

# BASIC HEALTH SCREENING



## Corporate Rates for Singapore Institute of Estate Agents (SIEA)



### **PINK PACKAGE \$88 (before GST)**

#### **MEDICAL EXAMINATION BY DOCTOR**

- Interview on Medical History
- Physical Examination

#### **CLINICAL ASSESSMENT**

- Height & Weight Measurement
- Body Mass Index (BMI)
- Blood Pressure
- Visual Acuity

#### **OTHER TESTS**

- Urine FEME

#### **BLOOD TESTS**

- Full Blood Count
- Erythrocyte Sedimentation Rate (ESR)
- Kidney Function
- Liver Function
- Diabetic Screening
- Uric Acid/Gout
- Lipid/Cholesterol Profile
- Hepatitis B Screening
- Venereal Disease (VDRL/TPHA)

#### **MEDICAL REPORT & CONSULTATION**

### **PINK PACKAGE (WITH ECG) \$95 (before GST)**

#### **MEDICAL EXAMINATION BY DOCTOR**

- Interview on Medical History
- Physical Examination

#### **CLINICAL ASSESSMENT**

- Height & Weight Measurement
- Body Mass Index (BMI)
- Blood Pressure
- Visual Acuity
- 12 Leads Resting ECG

#### **OTHER TESTS**

- Urine FEME

#### **BLOOD TESTS**

- Full Blood Count
- Erythrocyte Sedimentation Rate (ESR)
- Kidney Function
- Liver Function
- Diabetic Screening
- Uric Acid/Gout
- Lipid/Cholesterol Profile
- Hepatitis B Screening
- Venereal Disease (VDRL/TPHA)

#### **MEDICAL REPORT & CONSULTATION**

### **SILVER PACKAGE \$150 (before GST)**

#### **MEDICAL EXAMINATION BY DOCTOR**

- Interview on Medical History
- Physical Examination

#### **CLINICAL ASSESSMENT**

- Height & Weight Measurement
- Body Mass Index (BMI)
- Blood Pressure
- Visual Acuity

#### **OTHER TESTS**

- Urine FEME
- Stool Analysis (Occult Blood)

#### **TUMOUR MARKERS**

- Liver (AFP)
- Colon (CEA)

#### **BLOOD TESTS**

- Full Blood Count
- Erythrocyte Sedimentation Rate (ESR)
- Kidney Function
- Liver Function
- Diabetic Screening
- Uric Acid/Gout
- Lipid/Cholesterol Profile
- Thyroid Screening (Free T4, TSH)
- Hepatitis A Screening
- Hepatitis B Screening
- Venereal Disease (VDRL/TPHA)

#### **MEDICAL REPORT & CONSULTATION**

### **SILVER PACKAGE (WITH ECG) \$158 (before GST)**

#### **MEDICAL EXAMINATION BY DOCTOR**

- Interview on Medical History
- Physical Examination

#### **CLINICAL ASSESSMENT**

- Height & Weight Measurement
- Body Mass Index (BMI)
- Blood Pressure
- Visual Acuity
- 12 Leads Resting ECG

#### **OTHER TESTS**

- Urine FEME
- Stool Analysis (Occult Blood)

#### **TUMOUR MARKERS**

- Liver (AFP)
- Colon (CEA)

#### **BLOOD TESTS**

- Full Blood Count
- Erythrocyte Sedimentation Rate (ESR)
- Kidney Function
- Liver Function
- Diabetic Screening
- Uric Acid/Gout
- Lipid/Cholesterol Profile
- Thyroid Screening (Free T4, TSH)
- Hepatitis A Screening
- Hepatitis B Screening
- Venereal Disease (VDRL/TPHA)

#### **MEDICAL REPORT & CONSULTATION**



**5 - 7 DAYS**  
Medical Report/  
Processing Time



**10 HOURS**  
Fasting is required

# Health Screening Preparations

## Health Screening Instructions for Patients

### What to Bring

- Identification: Singapore NRIC, Passport, Employment Pass, or Work Permit
- Company Staff Pass
- Medical Records: Recent medical reports and films (highly encouraged)

### Fasting Guidelines

Fasting is necessary to ensure accurate results for tests, including blood glucose, cholesterol, triglycerides, and certain ultrasound procedures.

- Duration: Fast for at least 8 hours before your appointment
- Allowed: Plain water is permitted during fasting
- Avoid: Food and all other beverages

### General Guidelines

- Medication: Refrain from taking routine medications or supplements until after your fasting tests. You may resume them immediately after the tests are completed.
- For Women: Urine and stool tests should be scheduled at least 7 days before or after your menstrual cycle for optimal results.

### Declaration of Illness

If you feel unwell prior to your screening:

- Contact Us: Notify our centre promptly.
- Precautions or Rescheduling: Depending on your condition, our doctor may advise special precautions or postpone your screening.



# Booking Procedures

## GP Clinics Appointment Information

**We offer two convenient ways to book your appointment:**

1. **By Phone:** Contact the GP clinic of your choice directly to schedule your appointment.
2. **Online:** Visit our website at <https://booking.healthwaymedical.com/pov>

Please select:

- Service: "Basic Health Screening (Corporate Clients Only)"
- Purpose of Visit: "Others"

## Required Information for Appointment Booking

When making your appointment, kindly provide the following details:

- Full Name
- NRIC/FIN Number
- Company Name
- Mobile Number
- Email Address
- Package Type

Thank you for choosing Healthway Medical for your health screening needs!



## Terms & Conditions

- The prices listed above are exclusive of prevailing GST.
- Staff must present their staff pass at the clinic to avail of corporate rates.
- Payments must be made directly by staff to the clinic; no billing will be issued to the company.





## **Corporate Executive Health Screening Packages**

Corporate Rates for  
Singapore Institute of  
Estate Agents (SIEA)

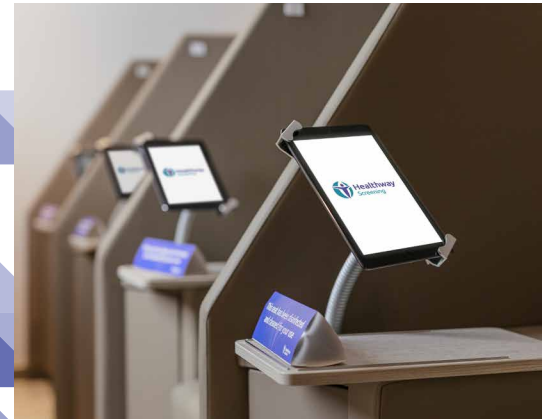


# Experience The Difference

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 @ *Centrepont***  
**Healthway Screening @ *Capitol***





Healthway Screening @ *Downtown* is located at OUE Downtown Gallery.



Healthway Screening @ *Centrepoin* is located in Orchard Road.



Healthway Screening @ *Capitol* is located in City Hall.



# SUPERIOR PACKAGE

## \$360 (before 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
- 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) ♂

#### URINE & STOOL ANALYSIS

- Urine FEME
- Stool Occult Blood

#### CERVICAL CANCER SCREEN

- Thin Prep ♀

#### • Radiological Investigation

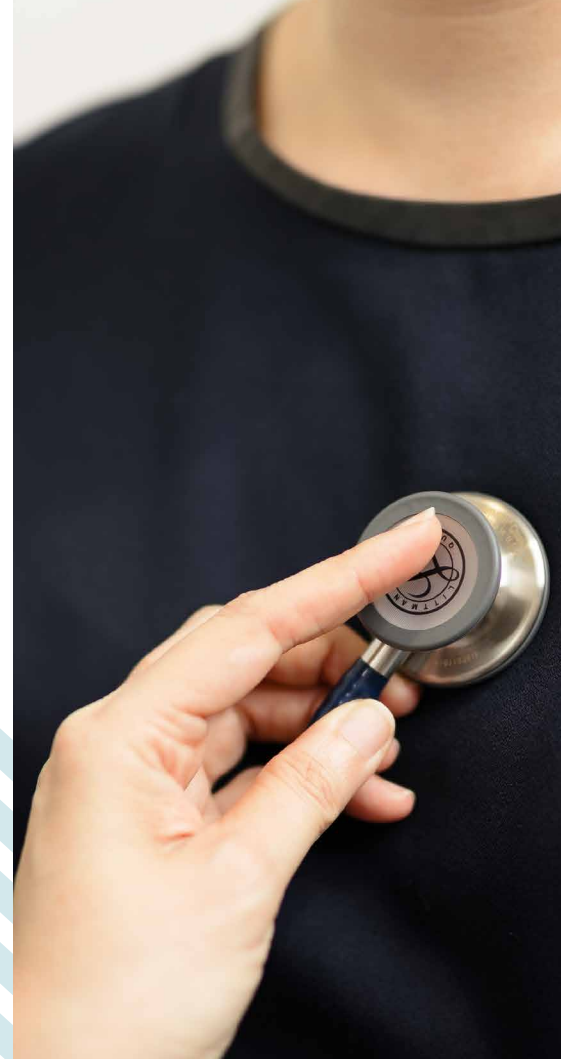
- Chest X-ray

#### • 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

#### • Evaluation & Report

- Full Medical Report
- Consultation & Lifestyle Counselling





# ESSENTIAL PACKAGE

## \$560 (before 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
- Triglycerides
- HDL 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) ♂

#### URINE & STOOL ANALYSIS

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

#### CERVICAL CANCER SCREEN

- Thin Prep

### • 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 Prostate ♂
- Ultrasound Thyroid
- Ultrasound Abdomen

### • Evaluation & Report

- Full Medical Report
- Consultation & Lifestyle Counselling



# PRESTIGE PACKAGE

## \$710 (before 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
- HDL 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) ♂
- 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 Prostate ♂
- Ultrasound Thyroid
- Ultrasound Abdomen

#### • Evaluation & Report

- Full Medical Report
- Consultation & Lifestyle Counselling



# SIGNATURE PACKAGE

## \$1,010 (before 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
- HDL 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) ♂
- 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 ♂
- 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 ♀
- Uroflowmetry ♂
- Ultrasound Pelvis ♀
- Ultrasound Breast ♀
- Ultrasound Prostate ♂
- Ultrasound Thyroid
- Ultrasound Abdomen

### • Evaluation & Report

- Full Medical Report
- Consultation & Lifestyle Counselling

# 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)
- Authorisation letter, company letter or staff pass (applicable to corporate clients)

## 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.
- 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



**Healthway Screening @ Downtown**  
6A Shenton Way #03-11/12/13  
Downtown Gallery  
Singapore 068815

**Healthway Screening @ Downtown directions:**  
Nearest MRT Station - **Tanjong Pagar (EW15)**  
Exit Tanjong Pagar MRT Station through Exit F, cross Robinson Road and walk straight towards OUE Downtown Gallery.



**Healthway Screening @ Centrepoint**  
176 Orchard Road #06-03/04  
The Centrepoint  
Singapore 238843

**Healthway Screening @ Centrepoint directions:**  
Nearest MRT Station - **Somerset (NS23)**  
From Somerset Station Exit B, walk out of Somerset 313 towards Orchard Road. Cross at the traffic light and turn right towards The Centrepoint.



**Healthway Screening @ Capitol**  
13 Stamford Road #B2-17/18/19/20/21  
Capitol Singapore  
Singapore 178905

**Healthway Screening @ Capitol directions:**  
Nearest MRT Station - **City Hall (EW13/NS25)**  
From City Hall Station, on the right you will see the sign Exit D to Capitol. Exit D is a passageway that goes under North Bridge Road. Continue along this passageway into Capitol Singapore.

## 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](mailto:contactus@healthwaymedical.com)

## Booking Procedures

1. To schedule your appointment, please visit our website's online booking portal at:

**<https://hmc.sg/ehs-book-appointment>**

Upon accessing the portal, kindly select "Corporate" as your purpose of visit.

2. Alternatively, you can make an appointment by calling our hotline at **6811 8686** or emailing us at **contactus@healthwaymedical.com**. When reaching out, please ensure to provide the following information for appointment confirmation:

- Full Name
- NRIC/FIN number
- Company
- Mobile number
- Email Address
- Package Type
- Preferred Screening Centre



## Terms & Conditions

- Prices listed above are exclusive of prevailing GST.
- Staff must present their staff pass at the clinic to avail of corporate rates.
- Payments must be made directly by staff to the clinic; no billing will be issued to the company.

