



WEST WING >>

MINMED HEALTH SCREENERS

*Executive Health Screening
that you deserve.*



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www.minmed.sg

STRAITS19

\$278.20 incl. GST

Medical Consultation

Medical Consultation and
Physical Examination by a doctor

Biometric Parameters

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

Urine & Stool Analysis

Urine FEME
Stool Occult Blood
Urine Microalbumin to Creatinine Ratio

Blood Analysis

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

Medical Report & Review

Report review with Doctor
Lifestyle Counselling

STAMFORD19

\$428.00 incl. GST

Additional tests from STRAITS19

Blood Analysis

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

Other Tests

Tonometry
Spirometry
Chest X-ray
Resting Electrocardiogram
Bone Mass Density (Ankle)

SILOSO19

\$588.50 incl. GST

Medical Consultation

Medical Consultation and
Physical Examination by a doctor

Biometric Parameters

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

Other Tests

Tonometry
Spirometry
Chest X-ray
Resting Electrocardiogram
Bone Mass Density (Ankle)

Choice of 1 test:

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

Urine & Stool Analysis

Urine FEME
Stool Occult Blood
Urine Microalbumin to Creatinine Ratio

Blood Analysis

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

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

Medical Report & Review

Report review with Doctor
Lifestyle Counselling

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

MERDEKA19

\$749.00 incl. GST

Additional tests from SILOSO19

Blood Analysis

Hepatitis C
Helicobacter Pylori

Heart Screen

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

TEMASEK19

\$963.00 incl. GST

Medical Consultation

Medical Consultation and Physical Examination by a doctor

Biometric Parameters

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

Other Tests

Tonometry
Spirometry
Chest X-ray
Resting Electrocardiogram
Bone Mass Density (Ankle)

Choice of 2 tests:

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

Blood Analysis

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

Tumor Markers

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

Blood Analysis

Hepatitis C
Helicobacter Pylori

Heart Screen

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

Deficiency Screen

- Vitamin D
- Vitamin B12
- Folate
- Iron

Urine & Stool Analysis

Urine FEME
Stool Occult Blood
Urine Microalbumin to Creatinine Ratio

Medical Report & Review

Report review with Doctor
Lifestyle Counselling

SCREENING CHECKLIST

For X-ray

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

For Eye Examination

- Bring along spectacles (if any)
- Remove contact lens 30 mins before tonometry and retinal photography

For PAP Smear

- Schedule appointment at least 5 days post menstruation
- Avoid sexual intercourse, use of spermicides, vaginal creams/medications, lubricants and tampons 48 hours before

For Stool Test

- Avoid consuming red meat and iron supplements 3 days prior

For Ultrasound

- Avoid smoking
- Ultrasound Abdomen/ Liver:
Fast at least 8 hours till after test completion
- Ultrasound Pelvis: Drink at least 5-6 glasses of plain water an hour before and avoid urination

For Mammogram

- Not for pregnant women
- Avoid applying moisturizers, perfumes or powder on chest or under arms
- Best done 5 days after menstruation (breasts are less tender)
- Consult our doctor if you had a mammogram less than a year ago

For Treadmill Stress Test

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

What do I need to bring?

- Identification - NRIC/ Work Permit/ Passport
- Medical report, radiology films from last health screening

What do I need to do?

- Fast for at least 8 hours before your screening
- Drink plain water during fast
- Wear loose-fitting clothes (2 piece outfit for mammogram and PAP Smear)
- Omit diabetic medication until after breakfast
- Consume regular chronic medications
- Do PAP Smear,Urine and Stool Tests at least 5 days before or after menstruation

PACKAGE OVERVIEW

	STRAITS19	STAMFORD19	SILOSO19	MERDEKA19	TEMASEK19
	\$278.20	\$428.00	\$588.50	\$749.00	\$963.00
Height & Weight (BMI)					
Blood Pressure					
Vision Acuity					
Colour Vision					
Body Fats Analysis					
Waist-hip Ratio					
Urine FEME					
Stool Occult Blood					
Urine Microalbumin to Creatinine Ratio					
Fasting Blood Glucose					
HbA1c (if blood glucose > 7mmol)					
Fasting Blood Cholesterol					
Full Blood Count					
Kidney Function					
Liver Function					
VDRL					
Bone Disease					
Gout Screen					
Hepatitis A					
Hepatitis B					
Thyroid Function Test (FT4, TSH)					
Rheumatoid Factor					
Tumor Marker - AFP (Liver)					
Tumor Marker - CEA (Colon)					
Tumor Marker - PSA (Prostate)/ CA125 (Ovaries)					
Tumor Marker - CA19.9 (Pancreas)					
Tumor Marker - EBV EA IgA (Nose)					
Tumor Marker - Beta HCG (Testicular)/ CA15.3 (Breast)					
Helicobacter Pylori					
Heart Screen (Apolipoprotein A, Apolipoprotein B, Apo B/A1 Ratio, HsCRP)					
Hepatitis C					
Deficiency Screen (Vitamin D, Vitamin B12, Folate, Iron)					
Tonometry					
Spirometry					
Chest X-ray					
Resting Electrocardiogram					
Bone Mass Density (Ankle)					
Mammogram/ Ultrasound Breast/ Ultrasound Prostate/ Ultrasound Pelvis/ Ultrasound Abdomen/ Treadmill Stress Test*			Choice of 1*	Choice of 1*	Choice of 2

*Selection of Treadmill Stress Test is available with an add-on of \$53.50 inclusive of GST