

# HEALTH SCREENING HEALTH TOURISM

**Care for Life** 

# **HEALTH SCREENING**

#### **CATCH IT BEFORE IT CATCHES YOU**

Health screening helps you discover an illness or condition even if you feel perfectly healthy, and without any signs of disease. Early detection, followed by treatment and proper post-treatment care can result in better outcomes, and lowers the risk of serious complications. It is therefore important to get yourself screened even if you feel perfectly healthy.

# **PRE-SCREEN DOS AND DON'TS**

- Fast for at least ten hours. Please refrain from consuming food the night before your appointment. Drinking of plain water is permissible.
- For ladies Pap smear, urine and stool tests should be done five days after the last day of menstruation.
- If you are menstruating on the day of your appointment, please inform the nurses on arrival. You will not be able to do your urine, stool and Pap smear tests because the presence of blood in these tests would produce inaccurate results. The Pap smear test can be arranged to be done on the day of your review.
- Fasting is mandatory for patients who will be taking the ultrasound abdomen test. While taking the test, you may feel some slight discomfort and the conducting gel may feel cold and wet.
- Before undergoing a pelvic ultrasound, you will be required to drink several glasses of water. Please avoid urinating for about one hour prior to the examination time. When the bladder is full, it forms a convenient path, known as the acoustic window, for the ultrasonic waves.
- Do not wear any deodorant, perfume, powder or cream under your arms or chest area as it may interfere with the quality of the mammogram.
- If you are taking the treadmill test, bring along an additional change of clothes and appropriate footwear. Avoid caffein a day before taking the stress test.

# **PROCEDURES OF SCREENING**



# **SECOND VISIT**

- Second visit by appointment for consultation, physical examination, and review of results by Specialist Consultant or Wellness Doctor.
- Medical result will be released on 2<sup>nd</sup> visit after consultation.
- Summary report will be ready for collection upon receiving SMS from hospital.

# **TERMS AND CONDITIONS**

- Screening report is valid for 6 months from the date of issue.
- Second appoinment with the Specialist Consultant or Wellness Doctor must be completed within 6 months of the first screening appoinment.

# NOTES

- Under the Private Healthcare Facility Services Act and Regulation, no medical records shall be seen, reviewed or held by other party unless with a written consent by patients for medical records purposes only.
- All medical report will be given directly to patient. A copy of report will only be given to company with a signed consent letter from the patient.

# **WELLNESS BASIC**

#### **MEDICAL CONSULTATION**

- Medical History
- Physical Examination
- Post Interpretation of Medical Report

#### **BODY ANALYSIS / VITAL SIGNS**

- Height, Weight
- Body Mass Index (BMI)
- Blood Pressure
- Vision Test (Snellen chart)

#### **DIAGNOSTIC / RADIOLOGY TEST**

- Electrocardiogram (ECG)
- Chest X-Ray

#### **BLOOD & URINE TEST (GP61C)**

- Blood Group (ABO & Rh)
- Hemoglobin (Hb)
- Glucose Fasting
- Urea
- Uric Acid
- Sodium
- Calcium
- Phosphorus
- Hepatitis Screening (Hepatitis A & B)
- VDRL Screening (Syphilis)
- Thyroid Screen (T4)
- Renal Profile
- Lipid Profile
- Liver Profile
- ESR (Erythrocyte Sedimentation Rate)
- Urine FEME

#### **TYPED EXECUTIVE MEDICAL REPORT**



### RM440 Medical Officer

### **RM530** Consultant Specialist



Meal Voucher

# **WELLNESS ESSENTIAL**

#### **MEDICAL CONSULTATION**

- Medical History
- Physical Examination
- Post Interpretation of Medical Report

#### **BODY ANALYSIS / VITAL SIGNS**

- Height, Weight
- Body Mass Index (BMI)
- Blood Pressure
- Vision Test (Snellen chart)

#### **DIAGNOSTIC / RADIOLOGY TEST**

- Electrocardiogram (ECG)
- Chest X-Ray
- Ultrasound Abdomen
- Ultrasound Pelvis

#### **BLOOD & URINE TEST (GP61C)**

- Blood Group (ABO & Rh)
- Hemoglobin (Hb)
- Glucose Fasting
- Urea
- Uric Acid
- Sodium
- Calcium
- Phosphorus
- Hepatitis Screening (Hepatitis A & B)
- VDRL Screening (Syphilis)
- Thyroid Screen (T4)
- Renal Profile
- Lipid Profile
- Liver Profile
- ESR (Erythrocyte Sedimentation Rate)
- Urine FEME

#### **TYPED EXECUTIVE MEDICAL REPORT**



### **RM780** Medical Officer

### **RM870** Consultant Specialist



• Meal Voucher

## **WELLNESS PREMIUM**

#### **MEDICAL CONSULTATION**

- Medical History
- Physical Examination
- Post Interpretation of Medical Report

#### **BODY ANALYSIS / VITAL SIGNS**

- Height, Weight
- Body Mass Index (BMI)
- Blood Pressure
- Vision Test (Snellen chart)

#### **DIAGNOSTIC / RADIOLOGY TEST**

- Electrocardiogram (ECG)
- Chest X-Ray
- Stress Test
- Ultrasound Abdomen
- Ultrasound Pelvis

#### **BLOOD & URINE TEST (GP61C)**

- Blood Group (ABO & Rh)
- Hemoglobin (Hb)
- Glucose Fasting
- Urea
- Uric Acid
- Sodium
- Calcium
- Phosphorus
- Hepatitis Screening (Hepatitis A & B)
- VDRL Screening (Syphilis)
- Thyroid Screen (T4)
- Renal Profile
- Lipid Profile
- Liver Profile
- ESR (Erythrocyte Sedimentation Rate)
- Urine FEME
- 5 Types Cancer Marker Test

GLYCOSYLATED HAEMOGLOBIN (HBA1C) NUTRITIONAL SCREENING BY DIETITIAN TYPED EXECUTIVE MEDICAL REPORT



### RM1,540 Medical Officer

### **RM1,750** Consultant Specialist



COMPLIMENTARY

Meal Voucher

# FEMALE COMPREHENSIVE (BELOW 40 YEARS OLD)

#### **MEDICAL CONSULTATION**

- Medical History
- Physical Examination
- Post Interpretation of Medical Report

#### **BODY ANALYSIS / VITAL SIGNS**

- Height, Weight
- Body Mass Index (BMI)
- Blood Pressure
- Vision Test (Snellen chart)

#### **DIAGNOSTIC / RADIOLOGY TEST**

- Electrocardiogram (ECG)
- Chest X-Ray
- Ultrasound Abdomen
- Ultrasound Pelvis
- Ultrasound Breast

#### **BLOOD & URINE TEST (GP61C)**

- Blood Group (ABO & Rh)
- Hemoglobin (Hb)
- Glucose Fasting
- Urea
- Uric Acid
- Sodium
- Calcium
- Phosphorus
- Hepatitis Screening (Hepatitis A & B)
- VDRL Screening (Syphilis)
- Thyroid Screen (T4)
- Renal Profile
- Lipid Profile
- Liver Profile
- ESR (Erythrocyte Sedimentation Rate)
- Urine FEME

#### **GLYCOSYLATED HAEMOGLOBIN (HBA1C)**

#### **PAP SMEAR (THIN PREP)**

**TYPED EXECUTIVE MEDICAL REPORT** 

### RM1,055 Medical Officer

### **RM1,490** Consultant Specialist



• Meal Voucher

## FEMALE COMPREHENSIVE (ABOVE 40 YEARS OLD)

#### **MEDICAL CONSULTATION**

- Medical History
- Physical Examination
- Post Interpretation of Medical Report

#### **BODY ANALYSIS / VITAL SIGNS**

- Height, Weight
- Body Mass Index (BMI)
- Blood Pressure
- Vision Test (Snellen chart)

#### **DIAGNOSTIC / RADIOLOGY TEST**

- Electrocardiogram (ECG)
- Chest X-Ray
- Ultrasound Abdomen
- Ultrasound Pelvis
- Ultrasound Breast
- 3D Mammogram
- Bone Densitometry
- Stress Test (Treadmill)

#### **BLOOD & URINE TEST (GP61C)**

- Blood Group (ABO & Rh)
- Hemoglobin (Hb)
- Glucose Fasting
- Urea
- Uric Acid
- Sodium
- Calcium
- Phosphorus
- Hepatitis Screening (Hepatitis A & B)
- VDRL Screening (Syphilis)
- Thyroid Screen (T4)
- Renal Profile
- Lipid Profile
- Liver Profile
- ESR (Erythrocyte Sedimentation Rate)
- Urine FEME

#### **GLYCOSYLATED HAEMOGLOBIN (HBA1C)**

#### **PAP SMEAR (THIN PREP)**

**TYPED EXECUTIVE MEDICAL REPORT** 

### **RM1,900** Medical Officer

### **RM2,185** Consultant Specialist



# • Meal Voucher

# **HEART SCREENING**

#### **MEDICAL CONSULTATION**

- Medical History
- Physical Examination
- Post Interpretation of Medical Report

#### **BODY ANALYSIS / VITAL SIGNS**

- Height, Weight
- Body Mass Index (BMI)
- Blood Pressure
- Vision Test (Snellen chart)

#### **DIAGNOSTIC / RADIOLOGY TEST**

- Electrocardiogram (ECG)
- Echocardiogram (ECHO)
- Stress Test (Treadmill)
- Chest X-Ray

#### **BLOOD & URINE TEST (GP59H)**

- Diabetes screening
- Calcium
- Phosphorus
- Hepatitis Screening (Hepatitis B)
- Hemoglobin (Hb)
- Renal Profile
- Lipid Profile
- Liver Profile
- ESR (Erythrocyte Sedimentation Rate)
- HBA1C
- Urine FEME

#### **TYPED EXECUTIVE MEDICAL REPORT**



### **RM1,370** Consultant Specialist



Meal Voucher

# LIVER SCREENING

#### **MEDICAL CONSULTATION**

- Medical History
- Physical Examination
- Post Interpretation of Medical Report

#### **BODY ANALYSIS / VITAL SIGNS**

- Height, Weight
- Body Mass Index (BMI)
- Blood Pressure
- Vision Test (Snellen chart)

#### **DIAGNOSTIC / RADIOLOGY TEST**

- Electrocardiogram (ECG)
- Chest X-Ray
- Ultrasound Abdomen

#### **BLOOD & URINE TEST (GP61C)**

- Blood Group (ABO & Rh)
- Hemoglobin (Hb)
- Glucose Fasting
- Urea
- Uric Acid
- Sodium
- Calcium
- Phosphorus
- Hepatitis Screening (Hepatitis A & B)
- VDRL Screening (Syphilis)
- Thyroid Screen (T4)
- Renal Profile
- Lipid Profile
- Liver Profile
- ESR (Erythrocyte Sedimentation Rate)
- Urine FEME

#### **FIBROSCAN**

**TYPED EXECUTIVE MEDICAL REPORT** 



### **RM900** Medical Officer

**RM990** Consultant Specialist



# PRE-EMPLOYMENT SCREENING

#### **MEDICAL CONSULTATION**

- Medical History
- Physical Examination
- Post Interpretation of Medical Report

#### **BODY ANALYSIS / VITAL SIGNS**

- Height, Weight
- Body Mass Index (BMI)
- Blood Pressure
- Vision Test (Snellen chart)

#### **RADIOLOGY TEST**

• Chest X-Ray

#### LABORATORY TEST

• Urine FEME



### **RM110** Medical Officer

# WELL WOMAN SCREENING

#### **MEDICAL CONSULTATION**

- Medical History
- Physical Examination
- Ultrasound Pelvis (package with specialist only)
- Post Interpretation of Medical Report

#### LABORATORY TEST

• Pap Smear (Thin Prep)

**RM170** Medical Officer

RM345 Consultant Specialist

# **PROSTATE SCREENING**

#### MEDICAL CONSULTATION

- Medical History
- Physical Examination
- Post Interpretation of Medical Report

#### **DIAGNOSTIC TEST**

- Uroflometry (Urine Flow Rate)
- Ultrasound Pelvis

#### **BLOOD & URINE TEST**

- Prostate Test (PSA)
- Urine FEME

RM 465

# **ADDITIONAL TEST (ADD ON)**

DIAGNOSTIC TEST	
Lung Function Test	RM 108
Stress Test (Treadmill)	RM 480
Body Analysis / Composition	RM 120
Audiometry (PTA) – Screening	RM 96
Audiometry (PTA) – Diagnostic	RM 156
RADIOLOGY TEST	
Chest X-Ray	RM 54
<ul> <li>3D Mammogram &amp; Ultrasound Breast</li> </ul>	RM 420
Ultrasound Breast	RM 168
Ultrasound Abdomen	RM 204
Ultrasound Pelvis	RM 168
Ultrasound Thyroid	RM 168
<ul> <li>Bone Densitometry (2 part)</li> </ul>	RM 168
• Bone Densitometry (2 part)	
BLOOD TEST / SERVICE	
DIABETIC TEST	
• HbA1C	RM 42
Nutritional Screening By Dietitian	RM 84
Diabetic Counselling	RM 36
HEPATITIS SCREENING	
Hepatitis B (Hbs Ab / Hbs Ag)	RM 65
<ul> <li>Hepatitis A (HAV)</li> </ul>	RM 74
Hepatitis C (HCV)	RM 112
INFECTIOUS DISEASE	
HIV	RM 58
• MV • VDRL	RM 22
STD Profile	RM 248
• STD Profile	KM 240
THYROID TEST	
• Free T3 & T4	RM 130
• TSH	RM 66

<ul> <li>CANCER SCREENING (BLOOD)</li> <li>5 Types Screening Marker for Female</li> <li>5 Types Screening Marker for Male</li> <li>Single Screening Marker <ul> <li>CEA (Colon)</li> <li>CA 125 (Ovary)</li> <li>CA 19.9 (Intestine, pancreas, stomach)</li> <li>CA 153 (Breast)</li> <li>AFP (Liver)</li> <li>PSA (Prostate)</li> <li>Beta HCG (Testicular)</li> </ul> </li> </ul>	RM 300 RM 300 RM 66
<ul> <li>CANCER SCREENING (SWAB)</li> <li>EBV VCA IgA (Nasal)</li> </ul>	RM 156
<ul><li>GASTRO</li><li>H. Pyloric Test</li><li>Urea Breath Test</li></ul>	RM 107 RM 389
HEART • CRP	RM 64
THALASSEMIA STUDIES	RM 212
TESTOSTERONE STUDY (SEX HORMONE)	RM 95
VITAMIN D (CALCIUM)	RM 141
<ul> <li>URINE TEST</li> <li>Urine UPT</li> <li>Urine Drug (opiates &amp; cannabinoids)</li> </ul>	RM 21 RM 52

### SUMMARY OF HEALTH TOURISM HEALTH SCREENING

				FEMALE	FEMALE
DESCRIPTION	BASIC	ESSENTIAL	PREMIUM	BELOW	ABOVE
PRICE				40 YEARS	40 YEARS
Medical Officer	RM 440	RM 780	RM1,540	RM1,055	RM1,900
Specialist	RM 530	RM 870	RM1,750	RM1,490	RM2,185
SPD SERVICE					
ECG					
Stress Test			<ul> <li>Ø</li> </ul>		$\checkmark$
X-RAY SERVICE					
Chest X-ray	$\checkmark$	$\checkmark$	$\checkmark$	$\checkmark$	$\checkmark$
Ultrasound					
Abdomen	$\bullet$	$\checkmark$		$\checkmark$	$\checkmark$
Ultrasound Pelvis	•	$\bigotimes$	$\checkmark$	$\checkmark$	$\checkmark$
Ultrasound	•				
Breast				$\checkmark$	
3D Mammogram	•	•	$\bullet$		$\checkmark$
Bone Density	0				
,					
LABORATORY					
GP61C	$\checkmark$	$\checkmark$	$\checkmark$	$\checkmark$	$\checkmark$
HBA1C					
5 Cancer Markers					
Pap Smear			8 8 8 9	8 8 9 8 8	
DIET					
COUNSELLING					







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