



WEST WING >>

# MINMED HEALTH SCREENERS

*Executive Health Screening that  
you deserve.*



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



ask@minmed.sg



www.minmed.sg

# STRAITS

**\$299.00** incl. GST

## Medical Consultation

Medical Consultation and  
Physical Examination by a doctor

## Biometric Parameters

Height & Weight (BMI)  
Blood Pressure  
Visual Acuity  
Colour Vision  
Body Fat Analysis  
Waist-Hip Ratio

## Urine & Stool Analysis

Urine FEME  
Stool Occult Blood  
Urine Microalbumin to Creatinine Ratio

## Blood Analysis

Fasting Blood Glucose  
HbA1C (if blood glucose > 7 mmol)  
Fasting Blood Cholesterol  
Full Blood Count  
Kidney Function  
Liver Function  
VDRL  
Bone Disease  
Gout  
Hepatitis A  
Hepatitis B  
Thyroid Function (FT4, TSH)  
Rheumatoid Factor  
Tumor Markers  
- AFP (Liver)  
- CEA (Colon)

## Medical Report & Review

Report review with Doctor  
Lifestyle Counselling

# STAMFORD

**\$429.00** incl. GST

*Additional tests from STRAITS*

## Blood Analysis

Tumor Marker  
- PSA (Prostate) / CA125 (Ovaries)

## Other Tests

Tonometry  
Chest X-ray  
Resting Electrocardiogram

# SILOSO

**\$629.00** incl. GST

## Medical Consultation

Medical Consultation and  
Physical Examination by a doctor

## Biometric Parameters

Height & Weight (BMI)  
Blood Pressure  
Visual Acuity  
Colour Vision  
Body Fat Analysis  
Waist-Hip Ratio

## Other Tests

Tonometry  
Chest X-ray  
Resting Electrocardiogram

Choice of 1 test:

- Mammogram
- Ultrasound Breast
- Ultrasound Prostate
- Ultrasound Pelvis
- Ultrasound Abdomen
- Treadmill Stress Test\*

## Urine & Stool Analysis

Urine FEME  
Stool Occult Blood  
Urine Microalbumin to Creatinine Ratio

## Blood Analysis

Fasting Blood Glucose  
HbA1C (if blood glucose > 7 mmol)  
Fasting Blood Cholesterol  
Full Blood Count  
Kidney Function  
Liver Function  
VDRL  
Bone Disease  
Gout  
Hepatitis A  
Hepatitis B  
Thyroid Function (FT4, TSH)  
Rheumatoid Factor  
  
Tumor Markers  
- AFP (Liver)  
- CEA (Colon)  
- PSA (Prostate) / CA125 (Ovaries)  
- CA19.9 (Pancreas)  
- EBV EA IgA (Nose)  
- Beta HCG (Testicular) / CA15.3 (Breast)

## Medical Report & Review

Report review with Doctor  
Lifestyle Counselling

\*Selection is available with add on  
of \$53.50 inclusive of GST

# MERDEKA

**\$769.00** incl. GST

*Additional tests from SILOSO*

## Blood Analysis

Hepatitis C  
Helicobacter Pylori

Heart Screen

- Apolipoprotein A
- Apolipoprotein B
- Apo B/A1 Ratio
- HsCRP

# TEMASEK

**\$989.00** incl. GST

## Medical Consultation

Medical Consultation and Physical Examination by a doctor

## Biometric Parameters

Height & Weight (BMI)  
Blood Pressure  
Visual Acuity  
Colour Vision  
Body Fat Analysis  
Waist-Hip Ratio

## Other Tests

Tonometry  
Chest X-ray  
Resting Electrocardiogram

Choice of 2 tests:

- Mammogram
- Ultrasound Breast
- Ultrasound Prostate
- Ultrasound Pelvis
- Ultrasound Abdomen
- Treadmill Stress Test

## Blood Analysis

Fasting Blood Glucose  
HbA1C (if blood glucose > 7 mmol)  
Fasting Blood Cholesterol  
Full Blood Count  
Kidney Function  
Liver Function  
VDRL  
Bone Disease  
Gout  
Hepatitis A  
Hepatitis B  
Thyroid Function (FT4, TSH)  
Rheumatoid Factor

Tumor Markers

- AFP (Liver)
- CEA (Colon)
- PSA (Prostate) / CA125 (Ovaries)
- CA19.9 (Pancreas)
- EBV EA IgA (Nose)
- Beta HCG (Testicular) / CA15.3 (Breast)

## Blood Analysis

Hepatitis C  
Helicobacter Pylori

Heart Screen

- Apolipoprotein A
- Apolipoprotein B
- Apo B/A1 Ratio
- HsCRP

Deficiency Screen

- Vitamin D
- Vitamin B12
- Folate
- Iron

## Urine & Stool Analysis

Urine FEME  
Stool Occult Blood  
Urine Microalbumin to Creatinine Ratio

## Medical Report & Review

Report review with Doctor  
Lifestyle Counselling

# HERITAGE

**\$1,489.00** incl. GST

## Medical Consultation

Medical Consultation and Physical Examination by a doctor

## Biometric Parameters

Height & Weight (BMI)  
Blood Pressure  
Visual Acuity  
Colour Vision  
Body Fat Analysis  
Waist-Hip Ratio

## Other Tests

Tonometry  
Chest X-ray  
Resting Electrocardiogram  
2D Echocardiogram

Choice of 2 tests:

- Mammogram
- Ultrasound Breast
- Ultrasound Prostate
- Ultrasound Pelvis
- Ultrasound Abdomen
- Treadmill Stress Test

## Blood Analysis

Fasting Blood Glucose  
HbA1C (if blood glucose > 7 mmol)  
Fasting Blood Cholesterol  
Full Blood Count  
Kidney Function  
Liver Function  
VDRL  
Bone Disease  
Gout  
Hepatitis A  
Hepatitis B  
Thyroid Function (FT4, TSH)  
Rheumatoid Factor

Tumor Markers

- AFP (Liver)
- CEA (Colon)
- PSA (Prostate) / CA125 (Ovaries)
- CA19.9 (Pancreas)
- EBV EA IgA (Nose)
- Beta HCG (Testicular) / CA15.3 (Breast)

## Blood Analysis

Hepatitis C  
Helicobacter Pylori

Heart Screen

- Apolipoprotein A
- Apolipoprotein B
- Apo B/A1 Ratio
- HsCRP

Deficiency Screen

- Vitamin D
- Vitamin B12
- Folate
- Iron

## Urine & Stool Analysis

Urine FEME  
Stool Occult Blood  
Urine Microalbumin to Creatinine Ratio

## Medical Report & Review

Report review with Doctor  
Lifestyle Counselling

# SCREENING CHECKLIST

## For X-ray

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

## 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 Stool Test

- Avoid consuming red meat and iron supplements 3 days prior

## 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 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

## For Treadmill Stress Test

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

## 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 Tests at least 5 days before or after menstruation

# PACKAGE OVERVIEW

		STRAITS	STAMFORD	SILOSO	MERDEKA	TEMASEK	HERITAGE
Price inclusive of GST		\$299.00	\$429.00	\$629.00	\$769.00	\$989.00	\$1,489.00
BIOMETRIC PARAMETERS	Height & Weight (BMI)	•	•	•	•	•	•
	Blood Pressure	•	•	•	•	•	•
	Vision Acuity & Colour Vision	•	•	•	•	•	•
	Body Fats Analysis	•	•	•	•	•	•
	Waist-Hip Ratio	•	•	•	•	•	•
URINE & STOOL	Urine FEME	•	•	•	•	•	•
	Stool Occult Blood	•	•	•	•	•	•
	Urine Microalbumin	•	•	•	•	•	•
	Urine Creatinine	•	•	•	•	•	•
	Urine Microalbumin to Creatinine Ratio	•	•	•	•	•	•
BLOOD ANALYSIS	Fasting Blood Glucose	•	•	•	•	•	•
	HbA1C (if blood glucose > 7mmol)	•	•	•	•	•	•
	Fasting Blood Cholesterol	•	•	•	•	•	•
	Full Blood Count	•	•	•	•	•	•
	Kidney Function Test	•	•	•	•	•	•
	Liver Function Test	•	•	•	•	•	•
	Syphilis Screen (VDRL)	•	•	•	•	•	•
	Gout Screen	•	•	•	•	•	•
	Bone Disease	•	•	•	•	•	•
	Rheumatoid Factor	•	•	•	•	•	•
	Hepatitis A	•	•	•	•	•	•
	Hepatitis B	•	•	•	•	•	•
	Thyroid Function (FT4, TSH)	•	•	•	•	•	•
	Tumor Marker – AFP (Liver)	•	•	•	•	•	•
	Tumor Marker – CEA (Colon)	•	•	•	•	•	•
	Tumor Marker – PSA (Prostate) / CA125 (Ovaries)		•	•	•	•	•
	Tumor Marker – CA19.9 (Pancreas)			•	•	•	•
	Tumor Marker –EBV EA-IgA (Nose)			•	•	•	•
	Tumor Marker – Beta HCG (Testicular) / CA15.3 (Breast)			•	•	•	•
	Helicobacter Pylori				•	•	•
	Hepatitis C				•	•	•
	Heart Screen (Apolipoprotein A, Apolipoprotein B, Apo B/A1 Ratio, HsCRP)				•	•	•
	Deficiency Screen (Vitamin D, Vitamin B12, Folate, Iron)					•	•
OTHER TESTS	Tonometry		•	•	•	•	•
	Chest X-ray		•	•	•	•	•
	Resting Electrocardiogram		•	•	•	•	•
	2D Echocardiogram						•
CHOICE OF:	Mammogram						
	Ultrasound Breast/Prostate/Abdomen/Pelvis						
	*Treadmill Stress Test (Add-on of \$53.50 inclusive of GST)			Choice of 1*	Choice of 1*	Choice of 2	Choice of 2