



Health Screening Packages



**Healthway
Medical**



About Healthway Screening & Wellness Centre

Health screening is important to determine your health status, and to identify any potential health problems. We understand the needs and concerns of every individual are different, and we aim to cater to all by providing extensive health screening packages carefully designed by our doctors.

About Healthway Medical

Healthway Medical offers quality healthcare services across the medical field in family medicine, dental surgery, specialist dentistry, aesthetics, paediatrics, child development, obstetrics and gynaecology, orthopaedics, sports medicine, ophthalmology, cardiology, gastrointestinal and liver, general surgery, and psychological wellness.

Since our establishment in 1990, Healthway Medical and our subsidiaries have stayed committed to providing accessible quality care with positive outcomes for our patients.





DATE

\$270 nett

 **6 - 10 DAYS**
Medical Report/
Processing Time

 **10 HOURS**
Fasting is required

Medical Examination by Doctor

Clinical Assessment

Height & Weight Measurement
Body Mass Index (BMI)
Blood Pressure Measurement
Waist & Hip Circumference
Body Fat Measurement
Visual Acuity
Colour Vision
12 Leads Resting ECG

Blood Test

HAEMATOLOGY

Full Blood Count
Erythrocyte Sedimentation Rate (ESR)
Peripheral Blood Film

DIABETICS

Blood Glucose

LIPID SCREEN

Total Cholesterol
HDL Cholesterol
LDL Cholesterol
Triglycerides
Cholesterol Ratio

KIDNEY FUNCTION

Sodium
Potassium
Chloride
Urea
Creatinine

LIVER FUNCTION

Total Protein
Albumin
Globulin
A/G Ratio
Total Bilirubin
Alkaline Phosphatase
SGOT (AST)
SCPT (ALT)
Gamma GT

BONE & JOINT SCREEN

Uric Acid (Gout)
Rheumatoid Arthritis Factor

THYROID SCREEN

Free T4
TSH

HEPATITIS SCREEN

Hepatitis A
Hepatitis B

TUMOUR MARKERS

Liver (AFP)
Colon (CEA)
Ovaries (CA 125) ♀
Prostate (PSA) ♂

STD PROFILE

Syphilis Ab (VDRL if
Syphilis Ab positive)

**URINE & STOOL
ANALYSIS**
Urine FEME
Stool Occult Blood

Radiology Test
Chest X-ray

**Medical Report,
Consultation &
Lifestyle
Counselling**



CLASSIC

\$400 nett

 **6 - 10 DAYS**
Medical Report/
Processing Time

 **10 HOURS**
Fasting is required

Medical Examination by Doctor

Clinical Assessment

Height & Weight Measurement
Body Mass Index (BMI)
Blood Pressure Measurement
Waist & Hip Circumference
Body Fat Measurement
Visual Acuity
Colour Vision
Spirometry
12 Leads Resting ECG

Blood Test

HAEMATOLOGY

Full Blood Count
Erythrocyte Sedimentation Rate (ESR)
Peripheral Blood Film
Blood Grouping

DIABETICS

Blood Glucose

LIPID SCREEN

Total Cholesterol
HDL Cholesterol
LDL Cholesterol
Triglycerides
Cholesterol Ratio

KIDNEY FUNCTION

Sodium
Potassium
Chloride
Urea
Creatinine

LIVER FUNCTION

Total Protein
Albumin
Globulin
A/G Ratio
Total Bilirubin
Alkaline Phosphatase
SGOT (AST)
SCPT (ALT)
Gamma GT

BONE & JOINT SCREEN

Uric Acid (Gout)
Rheumatoid Arthritis Factor

THYROID SCREEN

Free T4
TSH

HEPATITIS SCREEN

Hepatitis A
Hepatitis B

TUMOUR MARKERS

Liver (AFP)
Colon (CEA)
Ovaries (CA 125) ♀
Prostate (PSA) ♂
Pancreas (CA 19-9)

STD PROFILE

Syphilis Ab (VDRL if Syphilis
Ab positive)
HIV Antibody

CARDIAC RISK PROFILE

hs C-Reactive Protein
(hsCRP)

PAP SMEAR ♀

URINE & STOOL ANALYSIS

Urine FEME
Stool Occult Blood

Radiology Test

Chest X-ray

Medical Report, Consultation & Lifestyle Counselling



CLASSIC PLUS

\$600 nett



Medical Examination by Doctor

Clinical Assessment

Height & Weight Measurement
Body Mass Index (BMI)
Blood Pressure Measurement
Waist & Hip Circumference
Body Fat Measurement
Visual Acuity
Colour Vision
Tonometry
Spirometry
12 Leads Resting ECG

Blood Test

HAEMATOLOGY

Full Blood Count
Erythrocyte Sedimentation Rate (ESR)
Peripheral Blood Film
Blood Grouping

DIABETICS

Blood Glucose

LIPID SCREEN

Total Cholesterol
HDL Cholesterol
LDL Cholesterol
Triglycerides
Cholesterol Ratio

KIDNEY FUNCTION

Sodium
Potassium
Chloride
Urea
Creatinine

LIVER FUNCTION

Total Protein
Albumin
Globulin
A/G Ratio
Total Bilirubin
Alkaline Phosphatase
SGOT (AST)
SCPT (ALT)
Gamma GT

BONE & JOINT SCREEN

Uric Acid (Gout)
Rheumatoid Arthritis Factor

THYROID SCREEN

Free T4
TSH

HEPATITIS SCREEN

Hepatitis A
Hepatitis B

TUMOUR MARKERS

Liver (AFP)
Colon (CEA)
Ovaries (CA 125) ♀
Prostate (PSA) ♂
Pancreas (CA 19-9)

STD PROFILE

Syphilis Ab (VDRL if Syphilis
Ab positive)
HIV Antibody

CARDIAC RISK PROFILE

hs C-Reactive Protein
(hsCRP)

PAP SMEAR ♀

URINE & STOOL ANALYSIS

Urine FEME
Stool Occult Blood

Radiology Test

Chest X-ray

Ultrasound Test

Select 1 of the
following:

Ultrasound Breast ♀
Ultrasound Pelvis
Ultrasound Prostate ♂
Ultrasound Carotid
Mammogram ♀

Medical Report, Consultation & Lifestyle Counselling



DELUXE

\$700 nett



10 - 14 DAYS

Medical Report/
Processing Time

10 HOURS

Fasting is required

Medical Examination by Doctor

Clinical Assessment

Height & Weight Measurement
Body Mass Index (BMI)
Blood Pressure Measurement
Waist & Hip Circumference
Body Fat Measurement
Visual Acuity
Colour Vision
Tonometry
Spirometry
Audiometry
Retinaphotography
12 Leads Resting ECG

Blood Test

HAEMATOLOGY

Full Blood Count
Erythrocyte Sedimentation Rate (ESR)
Peripheral Blood Film
Blood Grouping

DIABETICS

Blood Glucose

LIPID SCREEN

Total Cholesterol
HDL Cholesterol
LDL Cholesterol
Triglycerides
Cholesterol Ratio

BONE & JOINT SCREEN

Uric Acid (Gout)
Rheumatoid Arthritis Factor

KIDNEY FUNCTION

Sodium
Potassium
Chloride
Urea
Creatinine

LIVER FUNCTION

Total Protein
Albumin
Globulin
A/G Ratio
Total Bilirubin
Alkaline Phosphatase
SGOT (AST)
SCPT (ALT)
Gamma GT

THYROID SCREEN

Free T4
TSH

HEPATITIS SCREEN

Hepatitis A
Hepatitis B

TUMOUR MARKERS

Liver (AFP)
Colon (CEA)
Ovaries (CA 125) ♀
Prostate (PSA) ♂
Pancreas (CA 19-9)

STD PROFILE

Syphilis Ab (VDRL if Syphilis
Ab positive)
HIV Antibody

CARDIAC RISK PROFILE

hs C-Reactive Protein
(hsCRP)

PAP SMEAR ♀

URINE & STOOL ANALYSIS

Urine FEME
Stool Occult Blood

Radiology Test

Chest X-ray

Ultrasound Test & Others

Select 2 of the
following:

Ultrasound Breast ♀
Ultrasound Pelvis
Ultrasound Prostate ♂
Ultrasound Abdominal
Ultrasound Carotid
Mammogram ♀

Medical Report, Consultation & Lifestyle Counselling



DELUXE PLUS

\$900 nett

 10 - 14 DAYS
Medical Report/
Processing Time

 10 HOURS
Fasting is required

Medical Examination by Doctor

Clinical Assessment

Height & Weight Measurement
Body Mass Index (BMI)
Blood Pressure Measurement
Waist & Hip Circumference
Body Fat Measurement
Visual Acuity
Colour Vision
Tonometry
Spirometry
Audiometry
Retinaphotography
12 Leads Resting ECG

Blood Test HAEMATOLOGY

Full Blood Count
Erythrocyte Sedimentation Rate (ESR)
Peripheral Blood Film
Blood Grouping

DIABETICS

Blood Glucose

LIPID SCREEN

Total Cholesterol
HDL Cholesterol
LDL Cholesterol
Triglycerides
Cholesterol Ratio

BONE & JOINT SCREEN

Uric Acid (Gout)
Rheumatoid Arthritis Factor

KIDNEY FUNCTION

Sodium
Potassium
Chloride
Urea
Creatinine

LIVER FUNCTION

Total Protein
Albumin
Globulin
A/G Ratio
Total Bilirubin
Alkaline Phosphatase
SGOT (AST)
SGPT (ALT)
Gamma GT

THYROID SCREEN

Free T4
TSH

HEPATITIS SCREEN

Hepatitis A
Hepatitis B
Hepatitis C

TUMOUR MARKERS

Liver (AFP)
Colon (CEA)
Ovaries (CA 125) ♀
Prostate (PSA) ♂
Pancreas (CA 19-9)

STD PROFILE

Syphilis Ab (VDRL if Syphilis
Ab positive)
HIV Antibody

CARDIAC RISK PROFILE

hs C-Reactive Protein
(hsCRP)

PAP SMEAR ♀

URINE & STOOL ANALYSIS

Urine FEME
Stool Occult Blood

Radiology Test

Chest X-ray

Ultrasound Test & Others

Select 3 of the
following:

Ultrasound Breast ♀
Ultrasound Pelvis
Ultrasound Prostate ♂
Ultrasound Abdominal
Ultrasound Carotid
Mammogram ♀
Bone Mineral Density

Medical Report, Consultation & Lifestyle Counselling



EXECUTIVE

\$1,300 nett

 10 - 14 DAYS
Medical Report/
Processing Time

 10 HOURS
Fasting is required

Medical Examination by Doctor

Clinical Assessment

Height & Weight Measurement
Body Mass Index (BMI)
Blood Pressure Measurement
Waist & Hip Circumference
Body Fat Measurement
Visual Acuity
Colour Vision
Tonometry
Spirometry
Audiometry
Retinaphotography
12 Leads Resting ECG

Blood Test HAEMATOLOGY

Full Blood Count
Erythrocyte Sedimentation Rate (ESR)
Peripheral Blood Film
Blood Grouping

DIABETICS

Blood Glucose
HbA1c

LIPID SCREEN

Total Cholesterol
HDL Cholesterol
LDL Cholesterol
Triglycerides
Cholesterol Ratio

BONE & JOINT SCREEN

Uric Acid (Gout)
Rheumatoid Arthritis Factor

KIDNEY FUNCTION

Sodium
Potassium
Chloride
Urea
Creatinine

LIVER FUNCTION

Total Protein
Albumin
Globulin
A/G Ratio
Total Bilirubin
Alkaline Phosphatase
SGOT (AST)
SCPT (ALT)
Gamma GT

THYROID SCREEN

Free T4
TSH

HEPATITIS SCREEN

Hepatitis A
Hepatitis B
Hepatitis C

TUMOUR MARKERS

Liver (AFP)
Colon (CEA)
Ovaries (CA 125) ♀
Prostate (PSA) ♂
Pancreas (CA 19-9)

STD PROFILE

Syphilis Ab (VDRL if Syphilis
Ab positive)
HIV Antibody

CARDIAC RISK PROFILE

hs C-Reactive Protein
(hsCRP)

PAP SMEAR ♀

URINE & STOOL ANALYSIS

Urine FEME
Stool Occult Blood

Radiology Test

Chest X-ray

Ultrasound Test & Others

Select 4 of the
following:

Ultrasound Breast ♀
Ultrasound Pelvis
Ultrasound Prostate ♂
Ultrasound Abdominal
Ultrasound Carotid
Mammogram ♀
Bone Mineral Density
Stress ECG Treadmill

Medical Report, Consultation & Lifestyle Counselling



EXECUTIVE PLUS \$2,000 nett

 10 - 14 DAYS
Medical Report/
Processing Time

 10 HOURS
Fasting is required

Medical Examination by Doctor

Clinical Assessment

Height & Weight Measurement
Body Mass Index (BMI)
Blood Pressure Measurement
Waist & Hip Circumference
Body Fat Measurement
Visual Acuity
Colour Vision
Tonometry
Spirometry
Audiometry
Retinaphotography
12 Leads Resting ECG

Blood Test

HAEMATOLOGY

Full Blood Count
Erythrocyte Sedimentation Rate (ESR)
Peripheral Blood Film
Blood Grouping

DIABETICS

Blood Glucose
HbA1c

LIPID SCREEN

Total Cholesterol
HDL Cholesterol
LDL Cholesterol
Triglycerides
Cholesterol Ratio

BONE & JOINT SCREEN

Uric Acid (Gout)
Rheumatoid Arthritis Factor
Calcium
Phosphate

KIDNEY FUNCTION

Sodium
Potassium
Chloride
Urea
Creatinine

LIVER FUNCTION

Total Protein
Albumin
Globulin
A/G Ratio
Total Bilirubin
Alkaline Phosphatase
SGOT (AST)
SCPT (ALT)
Gamma GT

THYROID SCREEN

Free T4
TSH

HEPATITIS SCREEN

Hepatitis A
Hepatitis B
Hepatitis C

TUMOUR MARKERS

Liver (AFP)
Colon (CEA)
Ovaries (CA 125) ♀
Prostate (PSA) ♂
Pancreas (CA 19-9)
Nose (EBV)

STD PROFILE

Syphilis Ab (VDRL if
Syphilis Ab positive)
HIV Antibody

CARDIAC RISK PROFILE

hs C-Reactive Protein
(hsCRP)

HORMONAL PROFILE

Progesterone ♀
Prolactin
Testosterone ♂
Follicular Stimulating
Hormone
Luteinizing Hormone ♀
E2 ♀

PAP SMEAR ♀

URINE & STOOL ANALYSIS

Urine FEME
Stool Occult Blood

Radiology Test Chest X-ray

Ultrasound Test & Others

Select 5 of the
following:

Ultrasound Breast ♀
Ultrasound Pelvis
Ultrasound Prostate ♂
Ultrasound Abdominal
Ultrasound Carotid
Mammogram ♀
Bone Mineral Density
Stress ECG Treadmill
Urea Breath Test

Medical Report, Consultation & Lifestyle Counselling



PREMIER

\$2,600 nett

14 - 20 DAYS
Medical Report/
Processing Time

10 HOURS
Fasting is required

**Medical Examination
by Doctor**

Clinical Assessment

Height & Weight Measurement
Body Mass Index (BMI)
Blood Pressure Measurement
Waist & Hip Circumference
Body Fat Measurement
Visual Acuity
Tonometry
Spirometry
Audiometry
Retinaphotography
12 Leads Resting ECG

Blood Test

HAEMATOLOGY
Full Blood Count
Erythrocyte Sedimentation Rate (ESR)
Peripheral Blood Film
Blood Grouping

DIABETICS

Blood Glucose
HbA1c

LIPID SCREEN

Total Cholesterol
HDL Cholesterol
LDL Cholesterol
Triglycerides
Cholesterol Ratio

BONE & JOINT SCREEN

Uric Acid (Gout)
Rheumatoid Arthritis Factor
Calcium
Phosphate

KIDNEY FUNCTION

Sodium
Potassium
Chloride
Urea
Creatinine

LIVER FUNCTION

Total Protein
Albumin
Globulin
A/G Ratio
Total Bilirubin
Alkaline Phosphatase
SGOT (AST)
SCPT (ALT)
Gamma GT

THYROID SCREEN

Free T4
TSH

HEPATITIS SCREEN

Hepatitis A
Hepatitis B
Hepatitis C

TUMOUR MARKERS

Liver (AFP)
Colon (CEA)
Ovaries (CA 125) ♀
Prostate (PSA) ♂
Pancreas (CA 19-9)
Nose (EBV)
Breast (CA 15.3) ♀

STD PROFILE

Syphilis Ab (VDRL if
Syphilis Ab positive)
HIV Antibody

CARDIAC RISK PROFILE

hs C-Reactive Protein (hsCRP)
Apolipoprotein A1
Apolipoprotein B
Apolipoprotein B/A1 Ratio

HORMONAL PROFILE

Progesterone ♀
Prolactin
Testosterone ♂
Follicular Stimulating Hormone
Luteinizing Hormone ♀
E2 ♀
Sex Hormone Binding Globulin ♂
Free Androgen ♂

PAP SMEAR ♀

VITAMIN D

URINE & STOOL ANALYSIS

Urine FEME
Stool Occult Blood

Radiology Test

Chest X-ray

Ultrasound Test & Others

Select 6 of the following:

Ultrasound Breast ♀
Ultrasound Pelvis
Ultrasound Prostate ♂
Ultrasound Abdominal
Ultrasound Carotid
Mammogram ♀
Bone Mineral Density
Stress ECG Treadmill
Urea Breath Test
CT Coronary Angiogram (Heart)
CT Calcium Score

**Medical Report,
Consultation &
Lifestyle Counselling**



PREMIER PLUS \$4,000 nett

-  **14 - 20 DAYS**
Medical Report/
Processing Time
-  **10 HOURS**
Fasting is required

Medical Examination by Doctor

Clinical Assessment

- Height & Weight Measurement
- Body Mass Index (BMI)
- Blood Pressure Measurement
- Waist & Hip Circumference
- Body Fat Measurement
- Visual Acuity
- Colour Vision
- Tonometry
- Spirometry
- Audiometry
- Retinaphotography
- 12 Leads Resting ECG

Blood Test

HAEMATOLOGY

- Full Blood Count
- Erythrocyte Sedimentation Rate (ESR)
- Peripheral Blood Film
- Blood Grouping

DIABETICS

- Blood Glucose
- HbA1c

LIPID SCREEN

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

BONE & JOINT SCREEN

- Uric Acid (Gout)
- Rheumatoid Arthritis Factor
- Calcium
- Phosphate

KIDNEY FUNCTION

- Sodium
- Potassium
- Chloride
- Urea
- Creatinine

LIVER FUNCTION

- Total Protein
- Albumin
- Globulin
- A/G Ratio
- Total Bilirubin
- Alkaline Phosphatase
- SGOT (AST)
- SCPT (ALT)
- Gamma GT

THYROID SCREEN

- Free T4
- TSH

HEPATITIS SCREEN

- Hepatitis A
- Hepatitis B
- Hepatitis C

URINE & STOOL ANALYSIS

- Urine FEME
- Stool Occult Blood

TUMOUR MARKERS

- Liver (AFP)
- Colon (CEA)
- Ovaries (CA 125) ♀
- Prostate (PSA) ♂
- Pancreas (CA 19-9)
- Nose (EBV)
- Breast (CA 15.3) ♀

STD PROFILE

- Syphillis Ab (VDRL if Syphillis Ab positive)
- HIV Antibody

CARDIAC RISK PROFILE

- hs C-Reactive Protein (hsCRP)
- Apolipoprotein A1
- Apolipoprotein B
- Apolipoprotein B/A1 Ratio

HORMONAL PROFILE

- Progesterone ♀
- Prolactin
- Testosterone ♂
- Follicular Stimulating Hormone
- Luteinizing Hormone ♀
- E2 ♀
- Sex Hormone Binding Globulin ♂
- Free Androgen ♂

PAP SMEAR ♀

VITAMIN D

Radiology Test

- Chest X-ray

Ultrasound Test & Others

Select 5 of the following:

- Ultrasound Breast ♀
- Ultrasound Pelvis
- Ultrasound Prostate ♂
- Ultrasound Abdominal
- Ultrasound Carotid
- Mammogram ♀
- Bone Mineral Density
- Stress ECG Treadmill
- Urea Breath Test

Colonoscopy

Gastroscopy

Medical Report, Consultation & Lifestyle Counselling

HEALTH SCREENING GENERAL PREPARATION

FASTING

Please fast from 10pm the night before your Health Screening. No food or beverages are allowed during the fast, with the exception of plain water on the morning of your appointment. We will provide light refreshments after your assessment. The purpose of fasting is to achieve accurate results for your blood tests for glucose, cholesterol and triglycerides. The duration of your health screening is about 3 – 4 hours.

MEDICINES AND SPECIAL DIETS

If you are taking medication or are on special dietary restrictions under doctor's prescription, please continue to do so. For diabetics, please do not consume your morning medication but bring along your medication to be consumed after your blood taking is completed. Please call for our doctor's opinion if you need further clarification on this issue.

DECLARATION OF ILLNESS

Should you feel unwell prior to your health screening, please call our center to inform our center staff before the screening. Our doctor may require you to adhere to special precautions or postpone your health screening depending on your medical condition.

LIFESTYLE QUESTIONNAIRE

This will be given on your health screening day.

PUNCTUALITY

Please try to arrive in good time for your appointment. If you are delayed, we will do our best to fit you in although we seek your understanding that there may be some waiting time involved.

EYE CHECKUP

As our physical examination requires an eye examination for short sightedness, please bring along your glasses or contact lenses and contact lenses holder.

URINE AND PAP SMEAR PREPARATION

Please ensure that you are not menstruating or pregnant when your Pap smear test is being performed. (The optimal time for Pap smear test is 2 weeks after your last menses). Please abstain from sexual intercourse 24 hours before the procedure. Avoid the use of vaginal creams, lubricant jellies, spermicides or vaginal medications and tampon usage 2 days before the test.

LARGE CHEST X-RAY

As low doses of radiation is used in chest x-rays, please declare if you are pregnant as you are advised not to conduct this test during pregnancy.

RESTING ECG

For ladies, it would be more convenient for you to wear a 2-piece suit instead of a dress or comfortable, loose-fitting clothing for the resting ECG.



STOOL COLLECTION

If you are bringing your stool sample from home, please collect 1 scoop of stool in the sterile stool specimen bottle issued, seal the bottle tightly and return the specimen to our clinic. Stool should not be kept for more than 12 hours before submission. (For ladies, please ensure that you are not menstruating at the time of urine and stool collection.)

MAMMOGRAM / BREAST ULTRASOUND

Each procedure itself can take about 30-40 minutes to complete. In the case of mammogram, low doses of radiation are used to check for microcalcifications or masses. Thus please declare if you are pregnant as you are advised not to conduct this test during pregnancy.

It is advisable to schedule your appointment about 5 days after your menstruation. Please remove all jewellery on your upper body before the Mammogram. Please also refrain from using powder on your breast or armpit. It would be more convenient for you to wear a 2-piece suit instead of a dress or comfortable, loose-fitting clothing for the ultrasound examination.

ABDOMINAL ULTRASOUND / HBS ULTRASOUND

An abdominal ultrasound uses sonography and the examination can take about 35-45 minutes to complete depending on what the doctor has ordered. Please abstain from food for 7 hours before the examination. Drink lots of plain water and do not empty bladder before examination. If you are a smoker, please refrain from smoking on the day of the appointment.

PELVIC ULTRASOUND

A pelvic ultrasound uses sonography and the examination can take about 35-45 minutes to complete depending on what the doctor has ordered. Please drink lots of water and do not empty bladder before examination.

TREADMILL STRESS TEST

Please bring along your jogging attire, shoes and a towel on the day you are conducting your ECG Treadmill test. For hypertensive patients, please do not consume your morning hypertensive medication but bring along your medication to be consumed after the doctor has determined that the medication it isn't a beta blocker. Please inform our staff before your screening day if you have any pre-existing heart problems or if you are not feeling well. Please call for our doctor's opinion if you need further clarification on this issue.

REVIEW OF RESULTS

Significant abnormal results will be made known to you within 7 days. Normal and slightly abnormal reports will be posted to you within 3 weeks and you may then call our health screening centre during our clinic operating hours to book an appointment for either a phone review of your results or a clinic review with our doctors (on weekday afternoons only).



Healthway Medical

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