body Fats Analysis					
Waist Hip Ratio Measurement					
Urine FEME					
Stool Occult Blood					
Urine Microalbumin & Creatinine Ratio					
Fasting Blood Glucose					
HbA1c (if blood glucose > 7mmol)					
Fasting Blood Cholesterol					
Full Blood Count					
Kidney Function					
Liver Function					
VDRL					
Bone Disease					
Gout Screen					
Hepatitis A					
Hepatitis B					
Thyroid Function Test (FT4, TSH)					
Rheumatoid Factor					
Tumour Marker - AFP (Liver)					
Tumour Marker - CEA (Colon)					
Spirometry					
Tonometry					
Chest X-ray					
Resting Electrocardiogram					
Bone Mass Density (Ankle)					
Tumour Marker - Prostate (PSA)/Ovaries (CA125)					
Tumour Marker - Pancreas (CA19.9)					
Tumour Marker - Nose (EBV EA-IgA)					
Tumour Marker - Testicular (Beta HCG)/Breast (15.3)					
Helicobacter Pylori					
Heart Screen (Apolipoprotein A, Apolipoprotein B, HsCRP)					
Choice of 1: Mammogram/Ultrasound Breast/Ultrasound Prostate/Ultrasound Pelvis/Ultrasound Abdomen/Treadmill Stress Test					
Choice of 2: Mammogram/Ultrasound Breast/Ultrasound Prostate/Ultrasound Pelvis/Ultrasound Abdomen/Treadmill Stress Test					