

# Stay healthy for the ones you love.

Basic & Executive Health Screening



# Preventive health screening starts early and continues through your life.

Parkway MediCentre is a one-stop medical centre designed to offer greater convenience and accessibility for your whole family with an on-site diagnostic imaging facility.

We tailor health screening packages based on your age, gender, medical history, risk factors, lifestyle factors, family history and health concerns to help you take charge of your health.



## What is Health Screening?

Health screening is the process of detecting diseases or medical conditions in healthy people. It involves consultation with a medical professional followed by laboratory, radiology and other tests.

At Parkway MediCentre, your health screening comes with a **consultation with a doctor, physical examination, laboratory tests and radiology scans, followed by a review with the doctor** when your report is ready.



## Why Health Screening?

Health screening aims to **detect diseases and medical conditions at an early stage**, so as to allow early intervention which can give better outcomes.



## Who requires Health Screening?

Health screening is **individualised to the risk factors** of each person. The tests you need depend on your age, gender, family history and whether you have risk factors for certain diseases.

At Parkway MediCentre, we offer a wide range of health screening packages that are affordable and tailored to your individual needs. Please speak to our staff or doctor to determine the most appropriate health screening package for you.



## Benefits



Enjoy convenience with delivery of screening results in the form of **customised reports via email**.



Monitor health trends and **keep track of your tests results** over time.



Benefit from a **one-stop experience** with direct access to our specialists, facilities and additional medical services under the IHH Singapore network, if you require medical intervention.



Get peace of mind from a **full, targeted review** that includes lifestyle recommendations and health advice.

# Our Health Screening Journey With Us

## 1 Before Health Screening

Book an appointment with us via

+65 6229 6888

+65 9177 9045

enquiries@parkwaymedicentre.com.sg

MyHealth360 app



Upon booking, you will receive a **confirmation email**.

## 2 During Health Screening

The whole health screening process will take about **1 - 3 hours**, depending on the type of package.

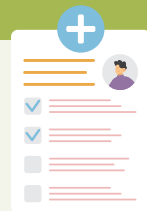


## 3 After Health Screening

You will receive your health screening report in **7 working days via email**.<sup>^</sup>

**Same-day results** are also available at an additional cost. Kindly enquire with our team for more information.

<sup>^</sup>depends on tests conducted



You will be entitled to a **review by our doctor at our clinic**. Alternatively, you can have your review done over the phone for your convenience.

# Basic Health Screening Classic Screen

For basic peace of mind



For Men & Women

\$115

 **Medical Consultation**

 **Clinical Examination**

Blood Pressure  
Body Mass Index  
Height and Weight  
Physical Examination

 **Vision Test**

Color Vision  
Visual Acuity

 **Blood Investigations**

Full Blood Count  
Bone / Joint Profile  
Cholesterol Profile  
Blood Glucose  
Kidney Function  
Liver Function

 **Urine Analysis**

Urine Full Examination and  
Microscopic Examination (U FEME)

 **Post Medical Review**

Same-day results are available at an additional cost. Kindly enquire with our team for more information. Price is inclusive of GST, at prevailing rate of 9%.



# Basic Health Screening Metabolic Screen

For screening of chronic diseases



For Men & Women

\$148

## Medical Consultation

## Clinical Examination

Blood Pressure  
Body Mass Index  
Height and Weight  
Physical Examination  
Waist Circumference

## Vision Test

Color Vision  
Visual Acuity

## Cardiac Screen

Resting ECG

## Blood Investigations

Cholesterol Profile  
Diabetic Control (HbA1c)  
Blood Glucose  
Kidney Function  
Liver Function  
Renal Screen (ACR)

## Urine Analysis

Urine Full Examination and  
Microscopic Examination (U FEME)

## Post Medical Review

Same-day results are available at an additional cost. Kindly enquire with our team for more information.  
Price is inclusive of GST, at prevailing rate of 9%.

# Basic Health Screening Pre-marital Screen

For pre-marital screening



For Men & Women

\$180

## Medical Consultation

## Clinical Examination

Blood Pressure  
Body Mass Index  
Height and Weight  
Physical Examination

## Vision Test

Color Vision  
Visual Acuity

## Cardiac Screen

Resting ECG

## Blood Investigations

Full Blood Count  
Blood Group  
Blood Glucose  
Hepatitis B Screen  
Rubella Immunity  
Thalassemia Screen  
HIV Screen  
Sexually Transmitted Infection

## Urine Analysis

Urine Full Examination and  
Microscopic Examination (U FEME)

## Post Medical Review

Same-day results are available at an additional cost. Kindly enquire with our team for more information.  
Price is inclusive of GST, at prevailing rate of 9%.

Basic Health Screening

# Basic LifeScreen

For screening of common cancers



For Men & Women

\$228

 **Medical Consultation**

 **Clinical Examination**

Physical Examination  
Height and Weight  
Body Mass Index  
Blood Pressure

 **Vision Test**

Color Vision  
Visual Acuity

 **Urine Analysis**

Urine Full Examination and  
Microscopic Examination (U FEME)

 **Blood Investigations**

Full Blood Count  
Bone / Joint Profile  
Cholesterol Profile  
Blood Glucose  
Kidney Function  
Liver Function

 **Blood Tumour Markers**

Colon (CEA)  
Liver (AFP)  
Pancreas (CA19.9)  
Prostate (PSA)  
Breast (CA15.3)  
Ovary (CA125)

 **Colorectal Cancer Screening**

Stool Occult Blood Immunological

 **Post Medical Review**

Same-day results are available at an additional cost. Kindly enquire with our team for more information.  
Price is inclusive of GST, at prevailing rate of 9%.

Basic Health Screening

# Deluxe Screen

For screening of common conditions



For Men & Women

\$308

 **Medical Consultation**

 **Clinical Examination**

Blood Pressure  
Body Mass Index  
Height and Weight  
Physical Examination

 **Vision Test**

Color Vision  
Visual Acuity

 **Cardiac Screen**

Resting ECG

 **Stool Occult Blood Immunological**

 **Blood Investigations**

Full Blood Count  
Bone / Joint Profile  
Cholesterol Profile  
Blood Glucose  
Hepatitis A Screen  
Hepatitis B Screen  
Kidney Function  
Liver Function  
Thyroid Screen  
Tumour Markers  
Colon (CEA)  
Liver (AFP)

 **Urine Analysis**

Urine Full Examination and Microscopic  
Examination (U FEME)

 **Post Medical Review**

Same-day results are available at an additional cost. Kindly enquire with our team for more information.  
Price is inclusive of GST, at prevailing rate of 9%.

## Basic Health Screening (For Men) Summary Table

Package Name	Classic Screen	Metabolic Screen	Pre-marital Screen	Basic LifeScreen	Deluxe Screen
Who is it for?	For basic peace of mind	For screening of chronic diseases	For pre-marital screening	For screening of common cancers	For screening of common conditions
<b>Clinical Examination and Medical Consultation</b>					
Blood Pressure	●	●	●	●	●
Body Mass Index (BMI)	●	●	●	●	●
Height and Weight	●	●	●	●	●
Physical Examination	●	●	●	●	●
Waist Circumference		●			
<b>Vision Test</b>					
Colour Vision	●	●	●	●	●
Visual Acuity	●	●	●	●	●
<b>Blood Investigations</b>					
Full Blood Count	●		●	●	●
Bone / Joint Profile	●			●	●
Cholesterol Profile	●	●		●	●
Diabetic Control (HbA1c)		●			
Blood Glucose	●	●	●	●	●
Kidney Function	●	●		●	●
Liver Function	●	●		●	●
Sexually Transmitted Infection (STI)			●		
Hepatitis A Screen					●
Hepatitis B Screen			●		●
Thyroid Screen					●
Tumour Markers - Colon (CEA)				●	●
Tumour Markers - Liver (AFP)				●	●
Tumour Markers - Pancreas (CA 19-9)				●	
Tumour Markers - Prostate (PSA)				●	
Stool Occult Blood Immunological				●	●
HIV Screen			●		
Renal Screen (ACR)		●			
Blood Group			●		
Rubella Immunity			●		
Thalassemia Screen			●		
<b>Cardiac Screen</b>					
Resting ECG		●	●		●
<b>Others</b>					
Urine Full Examination and Microscopic Examination (U FEME)	●	●	●	●	●
Post Medical Review	●	●	●	●	●
<b>Price (inclusive of GST)</b>	<b>\$115</b>	<b>\$148</b>	<b>\$180</b>	<b>\$228</b>	<b>\$308</b>

For optional add-ons tests, kindly refer to page 23.

## Basic Health Screening (For Women) Summary Table

Package Name	Classic Screen	Metabolic Screen	Pre-marital Screen	Basic LifeScreen	Deluxe Screen
Who is it for?	For basic peace of mind	For screening of chronic diseases	For pre-marital screening	For screening of common cancers	For screening of common conditions
<b>Clinical Examination and Medical Consultation</b>					
Blood Pressure	●	●	●	●	●
Body Mass Index (BMI)	●	●	●	●	●
Height and Weight	●	●	●	●	●
Physical Examination	●	●	●	●	●
Waist Circumference		●			
<b>Vision Test</b>					
Colour Vision	●	●	●	●	●
Visual Acuity	●	●	●	●	●
<b>Blood Investigations</b>					
Full Blood Count	●		●	●	●
Bone / Joint Profile	●			●	●
Cholesterol Profile	●	●		●	●
Diabetic Control (HbA1c)		●			
Blood Glucose	●	●	●	●	●
Kidney Function	●	●		●	●
Liver Function	●	●		●	●
Sexually Transmitted Infection (STI)			●		
Hepatitis A Screen					●
Hepatitis B Screen			●		●
Thyroid Screen					●
Tumour Markers - Colon (CEA)				●	●
Tumour Markers - Liver (AFP)				●	●
Tumour Markers - Pancreas (CA 19-9)				●	
Tumour Markers - Ovary (CA 125)				●	
Tumour Markers - Breast (CA 15-3)				●	
Stool Occult Blood Immunological				●	●
HIV Screen			●		
Renal Screen (ACR)		●			
Blood Group			●		
Rubella Immunity			●		
Thalassemia Screen			●		
<b>Cardiac Screen</b>					
Resting ECG		●	●		●
<b>Others</b>					
Urine Full Examination and Microscopic Examination (U FEME)	●	●	●	●	●
Post Medical Review	●	●	●	●	●
<b>Price (inclusive of GST)</b>	<b>\$115</b>	<b>\$148</b>	<b>\$180</b>	<b>\$228</b>	<b>\$308</b>

For optional add-ons tests, kindly refer to page 23.



Health screening aims to detect diseases and medical conditions at an early stage.



## Executive Health Screening Screen Classic

For comprehensive screening of common conditions



For Men \$585

For Women \$625

### Medical Consultation

### Clinical Examination

Vital Signs and Physical Examination  
Body Composition Analysis  
Vision Test  
Visual Acuity  
Colour Vision

### Blood Tests: Essentials

Full Blood Count  
Cholesterol Profile  
Kidney Function  
Liver Function  
Thyroid Function  
Mineral Screen  
Uric Acid  
Calcium  
Phosphate

### Blood Tests: Disease Screen

Diabetes Screen  
Blood Glucose  
HbA1c  
Hepatitis A and B Screen

### Urine Analysis

Urine Full Examination and Microscopic Examination (U FEME)

### Stool Occult Blood Immunological

### Cardiac Screen Resting ECG

### Imaging Tests Chest X-ray

### Tests (For Women) Pap Smear (ThinPrep)

### Additional Tests with Top Up

Treadmill Test (Stress ECG)  
Ultrasound Abdomen<sup>1</sup>  
Ultrasound Thyroid  
Uroflowmetry and Bladder Scan  
Ultrasound Pelvis  
Ultrasound Breasts  
Mammogram

<sup>1</sup> Includes Liver, Gallbladder, Pancreas, Spleen, Kidneys

Non-fasting option is available at no additional cost. Same-day results are available at an additional cost. Kindly enquire with our team for more information. Price is inclusive of GST, at prevailing rate of 9%.

# Executive Health Screening Comprehensive LifeScreen

For detailed cancer screening with  
gender-specific examinations

For Men **\$558**

For Women **\$778**

## Medical Consultation

## Clinical Examination

Vital Signs and Physical Examination  
Body Composition Analysis  
Vision Test  
Visual Acuity  
Colour Vision

## Blood Tests: Essentials

Full Blood Count  
Cholesterol Profile  
Kidney Function  
Liver Function  
Mineral Screen  
Uric Acid  
Calcium  
Phosphate

## Blood Tests: Disease Screen

Diabetes Screen  
Blood Glucose  
HbA1c  
Hepatitis A, B and C Screen

## Blood Tests: Tumour Markers

Colon (CEA)  
Liver (AFP)  
Pancreas (CA19.9)  
Prostate (PSA)  
Breast (CA15.3)  
Ovary (CA125)

## Nasopharyngeal Cancer Screening

Epstein-Barr Virus (EBV) Serology Test

## Urine Analysis

Urine Full Examination and  
Microscopic Examination (U FEME)

## Stool Occult Blood Immunological

## Imaging Tests

Chest X-ray  
Ultrasound Prostate  
Ultrasound Breast  
Mammogram

## Tests (Women)

Pap Smear (ThinPrep)  
HPV DNA

## Additional Tests with Top Up

Low-Dose CT Scan  
(Top-up applies)  
Stomach (GASTROclear)  
with Helicobacter Pylori  
Screen (Top-up applies)

Same-day results are available at an additional cost. Kindly enquire with our team for more information.  
Price is inclusive of GST, at prevailing rate of 9%.



# Executive Health Screening

## Screen Elite

For comprehensive screening of common conditions and conditions relating to immunity

For Men **\$958**

For Women **\$998**

### Medical Consultation

### Clinical Examination

- Vital Signs and Physical Examination
- Body Composition Analysis
- Vision Test
  - Visual Acuity
  - Colour Vision
  - Tonometry (Glaucoma Screen)

### Blood Tests: Essentials

- Full Blood Count
- Cholesterol Profile
- Kidney Function
- Liver Function
- Thyroid Function
- Vitamin and Mineral Screen
  - Uric Acid
  - Calcium
  - Phosphate
  - Vitamin D Level

### Blood Tests: Disease Screen

- Diabetes Screen
- Blood Glucose
- HbA1c
- Hepatitis A, B and C Screen

### Blood Tests: Tumour Markers

- Colon (CEA)
- Liver (AFP)
- Prostate (PSA)
- Ovary (CA125)

### Urine Analysis

- Urine Full Examination and Microscopic Examination (U FEME)
- Urine Microalbumin / Creatinine Ratio

### Stool Occult Blood Immunological

### Cardiac Screen

Resting ECG

### Imaging Tests

Chest X-ray

### Tests (Women)

Pap Smear (ThinPrep)

### Additional Tests

Choose 1:

- Treadmill Test (Stress ECG)
- Ultrasound Kidneys
- Ultrasound Thyroid
- Ultrasound Liver
- Uroflowmetry and Bladder Scan
- Ultrasound Pelvis
- Ultrasound Breasts
- Mammogram

Non-fasting option is available at no additional cost. Same-day results are available at an additional cost. Kindly enquire with our team for more information. Price is inclusive of GST, at prevailing rate of 9%.



# Executive Health Screening Screen Exclusive

For comprehensive screening of common conditions and conditions relating to cancer

For Men \$1,700

For Women \$1,740

## Medical Consultation

## Clinical Examination

Vital Signs and Physical Examination  
Body Composition Analysis  
Vision Test  
Visual Acuity  
Colour Vision  
Tonometry (Glaucoma Screen)  
Retinal Photography

## Blood Tests: Essentials

Full Blood Count  
Cholesterol Profile  
Kidney Function  
Liver Function  
Thyroid Function  
Vitamin and Mineral Screen  
Uric Acid  
Calcium  
Phosphate  
Vitamin D Level

## Blood Tests: Disease Screen

Diabetes Screen  
Blood Glucose  
HbA1c  
Hepatitis A, B and C Screen

## Blood Tests: Tumour Markers

Colon (CEA)  
Liver (AFP)  
Nasopharynx / Nose (EBV Serology)  
Pancreas (CA19.9)  
Prostate (PSA)  
Testis (THCG)  
Breast (CA15.3)  
Ovary (CA125)

## Urine Analysis

Urine Full Examination and  
Microscopic Examination (U FEME)  
Urine Microalbumin / Creatinine Ratio

## Stool Occult Blood Immunological

## Cardiac Screen

Resting ECG  
Treadmill Test (Stress ECG)

## Imaging Tests

Chest X-ray

## Tests (Women)

Pap Smear (ThinPrep)

## Additional Tests

Choose 2:

Ultrasound Kidneys  
Ultrasound Thyroid  
Ultrasound Liver  
Ultrasound Abdomen<sup>1</sup>  
(Top-up applies)  
Uroflowmetry and  
Bladder Scan  
Ultrasound Prostate  
Ultrasound Pelvis  
Ultrasound Breasts  
Mammogram

Non-fasting option is available at no additional cost. Same-day results are available at an additional cost. Kindly enquire with our team for more information. Price is inclusive of GST, at prevailing rate of 9%.

<sup>1</sup> Includes Liver, Gallbladder, Pancreas, Spleen, Kidneys



# Executive Health Screening


## Screen Signature

For comprehensive screening of conditions related to cancer and ageing


For Men \$2,688

For Women \$2,728


### Medical Consultation

 Clinical Examination


Vital Signs and Physical Examination  
Body Composition Analysis  
Vision Test  
Visual Acuity  
Colour Vision  
Tonometry (Glaucoma Screen)  
Retinal Photography

 Blood Tests: Essentials


Full Blood Count  
Anaemia Studies  
Iron Serum  
Total Iron Binding Capacity  
Serum Folic Acid  
Vitamin B12  
Ferritin  
Cholesterol Profile  
Kidney Function  
Liver Function  
Thyroid Function  
Vitamin and Mineral Screen  
Uric Acid  
Calcium  
Phosphate  
Vitamin D Level

 Blood Tests: Disease Screen

Diabetes Screen  
Blood Glucose  
HbA1c  
Hepatitis A, B and C Screen

 Blood Tests: Tumour Markers

Colon (CEA)  
Liver (AFP)  
Nasopharynx / Nose (EBV Serology)  
Pancreas (CA19.9)  
Stomach (GASTROclear)  
Prostate (PSA)  
Testis (THCG)  
Breast (CA15.3)  
Ovary (CA125)

 Urine Analysis

Urine Full Examination and Microscopic Examination (U FEME)  
Urine Microalbumin / Creatinine Ratio

 Stool Occult Blood Immunological

 Cardiac Screen

Resting ECG  
Treadmill Test (Stress ECG)

 Imaging Tests

Chest X-ray  
Ultrasound Abdomen<sup>1</sup>

 H. Pylori Screen

Urea Breath Test

 Tests (Women)

Pap Smear (ThinPrep)

### Additional Tests

#### Group A: Imaging Tests (Choose 2)

Ultrasound Thyroid  
Ultrasound Carotid (Stroke Screen)  
Ultrasound Fibroscan of Liver<sup>A</sup>  
(Top-up applies)

Uroflowmetry and Bladder Scan

Ultrasound Prostate

Ultrasound Pelvis

Ultrasound Breasts

Mammogram

#### Group B: Functional Tests (Choose 1)

Bone Mineral Density Test (BMD)  
Blood Test: Biomarkers of Ageing\*  
Gator Prime (Gait Analysis)<sup>#</sup>

Non-fasting option is available at no additional cost. Same-day results are available at an additional cost. Kindly enquire with our team for more information. Price is inclusive of GST, at prevailing rate of 9%.

<sup>1</sup> Includes Liver, Gallbladder, Pancreas, Spleen, Kidneys

<sup>A</sup> These tests will be done at Parkway Radiology and IHH Healthcare Singapore hospitals.

\* Biomarkers of Ageing = Adrenal Function Test, Pituitary Function Test, Sex Hormones.

<sup>#</sup> Only available at Mount Elizabeth Novena Hospital



# Executive Health Screening Screen Premier

For comprehensive screening of conditions related to heart, cancer and ageing

For Men \$4,000 | For Women \$4,040

## Medical Consultation

## Clinical Examination

Vital Signs and Physical Examination  
Body Composition Analysis  
Vision Test  
Visual Acuity  
Colour Vision  
Tonometry (Glaucoma Screen)  
Retinal Photography

## Blood Tests: Essentials

Full Blood Count  
Anaemia Studies  
Iron Serum  
Total Iron Binding Capacity  
Serum Folic Acid  
Vitamin B12  
Ferritin  
Cholesterol Profile  
Kidney Function  
Liver Function  
Thyroid Function  
Vitamin and Mineral Screen  
Uric Acid  
Calcium  
Phosphate  
Vitamin D Level  
Biomarkers of Ageing  
Adrenal Function Test  
Pituitary Function Test  
Sex Hormones

## Blood Tests: Disease Screen

Diabetes Screen  
Blood Glucose  
HbA1c  
Hepatitis A, B and C Screen

## Blood Tests: Tumour Markers

Colon (CEA)  
Liver (AFP)  
Nasopharynx / Nose (EBV Serology)  
Pancreas (CA19.9)  
Stomach (GASTROclear)  
Prostate (PSA)  
Testis (THCG)  
Breast (CA15.3)  
Ovary (CA125)

## Urine Analysis

Urine Full Examination and Microscopic Examination (U FEME)  
Urine Microalbumin / Creatinine Ratio

## Stool Occult Blood Immunological

## Cardiac Screen

Resting ECG  
Treadmill Test (Stress ECG)  
2D Echocardiogram<sup>^</sup>

## Imaging Tests

Chest X-ray  
Ultrasound Abdomen<sup>1</sup>  
Bone Mineral Density (BMD)

## H.Pylori Screen

Urea Breath Test

## Tests (Women)

Pap Smear (ThinPrep)

## Additional Tests

Choose 2:

Ultrasound Thyroid  
Ultrasound Carotid (Stroke Screen)  
Ultrasound Fibroscan of Liver<sup>^</sup> (Top-up applies)  
Uroflowmetry and Bladder Scan  
Ultrasound Prostate  
Ultrasound Pelvis  
Ultrasound Breasts  
Mammogram

Non-fasting option is available at no additional cost. Same-day results are available at an additional cost. Kindly enquire with our team for more information. Price is inclusive of GST, at prevailing rate of 9%.

<sup>^</sup> These tests will be done at Parkway Radiology and IHH Healthcare Singapore hospitals.

<sup>1</sup> Includes Liver, Gallbladder, Pancreas, Spleen, Kidneys

# Executive Health Screening Multi-Cancer Early Detection

For DNA comprehensive early cancer detection  
In collaboration with Lucence Laboratories

For Men & Women

Screen  
(up to 12 cancers) **\$1,999**

Screen Plus  
(up to 50 cancers) **\$3,999**

## Pre-test Counselling

## Blood Investigations to detect up to 50 cancers, including:

- Biliary Tract Cancer
- Breast Cancer
- Cervical Cancer
- Colorectal Cancer
- Gastrointestinal Stromal Tumour
- Lung Cancer
- Lung Neuroendocrine Tumour
- Nose Cancer
- Pancreas Cancer

## Post Medical Review

Kindly enquire with our team for more information. Price is inclusive of GST, at prevailing rate of 9%.



## Cancer Types Detected

(12 in Orange, 38 in Black)

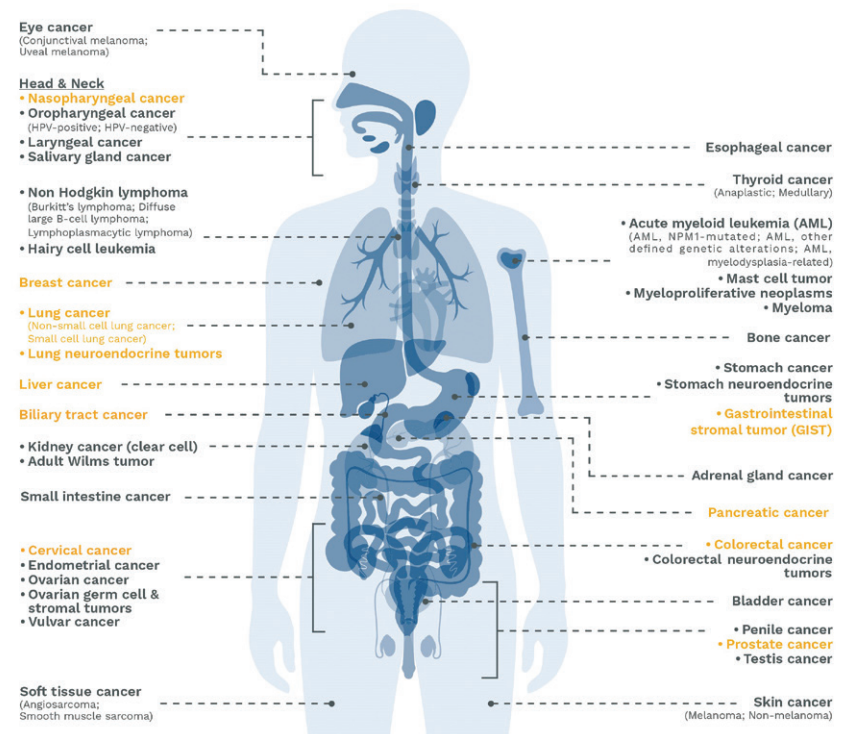


Image adapted from Lucence Labs

# Executive Health Screening GeneTest Plus

For understanding one's genetic wellbeing  
In collaboration with Mount Elizabeth Novena Centre for Genomic Health

For Men & Women

\$3,200

## Genetic testing can help:



Uncover chances of developing or passing a genetic disorder down



Diagnose genetic conditions in your bloodline before symptoms appear



Personalise an effective treatment plan just for you



Medical Consultation



Pre-test Counselling



Genetic Blood Investigations  
(Choose 1)

Familial Hypercholesterolemia  
(High Blood Cholesterol)

Hypertrophic Cardiomyopathy  
(Heart Disease)

Marfan Syndrome (Hereditary  
Connective Tissue Disorder)

Hereditary Breast and Ovarian  
Cancer Syndrome (HBOC)

Lynch Syndrome (Hereditary  
Colorectal Cancer Syndrome)



Clinical Examination

Physical Examination

Height and Weight

Body Mass Index

Blood Pressure

Vision Test

Visual Acuity

Colour Vision



Blood Investigations

Full Blood Count

Bone / Joint Profile

Cholesterol Profile

Blood Glucose

Kidney Function

Liver Function



Blood Tests:  
Tumour Markers

Colon (CEA)

Liver (AFP)

Pancreas (CA19.9)

Prostate (PSA)

Breast (CA15.3)

Ovary (CA125)



Urine Analysis

Urine Full Examination and

Microscopic Examination (U FEME)



Stool Occult Blood  
Immunological



Post Medical Review

Kindly enquire with our team for more information. Price is inclusive of GST, at prevailing rate of 9%.



## Executive Health Screening (For Men) Summary Table

Package Name	Screen Classic	Comprehensive LifeScreen	Screen Elite	Screen Exclusive	Screen Signature	Screen Premier	Multi-Cancer Early Detection Screen	Multi-Cancer Early Detection Screen Plus	GeneTest Plus
Who is it for?	For comprehensive screening of common conditions	For detailed cancer screening with gender-specific examinations	For comprehensive screening of common conditions and conditions relating to immunity	For comprehensive screening of common conditions and conditions relating to cancer	For comprehensive screening of conditions related to cancer and ageing	For comprehensive screening of conditions related to heart, cancer and ageing	For DNA comprehensive early cancer detection	For DNA comprehensive early cancer detection	For understanding one's genetic wellbeing
Vital Signs and Physical Examination	●	●	●	●	●	●			●
Body Composition Analysis	●	●	●	●	●	●			●
Vision Test - Visual Acuity and Colour Vision	●	●	●	●	●	●			●
Vision Test - Tonometry (Glaucoma Screen)			●	●	●	●			
Vision Test - Retinal Photography				●	●	●			
<b>Lab Tests</b>									
Base Lab Tests*	●	●	●	●	●	●			●
Anaemia Studies				●	●	●			
Vitamin D Level			●	●	●	●			
Biomarkers of Ageing					▲	●			
Hepatitis C Screen		●	●	●	●	●			
Tumour Markers - Liver, Colon, Prostate		●	●	●	●	●			●
Tumour Markers - Pancreas, Testis				●	●	●			●
Tumour Markers - Nasopharynx / Nose (EBV Serology)		●		●	●	●			
Urine Microalbumin / Creatinine Ratio		●	●	●	●	●			●
<b>Procedures and Other Screens</b>									
Resting ECG	●		●	●	●	●			
Treadmill Test (Stress ECG)	○		○	●	●	●			
2D Echocardiogram						●			
Uroflowmetry and Bladder Scan	○		○	●	●	●			
Chest X-ray	●	●	●	●	●	●			
Bone Mineral Density (BMD)					▲	●			
Ultrasound Kidneys			○						
Ultrasound Liver			○						
Ultrasound Thyroid	○		○	○	■	○			
Ultrasound Abdomen	○			○	●	●			
Ultrasound Carotid (Stroke Screen)					■	○			
Ultrasound Fibroscan of Liver (Top-up applies)					■	○			
Ultrasound Prostate		●		○	●	●			
<b>Genetic Testing</b>									
Blood DNA Investigations (12 cancers)							●		
Blood DNA Investigations (50 cancers)								●	
Familial Hypercholesterolemia (High Blood Cholesterol)									▲
Hypertrophic Cardiomyopathy (Heart Disease)									▲
Marfan Syndrome (Hereditary Connective Tissue Disorder)									▲
Hereditary Breast and Ovarian Cancer Syndrome (HBOC)									▲
Lynch Syndrome (Hereditary Colorectal Cancer Syndrome)									▲
Price (inclusive of GST) excluding top-up required from selected options	\$585	\$558	\$958	\$1,700	\$2,688	\$4,000	\$1,999	\$3,999	\$3,200

For optional add-ons tests, kindly refer to page 23.

\* Base lab tests includes Full Blood Count, Cholesterol Profile, Kidney Function, Liver Function, Thyroid Function, Mineral Screen (Uric Acid, Calcium, Phosphate), Hepatitis A and B Screen, Diabetes Screen (Blood Glucose, HbA1c), Autoimmune Disease Screen - Rheumatoid Factor, Urine Full Examination and Microscopic Examination (U FEME), Stool Occult Blood Immunological.

- Optional tests with top up
- Choose 1 test out of this group of additional tests
- Choose 1 test out of this group of additional tests
- Group A ultrasound tests - choose 1 test out of this group
- ▲ Group B functional tests - choose 1 test out of this group
- Choose 1 test out of this group of additional tests
- ▲ Genetic Blood Investigations - choose 1 test out of this group

## Executive Health Screening (For Women) Summary Table

Package Name	Screen Classic	Comprehensive LifeScreen	Screen Elite	Screen Exclusive	Screen Signature	Screen Premier	Multi-Cancer Early Detection Screen	Multi-Cancer Early Detection Screen Plus	GeneTest Plus
Who is it for?	For comprehensive screening of common conditions	For detailed cancer screening with gender-specific examinations	For comprehensive screening of common conditions and conditions relating to immunity	For comprehensive screening of common conditions and conditions relating to cancer	For comprehensive screening of conditions related to cancer and ageing	For comprehensive screening of conditions related to heart, cancer and ageing	For DNA comprehensive early cancer detection	For DNA comprehensive early cancer detection	For understanding one's genetic wellbeing
Vital Signs and Physical Examination	●	●	●	●	●	●			●
Body Composition Analysis	●	●	●	●	●	●			●
Vision Test - Visual Acuity and Colour Vision	●	●	●	●	●	●			●
Vision Test - Tonometry (Glaucoma Screen)			●	●	●	●			
Vision Test - Retinal Photography				●	●	●			
<b>Lab Tests</b>									
Base Lab Tests*	●	●	●	●	●	●			●
Anaemia Studies				●	●	●			
Vitamin D Level			●	●	●	●			
Biomarkers of Ageing					▲	●			
Hepatitis C Screen		●	●	●	●	●			
Tumour Markers - Liver, Colon, Ovary		●	●	●	●	●			●
Tumour Markers - Pancreas, Breast		●		●	●	●			●
Tumour Markers - Nasopharynx / Nose (EBV Serology)		●		●	●	●			
Urine Microalbumin / Creatinine Ratio		●	●	●	●	●			●
<b>Procedures and Other Screens</b>									
Resting ECG	●		●	●	●	●			
Treadmill Test (Stress ECG)	○		○	●	●	●			
2D Echocardiogram						●			
Pap Smear (ThinPrep)	●	●	●	●	●	●			
Chest X-ray	●	●	●	●	●	●			
Bone Mineral Density (BMD)					▲	●			
Ultrasound Kidneys			○						
Ultrasound Liver			○						
Ultrasound Thyroid	○		○	○	■	○			
Ultrasound Abdomen	○			○	●	●			
Ultrasound Carotid (Stroke Screen)					■	○			
Ultrasound Fibroscan of Liver (Top-up applies)					■	○			
Ultrasound Pelvis	○		○	○	●	●			
Ultrasound Breasts <sup>#</sup>	○	●	○	●	■	●			
Mammogram <sup>#</sup>	○	●	○	●	●	●			
<b>Genetic Testing</b>									
Blood DNA Investigations (12 cancers)							●		
Blood DNA Investigations (50 cancers)								●	
Familial Hypercholesterolemia (High Blood Cholesterol)									▲
Hypertrophic Cardiomyopathy (Heart Disease)									▲
Marfan Syndrome (Hereditary Connective Tissue Disorder)									▲
Hereditary Breast and Ovarian Cancer Syndrome (HBOC)									▲
Lynch Syndrome (Hereditary Colorectal Cancer Syndrome)									▲
Price (inclusive of GST) excluding top-up required from selected options	\$625	\$778	\$998	\$1,740	\$2,728	\$4,040	\$1,999	\$3,999	\$3,200

For optional add-ons tests, kindly refer to page 23.

\* Base lab tests includes Full Blood Count, Cholesterol Profile, Kidney Function, Liver Function, Thyroid Function, Mineral Screen (Uric Acid, Calcium, Phosphate), Hepatitis A and B Screen, Diabetes Screen (Blood Glucose, HbA1c), Autoimmune Disease Screen - Rheumatoid Factor, Urine Full Examination and Microscopic Examination (U FEME), Stool Occult Blood Immunological.

<sup>#</sup> For Screen Exclusive and Screen Signature, you may choose either Ultrasound Breasts or Mammogram.

- Optional tests with top up
- Choose 1 test out of this group of additional tests
- Choose 1 test out of this group of additional tests

- Group A ultrasound tests - choose 1 test out of this group
- ▲ Group B functional tests - choose 1 test out of this group
- Choose 1 test out of this group of additional tests
- ▲ Genetic Blood Investigations - choose 1 test out of this group

# Add-on Tests

Additional tests available upon request.



Optional add-on tests for Basic & Executive Health Screening

## Blood Tests

Multi-Cancer Early Detection (LucenceINSIGHT)  
Prostate (PSA)  
Stomach (GASTROclear)  
Tumour Markers  
Ovary (CA125)

## Immunology and Serology Tests

Hepatitis A, B and C Screen  
Mumps, Measles, Rubella  
Varicella-Zoster Virus (Chicken Pox / Shingles)

## Specialised Tests

Treadmill Test (Stress ECG)  
2D Echocardiogram<sup>^</sup>

## Vaccinations

Hepatitis A and/or B  
Human Papillomavirus (HPV)  
Influenza  
Pneumococcal

## Imaging Services

Bone Densitometry  
Chest X-ray  
Mammogram  
Ultrasound Abdomen  
Ultrasound Breast  
Ultrasound Pelvis  
Ultrasound Breasts + Mammogram  
Ultrasound Prostate

## Sexual Health Tests

HIV  
Syphilis  
Herpes Simplex Virus (HSV) Type I & II  
Chlamydia  
Trichomonas  
Candida

## Others

Audiometry  
Cervical Pap Smear (ThinPrep)  
Chest Low-dose CT Scan<sup>^</sup>  
Gastroscopy  
HPV DNA test  
Nasoendoscopy\*  
Screening Colonoscopy<sup>^</sup>  
Ultrasound Fibroscan<sup>^</sup>

Same-day results are available at an additional cost. Kindly enquire with our team for more information. Please contact us for more information on the test items.

<sup>^</sup> These tests will be done at Parkway Radiology and IHH Healthcare Singapore hospitals.

\* Test is done at partner specialist clinic at IHH Healthcare Singapore hospitals.

# Pre-screening Guidelines



In order for us to serve you better, please secure your preferred timing by booking an appointment in advance.



As some tests require fasting (e.g. blood tests and ultrasound abdomen), please **abstain from food and drinks for at least 10 hours** before your scheduled appointment. Drinking plain water is allowed during the fasting period. Light breakfast will be provided after your fasting tests.



Please be **punctual** for your appointment to avoid a longer waiting time.



**Urine and stool sample kits** are available for collection before your appointment at Parkway MediCentre. Alternatively, the kits will be provided on the day of your screening.



Our doctors are happy to provide a **detailed explanation of your screening results and health advice** on a review appointment. Alternatively, we can email your report to you for follow-up with your own family physician.



# Same-Day Screening

For express delivery of results



Top-up for Executive Health Screening packages

\$220

# Non-Fasting Screening

For anytime screening without the need for fasting



No additional fees for all Executive Health Screening packages

1

## Efficient and Comprehensive

Our same-day screening process ensures thorough medical assessments and tests completed within hours, with rapid turnaround for your convenience. From blood work to imaging scans, our expert team conducts a wide range of tests, providing you with a comprehensive overview of your health status.

2

## Convenient and Hassle Free

With easy scheduling and minimal disruption to your daily routine, our service offers hassle-free appointments and fasted testing for optimal accuracy. Simply book your appointment online or over the phone, arrive fasted, and leave with peace of mind knowing you've taken proactive steps toward your health.

3

## Affordable Premium

Quality healthcare shouldn't break the bank. Our same-day screening service provides premium care at a small premium cost, ensuring peace of mind without hidden fees. With transparent pricing and no surprises, investing in your health has never been more accessible or affordable.

### Disclaimer

Health screening for certain tests (e.g. pap smears) may still take several days for results to be returned. This result will hence be communicated to you separately via a medium of communication of your choice.

1

## Quality Outcomes

Our non-fasting screening tests deliver results of the same high quality as fasting tests. Our expert team ensures accurate evaluations and comprehensive insights into your health status, providing you with confidence in your results.

2

## No Additional Fees

Our non-fasting tests come with no extra costs. We believe in providing quality healthcare without burdening you with unexpected expenses. With transparent pricing, you can trust that you're getting the best value for your health.

3

## Flexible Scheduling, Anytime Convenience

Enjoy the freedom of scheduling your non-fasting screening tests at your convenience. Unlike fasting tests, which are often preferred in the morning, non-fasting tests can be done anytime of day. Simply inform our team of your preferred time, and we'll accommodate your schedule with ease.

### Disclaimer

Non-fasting screening currently cannot be performed for same-day screening. Health screening for non-fasting results may not apply for certain customer segments. Please check with our medical professionals before deciding if this is suitable for you.

# Medical Advisory



1

**Fast overnight for at least 10 - 12 hours (plain water is allowed) before coming for your health screen.**

Fasting allows our medical team to test the fasting blood sugar and the fasting serum triglyceride levels and allows us to compare with past results if any. Without proper fasting, food in the stomach may obscure organs during the ultrasound study of the abdomen.

2

**For high blood pressure patients**

#### A) Beta blockers

If you are taking a Beta-Blocker, stop this drug for 1 - 2 days before your health screening. If you are uncertain what a beta-blocker is, consult your doctor. Common Beta Blockers (pharmacological names) are *Atenolol*, *Metoprolol*, *Propranolol*, *Carvedilol*, *Sotalol*, *Bisoprolol (Concor)* and *Nebivolol (Nebilet)* or in combination drugs containing *Atenolol* or *Bisoprolol*.

#### B) Other drugs that are not beta blockers

If you are taking your medications at night, continue to take at night.

If you are taking your medications in the morning, please continue taking them with plain water. This will enable us to check if your blood pressure is under control with the medication and also allows for us to proceed with the treadmill stress test if required.

**C) Should your blood pressure exceed 150 / 90 mmHg on the day of treadmill stress test, the test will have to be postponed until the blood pressure is under the maximum limit.**

4

**For diabetic patients**

You may stop your diabetes and / or other medications on the day of your health screen. However, if you have Type 1 diabetes mellitus and are on insulin injections, please first consult your doctor or contact us for further advice.

5

**Caffeinated drinks**

Do not drink caffeinated drinks (coffee, tea) before test or eat heavily before the treadmill stress test.

6

**Females**

Pap smear, blood tumour markers, urine and stool tests should be done at least 5 days after the last day of your period to ensure better accuracy of results.

If you are menstruating on the day of your appointment, kindly inform our clinic staff.

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#### Disclaimers

Health screening may have both false positive and false negative results and may not pick up all occult diseases. Any abnormal finding may need further investigations or a referral to a Specialist.

# Frequently Asked Questions

## How often should I do health screening?

Health screening should be done on a regular basis. If you're generally in good health, you can consider doing a health screening once a year.

As the recommended screening frequency varies depending on your gender, age group and risk profile, please speak to your doctor for advice.

## How long does health screening take?

Health Screening takes around 1 - 3 hours at our MediCentre.

## Can I add on tests to my selected screening package?

Yes, you can opt for additional tests and services. Simply enquire with our clinic staff when booking your appointment.

## What do I need to bring for health screening?

Please bring your identification documents (NRIC, passport, company's letter or staff pass) for registration. For a more accurate analysis, do also bring along any past medical reports and scan results.

If you're doing a vision test, please bring your spectacles and do not wear contact lenses when you come for your appointment.

## What should I wear for health screening?

As certain tests require access to your arms or other body parts, it is advisable to wear a comfortable two-piece outfit with short sleeves. Bring along sports attire to change into if you're doing the cardiac treadmill stress electrocardiogram (ECG). We provide sports shoes and socks upon request.

For ladies, kindly avoid wearing perfume or deodorant on the day of your mammogram.

## Who should I contact if I am feeling unwell prior to my health screening?

Should you feel unwell prior to your screening, please contact us to inform our staff to re-schedule your appointment.

## How do I prepare for health screening?

Try to get a good night's rest, and avoid doing any strenuous activities right before your health check-up. It is also best to refrain from alcohol and caffeinated drinks on the day of screening, as they may affect the accuracy of your test results.

## Do I need to fast before health screening? How long do I need to fast?

Fasting is required for blood tests and certain tests like abdomen ultrasound. Please abstain from food and drinks for at least 10 hours before your appointment. Drinking plain water is allowed. If you're unsure if fasting is required, please check directly with our clinic staff.

## Do I need to stop my medications before health screening?

You may need to stop taking certain medications like beta-blockers or diabetes medication a day or 2 before your health check-up.

Please seek your doctor's advice before stopping any medications, especially if you are on insulin injections for Type 1 diabetes mellitus.

Please scan the QR code for more information on our Pre-Screening Guidelines.



*Simply schedule an appointment or contact us to customise a bespoke screening package for your own unique needs.*







## Location

11 Bidadari Park Drive,  
The Woodleigh Mall,  
#02-25/26/27, Singapore 367803

## Appointments and Enquiries

+65 6229 6888 +65 9177 9045

enquiries@parkwaymedicentre.com.sg

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