

# Executive Health Screening (Corporate Package)

The list of corporate health screening packages is provided for convenience of the employee and at discounted rates as agreed with the clinics. It is not an endorsement of any particular clinics, and the Company bears no responsibility or liability with regards to the services provided by such clinics. The list of corporate health screening packages is also extended to non-eligible employees and dependents at the discounted corporate rate. Please refer to the screening packages details and instructions on how to book appointment and enjoy the corporate rates.



**Make Health Connect**

**MHC**

Caterpillar EHS1

S\$280 (before GST)



**DOCTOR ANYWHERE**

Aspen

S\$288 (before GST)



**MINMED**

Package A

S\$315 (including GST)



**FULLERTON**  
HEALTH

**FULLERTON**

Mercer LiveFuller

S\$288 (before GST)



Make Health Connect

# EXECUTIVE HEALTH SCREENING

Available at  
MHC Medical Centre (Amara)

Caterpillar Entities

Valid for Year 2024





## Get started...

We are happy that you have chosen to embark on your health journey with MHC. Here is what you can do to improve your experience with us.

Ready to start your health screening journey? Follow these steps to prepare yourself for the health screening.

See you there!



### Book Your Appointment Online

Log on to the website of the medical centre of your choice, and book your appointment. We recommend booking in advance to avoid disappointments. Alternatively, please drop us an email or call us. We look forward to putting you on the path of healthy living.

**Book online at:**

[www.mhcasia.com/executive-health-screenings-corporate](http://www.mhcasia.com/executive-health-screenings-corporate)



### Particulars

Ensure that your details such as your NRIC/Identification Number, address, mobile number are correct before the medical appointment.



### Fasting not required

All packages have been clinically designed to eliminate the need for fasting before your screening. However, if there are any optional scans for liver, gallbladder or abdomen; fasting for 8 hours prior to the scan is still required.



### Medication

Are you on diabetic medication? Refrain from taking your medication unless otherwise advised by your doctor.



### Documents

Share with us your past medical documents and health records so we can better interpret your health screening results.



### Technology Enabled

Our in-house app allows you to automatically receive your health screening report, and teleconsult a doctor for your post-screening review.





## MHC Medical Centre (Amara)

Enjoy 2 floors of our newly-opened MHC medical centre, located in the middle of Singapore's bustling city, retreat there to conduct your health screenings in peace.

### OPENING HOURS

Mon-Fri	9:00 am–5:00 pm
Saturday	9:00 am–1:00 pm
Sunday & Public Holiday	Closed



Online appointment booking  
[www.mhcasia.com/  
executive-health-screenings-corporate](http://www.mhcasia.com/executive-health-screenings-corporate)



### MHC Medical Centre (Amara) Contact Details

**Address**  
100 Tras St, #15-01,  
Singapore 079027

**Telephone**  
(65) 6225 5220

**Fax**  
(65) 6225 5426



# Caterpillar EHS1 Package

\$280

## WHAT'S INCLUDED

- **Medical Consultation** (History & Examination)
- **Medical Report & Medical Result Review**
- **Biophysics** (Blood Pressure, Height, Weight, BMI & Body Fat Measurement)
- **Visual/ Colour Eye Test**
- **Resting Electrocardiogram (ECG)**
- **Chest X-Ray**
- **Tonometry**
- **Basic Cardiac Risk Assessment**
- **Refreshment @ Lounge**
- **Complimentary 4-Strain Flu Vaccine**

*\*\*Note: Medical Report & Medical Result Review for MHC Medical Centre (Amara) will be conducted via Teleconsult only. Kindly refer to the guide at the back cover for your post health screening journey.*



## LABORATORY TESTS

### Liver Profile

Bilirubin, Total  
Alkaline Phosphatase  
GGT  
SGPT (ALT)  
SGOT (AST)  
Total Protein  
Albumin  
Globulin  
Albumin/Globulin Ratio

### Hepatitis Profile

Hepatitis A Antibody Screen  
Hepatitis B Surface Antigen  
Hepatitis B Surface Antibody

### Diabetic Profile

Random Blood Glucose  
HbA1C

### Cholesterol Profile

Total Cholesterol  
HDL-Cholesterol  
Total/HDL Cholesterol Ratio  
Direct LDL-Cholesterol  
Triglyceride

### Cancer Markers/Profile

AFP (Liver)  
CEA (Colon)  
PSA – Prostate (Male)  
CA125 – Ovarian (Female)

### Kidney Profile

Urea  
Creatinine  
Potassium  
Sodium  
Chloride  
eGFR

### Bone & Joint Profile

Calcium  
Phosphate  
Uric Acid (Gout)  
Rheumatoid (RA) Factor

### Thyroid Screen

Free T4  
TSH

### Full Blood Count

White Blood Count  
Red Blood Count  
Haemoglobin  
PCV (HCT)  
Platelets  
MCV, MCH, MCHC  
Differential Count  
Peripheral Blood Film  
Blood Grouping

### Urinalysis

Urine FEME

### Others

Stool Occult Blood (Immunological)

# Health Screening Appointment Booking Guide

## MHC Executive Health Screening Packages

Note: If you are unable to find your desired package below, please select 'Other Packages' to make a booking instead.



Go-Getter Package



Steady Performer Package



Golden Jubilee Package



Diamond Jubilee Package



Basic Package



Family Plus Package



Other Packages



Vaccinations

## Step 1

Visit <https://mhcasia.com/executive-health-screenings-corporate/>.

Select 'Other Packages'.

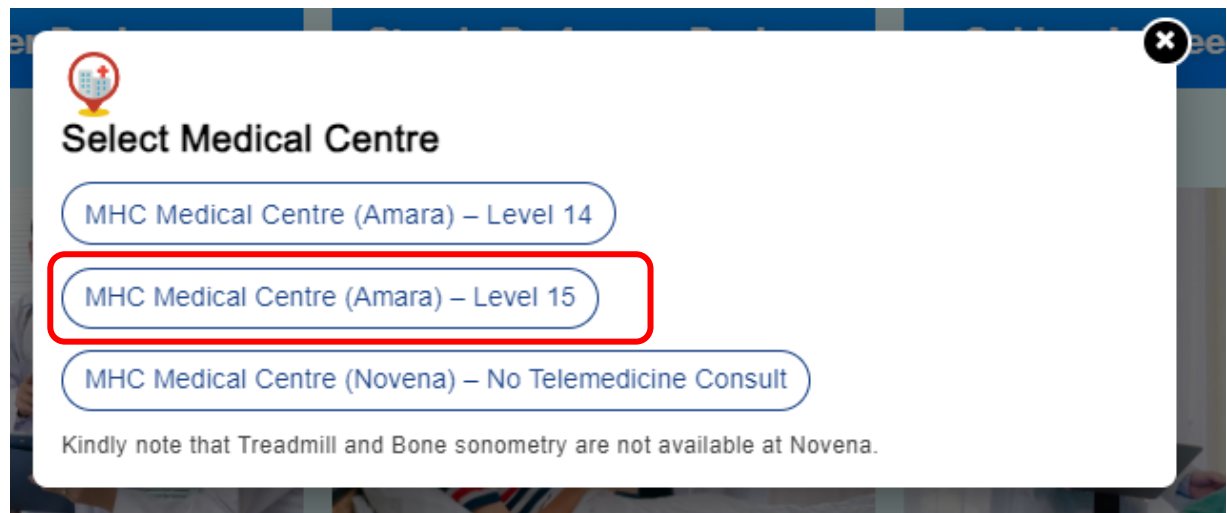
# Health Screening Appointment Booking Guide

## Step 2

Select 'MHC Medical Centre (Amara) – Level 15'.

## Step 3

Select your desired Date and Time.



# Health Screening Appointment Booking Guide



## Step 4

Please fill in your details.

Under **'Remarks'**, enter **'Caterpillar EHS 1'** for your corporate health screening package.

Select **'Submit'** to finalize your booking.

### Executive Health Screening (Level 15)

PLEASE COMPLETE YOUR DETAIL INFORMATION

Please tick if you are a dependant

\*NRIC/ID  \*Name (Full name as per NRIC/ID)

\*Email  \*DOB

\*Country Code  \*Mobile Number

\*Nationality

Address

Postal Code / Zip Code

Package

Special Code / Promo Code

Company Name

Remarks



# Health Screening Appointment Booking Guide



## Step 5

Your appointment has now been booked.

You will also receive a confirmation email with your appointment details.

To reschedule or cancel your appointment, please refer to the links in the confirmation email.

The screenshot shows a confirmation screen with a progress bar at the top. The progress bar has five steps: 'Choose Your Preference', 'Pick a Date', 'Contact Information', 'Verification', and 'Schedule'. The 'Schedule' step is highlighted with a green checkmark. Below the progress bar is a blue banner with the text: 'Your appointment has been scheduled. Please refer to the email confirmation sent to your email address.' The main content area is divided into three sections: 'Appointment' details (EV-98954437, 02 Jan 2023, Monday, 09:00 - 09:10), 'Patient' details (BE-22000551, John Smith, john.smith@email.com), and 'MHC Medical Centre (Amara) Level 15' contact information (Phone: 62255220, Email: amara@mhcasiagroup.com, Address: 100 Tras Street #15-01 100AM Singapore 079027, Website: https://mhcasia.com). At the bottom, there is a blue button labeled 'Book Another Appointment'.

Choose Your Preference   Pick a Date   Contact Information   Verification   **Schedule**

**Your appointment has been scheduled.**  
Please refer to the email confirmation sent to your email address.

<b>Appointment</b> EV-98954437 02 Jan 2023, Monday 09:00 - 09:10	<b>Patient</b> BE-22000551 John Smith john.smith@email.com
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**MHC Medical Centre (Amara) Level 15**  
Phone : 62255220  
Email : amara@mhcasiagroup.com  
Address : 100 Tras Street #15-01 100AM Singapore 079027  
Website : https://mhcasia.com

[Book Another Appointment](#)

# EXECUTIVE HEALTH SCREENING







With advanced medical technology at its core, DA MedSuites goes beyond health screenings with a holistic emphasis on preventive care and overall well-being.

Integrated medical centre with screening and medical imaging in a single location

Seamlessly integrated, personalised care by a team of healthcare professionals

Sophisticated and serene environment ensuring your optimal comfort and privacy

12,000 sq ft | 17 private pods | 3 VIP suites



# ASPEN

S\$313.92 w/ GST

S\$288 w/o GST

## BASIC

Full Physical Examination  
Full Biometric  
Parameters Kidney /  
Renal Profile Liver Profile

## STOOL & URINE

Stool Occult Blood  
Test Urine FEME  
Microalbumin / Creatinine Ratio

## EYE

Visual Acuity  
Colour Vision

## BLOOD REVIEW

Full Blood Count  
PBF, ESR

## HORMONAL TESTS

Thyroid Function (FT4, TSH)

## BONE JOINT PROFILE

Uric Acid  
Rheumatoid Factor  
Calcium, Phosphate

## DIABETES

Blood Glucose  
HbA1c

## HEPATITIS

Hepatitis A  
Hepatitis B

## LIPID & CARDIAC

Total Cholesterol  
Triglycerides  
HDL, LDL, Chol / HDL ratio

## TUMOUR MARKERS

AFP (Liver)  
CEA (Colon)  
PSA (Prostate) (Male) / CA125 (Ovaries)  
(Female)

## X- RAYS & OTHER SCREENS

Choice of 1 test:  
Chest X-ray  
Resting ECG

## INCLUSIONS

Gourmet Meal and Refreshments  
Personalised Health Report  
1-1 GP Review and Recommendations

PRIVATE POD  
GOURMET MENU  
1 HOUR 30 MINS

**Schedule your health screening online**

[damedsuites.com/caterpillar-ehs](https://damedsuites.com/caterpillar-ehs)

Questions? Email [bd@doctoranywhere.com](mailto:bd@doctoranywhere.com), with the email subject 'EHS for Caterpillar employees'



## CANCER SCREENINGS

### STANDARD CANCER SCREEN

**S\$293.21 w/ GST** (S\$269 w/o GST)

Included in Oak, Pine and Sequoia \*

For crucial early detection of cancer, especially for those with a family history of cancer.

**Choice of 2 tests:**

CA19.9 (Pancreas)

PSA (Prostate) / CA125 (Ovaries)

Beta HCG (Testis) / CA15.3 (Breast)

EBV EA-IgA (Nose)

**Choice of 1 test:**

Ultrasound Prostate

Ultrasound Breasts

Ultrasound Pelvis

Ultrasound Abdomen

Ultrasound Thyroid

Mammogram

### EARLY DETECTION MULTI-CANCER SCREEN

**S\$4,576.91–S\$5,045.61 w/ GST**

(S\$4,199–S\$4,629 w/o GST)

Included in Sequoia \*

Genetic testing is used to detect early signs of cancer and to predict the site of origin.

**Choice of 1 test:**

LucenceINSIGHT

LucenceINSIGHT PLUS



\*Note: The add-on package (or a part thereof) is included in selected health screening tiers. Please contact our staff who can provide further advice.

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## SEXUAL HEALTH & FERTILITY TESTS

### PRE-MARITAL SCREEN

**S\$216.91 w/ GST** (S\$199 w/o GST)

To screen for fertility or detect any illnesses that could be passed down to children.

**STI screenings:**

Syphilis (VDRL, Titre)

Syphilis (TPHA if VDRL reactive)

HIV Antibody

**Tests for underlying disorders:**

Hb Electrophoresis (Thalassemia Screen)

Rubella IgG

### SEXUAL WELLNESS SCREENING

**S\$162.41 w/ GST** (S\$149 w/o GST)

To identify Sexually Transmitted Infections (STIs) that may be asymptomatic.

**Tests:**

Syphilis (VDRL, Titre)

Syphilis (TPHA if VDRL reactive)

Herpes Simplex Virus Type I & II

Chlamydia

Gonorrhoea PCR

HIV Antibody

**Optional top-up:**

HPV Test (S\$118.81)

### HORMONE PANEL

**S\$119.90–S\$141.70 w/ GST** (S\$110–S\$130 w/o GST)

Included in Oak, Pine and Sequoia \*

To detect thyroid problems, hormonal imbalances, or fertility. For the signs of menopause, abnormal hair growth and irregular heartbeat.

**Tests:**

Men's Hormonal Screen - Testosterone, FSH, LH, Prolactin (S\$119.90)

Women's Hormonal Screen - Estradiol, Progesterone, FSH, LH, Prolactin (S\$141.70)



\*Note: The add-on package (or a part thereof) is included in selected health screening tiers. Please contact our staff who can provide further advice.

# DA MEDSUITES CLUB PRIVILEGES

IN PARTNERSHIP WITH COMO ORCHARD

Enhance your experience with a range of exclusive benefits designed with wellness in mind. Club Privileges are part of Pine and Sequoia packages. Upgrade options are available for all other packages.



## **ELEVATE YOUR HEALTH JOURNEY**

Experience exceptional comfort and personalised care, complete with an upgrade to our VIP Suite and Signature Menu, and dedicated health concierge service.



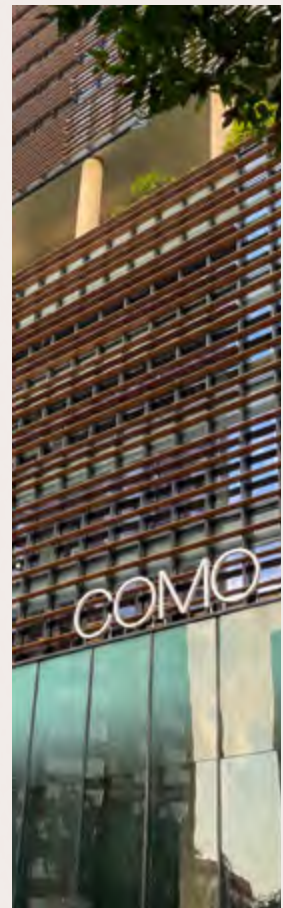
## **MASTERCLASS: ENRICH YOUR PLATE**

Set off on a culinary journey with a renowned chef to learn the art of creating a well-balanced, healthy diet.



## **WELLNESS THERAPY @ COMO SHAMBALA**

Indulge in ultimate relaxation and rejuvenation with a luxurious massage, guided meditation, or a fitness class of your choice.



## **PREFERENTIAL RATES ON SERVICES**

Plus, enjoy preferential rates on a curated range of health and wellness services.

*The privileges listed are subject to change. Please check with our team who will be able to advise you on the latest privileges and updates.*

**DA** | ORCHARD  
MEDSUITES

28 BIDEFORD ROAD, #05-01,  
SINGAPORE 229924

**CONTACT**

+65 6320 3533  
bd@doctoranywhere.com

**OPENING HOURS**

WEEKDAYS 7.30AM – 4.00PM  
SATURDAY 8.30AM – 12.00PM

CLOSED ON SUNDAY AND PUBLIC HOLIDAYS

DA231106



# CORPORATE HEALTH SCREENING

## PRE SCREENING

01. Book your health screening appointment via Minmed Connect App with the following company code  
Staff: **UWDDLZ**  
Non-staff (dependent): **BQBEDX**
02. You will receive a confirmation email upon successful registration. An email and in-app reminder will be sent a day prior to the screening
03. Visit [Minmed](#) and Cat@work for more information
04. If you require any technical assistance, please contact via email: [ask@minmed.sg](mailto:ask@minmed.sg) or WhatsApp: 9230 0123

## DURING SCREENING

Now, sit back and enjoy the health screening



### **Minmed Health Screeners**

290 Orchard Road #16-04/09/10  
Paragon Tower 1 Lobby F  
Singapore 238859



### **Minmed Wellness Collective**

Jewel Changi Airport  
78 Airport Boulevard  
#04-209/210/211/212 S819666



### **Minmed Jurong West**

1 Jurong West Central 2  
#01-17E/F/G/H, Jurong Point  
Singapore 648886

## POST SCREENING

### Personal Secured Medical Platform

- Secure Two Factor Authentication (User ID Login Password and SMS One-Time-Password)
- Lifetime storage of health screening results

### Health Screening Report

- Blood Tests ready for download within 1 working day
- Full Report ready for download within 7 - 10 working days
- Comparison against past year's results (if any)

### Post Review

- Complimentary telereview for up to 3 months from date of screen
- Face to Face review @ \$10.90 inclusive of GST

## HEALTH SCREENING PACKAGES

		<i>Corporate Price inclusive of GST</i>	<i>STANDARD PACKAGE</i>
			\$315.00
<i>BIOMETRIC PARAMETERS</i>	Full Body Physical Examination		•
	Height & Weight (BMI)		•
	Blood Pressure		•
	Vision Acuity & Colour Vision		•
	Body Fats Analysis		•
	Waist-hip Ratio		•
<i>URINE &amp; STOOL</i>	Urine FEME		•
	Stool Occult Blood		•
<i>BLOOD ANALYSIS</i>	Blood Glucose		•
	HbA1C		•
	Blood Cholesterol		•
	Full Blood Count		•
	Kidney Function Test		•
	Liver Function Test		•
	Gout Screen		•
	Bone Disease		•
	Rheumatoid Factor		•
	Thyroid Function (FT4, TSH)		•
	Tumor Marker – AFP (Liver)		•
	Tumor Marker – CEA (Colon)		•
	Tumor Marker – PSA (Prostate) / CA125 (Ovaries)		•
	Tumor Marker – Beta HCG (Testicular) / CA15.3 (Breast)		•
	HsCRP		•
	<i>OTHERS</i>	Tonometry	
Chest X-ray			•
Resting Electrocardiogram			•
Flu Vaccination (4 in 1)			•

### Note:

1. With effect from April 2023, the Pap Smear test in Package A will be replaced with Tumor Marker – Beta HCG (Testicular) / CA15.3 (Breast). Female employees can opt for a add-on ThinPrep Pap test instead and seek reimbursement under the CatFlex “Miscellaneous – Pap Smear” benefit item.
2. No fasting is required for the health screening packages unless you opt for an ultrasound abdomen

## Ala Carte Optional Tests

Health Screening Tests	Corporate Price with GST
Hepatitis A and B Screen	\$30
Tumour Marker Screen	\$30 <i>each</i>
<ul style="list-style-type: none"> <li>- Ovarian/ Prostate (CA125/PSA)</li> <li>- Nose (EBV-IgA)</li> <li>- Pancreas (CA19.9)</li> <li>- Testicular/Breast (Beta-HCG/ CA153)</li> <li>- Colon &amp; Lungs (CEA)</li> <li>- Liver (AFP)</li> </ul>	
Cardiac Profile (Heart Screen)	\$80
<ul style="list-style-type: none"> <li>- HS CRP</li> <li>- Apolipoprotein A</li> <li>- Apolipoprotein B</li> <li>- Apo B/A1 Ratio</li> </ul>	
Heart Screen I	\$1,190.00
<ul style="list-style-type: none"> <li>- 2D Echocardiogram</li> <li>- CT Calcium Score</li> <li>- Treadmill</li> </ul>	
Heart Screen II	\$2,060.00
<ul style="list-style-type: none"> <li>- 2D Echocardiogram</li> <li>- CT Calcium Score</li> <li>- Treadmill</li> <li>- CT Angiogram</li> </ul>	
Gut Screen I	\$2,050.00
<ul style="list-style-type: none"> <li>- Colonoscopy</li> </ul>	
Gut Screen II	\$2,570.00
<ul style="list-style-type: none"> <li>- Colonoscopy</li> <li>- Colonoscopy and Gastroscopy</li> </ul>	
Stomach Cancer Screen	\$300.00
<ul style="list-style-type: none"> <li>- GASTROClear</li> </ul>	
Liver Screen	\$340.00
<ul style="list-style-type: none"> <li>- Hepatitis A</li> <li>- Hepatitis B</li> <li>- Hepatitis C</li> <li>- Tumor Marker AFP (Liver)</li> <li>- Ultrasound Liver</li> <li>- Ultrasound ATI</li> </ul>	
Cervical Cancer Screen I	\$240.00
<ul style="list-style-type: none"> <li>- Thin Prep</li> <li>- HPV DNA</li> </ul>	
Cervical Cancer Screen II	\$60.00
<ul style="list-style-type: none"> <li>- Thin Prep</li> </ul>	
Deficiency Screen	\$120.00
<ul style="list-style-type: none"> <li>- Vitamin D</li> <li>- Vitamin B12</li> <li>- Folate</li> <li>- Iron</li> </ul>	

Men Screen	\$300.00
- Ultrasound Prostate	
- Prostate Health Index (PHI)	
- Testosterone	
Women Screen	\$60.00
- Estradiol (E2)	
- Follicle Stimulating Hormones (FSH)	
Mammogram	\$150.00
Ultrasound	\$130.80 <i>each</i>
- Breast	
- Pelvis	
- Prostate	
Ultrasound Abdomen	\$196.20
Mammogram with Breast Ultrasound	\$196.20
Treadmill Stress Test	\$272.50





# EXECUTIVE HEALTH SCREENING 2024

## Caterpillar Group of Companies

Affordable and Accessible Care for All in Asia Pacific



**FULLERTON**  
HEALTH

# Revolutionary Health Screening Pod



## Privacy

Relax in a comfortable pod, fitted with a 30-inch wide seat, adjustable table, and leg rest



## Service

Request for assistance from our attentive staff without leaving your seat



## Convenience

Tests are conducted in a single location by experienced doctors and nurses



## Security

Personal locker to store your belongings during your screening



## Connectivity

Leverage our free Wi-Fi and available USB ports to stay connected



## Refreshments

Light snacks will be served to you once you have completed your fast

# Executive Health Screening

## Mercer LiveFuller Premium Scan \$288 (U.P. \$468)

Price before GST

1. Physical Examination by Doctor

Examination of Heart, Lungs and Abdomen | Neurological and Musculoskeletal Examination | Height and Weight Measurements | Body Mass Index (BMI) and Body Fat Analysis | Visual Acuity and Colour Blindness Tests | Blood Pressure Reading

2. Resting Electrocardiogram (ECG)

3. Tonometry (Eye Pressure)

4. Chest X-Ray

5. Complimentary Flu Vaccine

6. Blood and Urine Investigations (FME05) →

7. Medical Report and Medical Review\*

**Lipid Screen**

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

**Liver Screen**

Bilirubin, Total  
Alkaline Phosphatase  
SGGT  
SGPT (ALT)  
SGOT (AST)  
Total Protein  
Albumin  
Globulin  
Albumin/ Globulin Ratio

**Kidney Screen**

Urea  
Creatinine  
Bicarbonate  
Potassium  
Sodium  
Chloride  
eGFR

**Cardiac Risk Screen**

WCrp

**Diabetic Mellitus Screen**

Fasting Blood Sugar  
HbA1C

**Bone and Joint Screen**

Calcium  
Phosphates  
Uric Acid  
RA Factor

**Tumour Markers Screen**

AFP (Liver)  
CEA (Colon)  
PSA (Prostate) – For men  
CA125 (Ovaries) – For women

**Thyroid Screen**

Free T4  
TSH

**Hepatitis Screen**

Hepatitis A Antibody  
Hepatitis B Antigen and Antibody

**Haematology**

White Blood Count  
Red Blood Count  
Haemoglobin  
PCV (HCT)  
Platelet  
MCV, MCH, MCHC  
Differential Count  
Peripheral Blood Film

**Urinalysis**

Urine FEME

**Stool Screen**

Stool Occult Blood

\* Only 1 medical review is included in the package. Consultation charges apply for further reviews.  
Note: Health screenings are strictly by appointment only.

# Schedule Health Screening Appointment

Appointment can be scheduled via our corporate website, email or telephone, with confirmation guaranteed within 48 hours.

## Health Screening Appointment

<ul style="list-style-type: none"><li>➤ Morning Session (Monday to Saturday, excluding Public Holidays)</li><li>➤ Morning Session (Ngee Ann City only) (Sunday)</li></ul>	7.30am Fast from 11.30pm	10.00am Fast from 2am
<ul style="list-style-type: none"><li>➤ Afternoon Session (Monday to Friday, excluding Public Holidays)</li></ul>	12.30pm Fast from 4.30am	2.30pm Fast from 6.30am

**Note: Breakfast will be served after Blood Taking / Fasting procedures.**

# Book an Appointment

Health screenings are strictly by appointment only.

NGEE ANN CITY LEVEL 26	Available timings			
Mon-Fri	7:30 am	10:00 am	12:30 pm	2:30 pm
Sat	7:30 am	10:00 am		
Sun (Level 26 only)	7:30 am	10:00 am		
PH	Closed			

OCEAN FINANCIAL CENTRE / NOVENA SQUARE	Available timings			
Mon-Fri	7:30 am	10:00 am	12:30 pm	2:30 pm
Sat	7:30 am	10:00 am		
Sun	Closed			
PH	Closed			

# Book an Appointment

Health screenings are strictly by appointment only.

BOOK AN APPOINTMENT / ENQUIRIES	
Website	<a href="https://www.fullertonhealth.com/book-an-appointment">https://www.fullertonhealth.com/book-an-appointment</a>
Email	<a href="mailto:ehs@fullertonhealth.com">ehs@fullertonhealth.com</a>
Hotline	+65 6333 3636 (Option 3) <i>Operating Hours</i> 8:00am-6:00pm (Monday – Friday) 8:00am-1:00pm (Saturday) Closed (Sunday and Public Holidays)
QR Code	 Scan me



## Bring along:

- Singapore NRIC/ Passport/ Employment Pass/ Work Permit
- Your company letter, Letter of Guarantee, Authorisation letter or staff pass where applicable
- Completed Health Screening Questionnaire that is found in the appointment confirmation email
- Medical Reports or Radiology films from last health screening



# USEFUL INFORMATION



## Fasting

- Fasting for at least 8 hours before your health screening appointment is required
- Refrain from consuming food. However, you may drink plain water

## Medication & Supplements

- Regular medication for the heart & high blood pressure are allowed
- Delay other routine medication/ supplements until you have completed the tests that require fasting, e.g. insulin for diabetes

# DURING HEALTH SCREENING

## COVID-19 Vaccination Advisory

- Mammogram/ Ultrasound Breast/ Vaccines (Heap A, B, Flu etc.) are recommended either before your Covid-19 vaccination or at least 6 weeks after your 2nd or booster dose

## Eye Examination

- It is advisable to wear spectacles on the day of your health screening. Otherwise, you will be required to remove your contact lenses at least 30 mins before the eye test

## Stool Test\*

- Prior to your appointment, you may collect a specimen container from any Fullerton Health clinic
- If the stool is not available on the day of the health screening, we will provide you with a specimen container. Submission is (only acceptable) strictly before 3pm on weekdays and before 11am on Saturday at any Fullerton Health clinics
- Avoid red meat & iron supplements 3 days before collecting the sample

## Urine Test\*

- Collect the urine, midstream directly into the container (half full)
- It is advisable to do it (Preferably done) 10 days after the last day of your period or 2 weeks before the first day of your next period
- If you are having your period on the day of your appointment, please inform the clinic team who will arrange a separate appointment for the urine collection

## Thinprep\*

- At least 48 hours before your appointment, avoid sexual intercourse & the use of spermicides, vaginal creams, lubricant jelly, vaginal medications or tampons

## Treadmill

- Consult your doctor prior to stopping any beta-blocker medication (e.g. atenolol, propranolol) 3 days before your health screening
- Bring your sports attire: T-shirt, running shorts and sports shoes (no sneakers allowed)
- **Your chest (between your collarbone and navel) should be shaven to allow the electrodes to adhere to your skin**
- Avoid caffeinated food and drinks before the test

## Xray

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

## Mammogram

- Not for pregnant women
- Avoid applying moisturizers, perfume or powder on chest or under arms
- It is recommended to be done at least 1 week after the last day of your menstruation

## Ultrasound Scans

- Refrain from smoking on the day of your appointment
- Fast for at least 8 hours for Ultrasound Abdomen/ Liver/ HBS. Plain water is allowed
- Full bladder is required for Ultrasound pelvis, prostate, kidney, ureter, bladder (KUB). Drink at least 5-6 glasses of water and avoid urinating an hour before the scan

Note:

\*There is a validity of 6 months for deferment of tests

# WHAT TO EXPECT AFTER YOUR HEALTH SCREENING?



## Health Screening Report

- Your Health screening report will be sent to you via email within 14 working days

## Doctor Review

- Your package includes a free medical review within 6 months from the date of your health screening
- For any additional review, a consultation charge will apply
- For the booking of your medical review appointment, you may:
  - Book a telemedicine review via the LiveFuller app
  - Contact us at 6333 3636 (Option 3) or
  - Email us at [ehs@fullertonhealth.com](mailto:ehs@fullertonhealth.com) for an in-person review

We hope this information is useful to you.

Prevention is better than cure.

Having a health screening is the first step towards a healthier you.