

Our exclusive Executive Health  
Screening Packages are available at:

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**Gleneagles Hospital**

6A Napier Road #02-36  
Gleneagles Hospital Annexe Block  
Singapore 258500

**Mount Elizabeth Hospital**

3 Mount Elizabeth #02-02/03  
Mount Elizabeth Medical Centre  
Singapore 228510

**Mount Elizabeth Novena Hospital**

38 Irrawaddy Road #02-02  
Mount Elizabeth Novena Hospital  
Singapore 329563

**Parkway East Hospital**

321 Joo Chiat Place #01-00  
Parkway East Hospital  
Singapore 427990

**Paragon**

290 Orchard Road #07-07/08  
Paragon  
Singapore 238859

**The Arcade**

11 Collyer Quay #18-01  
The Arcade  
Singapore 049317

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Book your exclusive experience at

☎ +65 6280 0090 or

✉ [ehs.customerservice@parkwayantai.com](mailto:ehs.customerservice@parkwayantai.com)

To view our screening packages online, please kindly  
go to:

<https://www.parkwayshenton.com/ehspackages>

or scan the QR code below



Updated as of Jul 2020

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**Because  
everyone  
is unique**

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**Tailor-made  
health screening  
services  
specially for you**



## Screen for high vitality



Preventive health screening starts early and continues throughout life. At Parkway Shenton, we tailor health screening packages based on your age, gender, medical history, risk factors, lifestyle factors, family history and health concerns.

## Screen for awareness



## Screen for a peace of mind



## Benefits



Enjoy peace of mind with delivery of screening results in the form of **customised reports**



Benefit from a **full, targeted review** that includes lifestyle recommendations and health advice



We provide a **one-stop experience** with direct access to our specialists, facilities and additional medical services if you require medical intervention

# Screen *classic*

## For Men

\$468  
(with GST)

## For Women

\$498  
(with GST)

### Medical Consultation

#### Clinical Examination

- Vital Signs and Physical Examination
- Body Composition Analysis
- Eye Check
  - 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
- Autoimmune Disease Screen
  - Rheumatoid Factor
- Hepatitis A & B Screen

#### Urine Analysis

- Urine Microscopic Examination

### Stool Occult Blood (Immunological)

#### Cardiac Screen

- Resting ECG

#### Imaging Tests

- Chest X-ray

#### Tests (Women)

- Pap Smear

## For Men

\$868  
(with GST)

## For Women

\$898  
(with GST)

### Medical Consultation

#### Clinical Examination

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

#### Blood Tests: Essentials

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

#### Blood Tests: Disease Screen

- Diabetes Screen
  - Blood Glucose
  - HbA1C
- Autoimmune Disease Screen
  - Rheumatoid Factor
  - Anti Nuclear Antibody (ANA)
- Hepatitis A, B & C Screen

#### Blood Tests: Tumour Markers

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

#### Urine Analysis

- Urine Microscopic Examination
- Urine Microalbumin / Creatinine Ratio

#### Stool Occult Blood (Immunological)

#### Cardiac Screen

- Resting ECG

#### Imaging Tests

- Chest X-ray

#### Tests (Women)

- Pap Smear

#### ADDITIONAL TESTS

Choose 1 test out of the following:

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

# Screen *exclusive*

## For Men

\$1,468  
(with GST)

## For Women

\$1,498  
(with GST)

### Medical Consultation

#### Clinical Examination

- Vital Signs and Physical Examination
- Body Composition Analysis
- Eye Check
  - Visual Acuity
  - Colour Vision
  - Tonometry (Glaucoma Screen)
  - Retinal Photography
- Lung Function (Spirometry)

#### Blood Tests: Essentials

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

#### Blood Tests: Disease Screen

- Diabetes Screen
  - Blood Glucose
  - HbA1C
- Autoimmune Disease Screen
  - Rheumatoid Factor
  - Anti Nuclear Antibody (ANA)
- Hepatitis A, B & 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 Microscopic Examination
- Urine Microalbumin / Creatinine Ratio

#### Stool Occult Blood (Immunological)

#### Cardiac Screen

- Resting ECG
- Treadmill Test (Stress ECG)

#### Imaging Tests

- Chest X-ray

#### Tests (Men)

- Uroflowmetry & Bladder Scan

#### Tests (Women)

- Pap Smear
- Ultrasound Breasts OR Mammogram

#### ADDITIONAL TESTS

Choose 1 test out of the following:

- Ultrasound Abdomen (includes Liver, Gallbladder, Pancreas, Spleen, Kidneys)
- Ultrasound Thyroid
- Ultrasound Prostate
- Ultrasound Pelvis
- Ultrasound Breasts

# Screen *signature*

## For Men

\$1,968  
(with GST)

## For Women

\$1,998  
(with GST)

### Medical Consultation

#### Clinical Examination

- Vital Signs and Physical Examination
- Body Composition Analysis
- Eye Check
  - Visual Acuity
  - Colour Vision
  - Tonometry (Glaucoma Screen)
  - Retinal Photography
- Lung Function (Spirometry)

#### Blood Tests: Essentials

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

#### Blood Tests: Disease Screen

- Diabetes Screen
  - Blood Glucose
  - HbA1C
- Autoimmune Disease Screen
  - Rheumatoid Factor
  - Anti Nuclear Antibody (ANA)
- Hepatitis A, B & 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 Microscopic Examination
- Urine Microalbumin / Creatinine Ratio

#### Stool Occult Blood (Immunological)

#### Cardiac Screen

- Resting ECG
- Treadmill Test (Stress ECG)

#### Imaging Tests

- Chest X-ray
- Ultrasound Abdomen

#### Tests (Men)

- Ultrasound Prostate

#### Tests (Women)

- Pap Smear
- Ultrasound Breasts OR Mammogram
- Ultrasound Pelvis

#### ADDITIONAL TESTS

Choose 1 test each out of Group A and B:

##### Group A: Ultrasound Tests

- Ultrasound Carotid (Stroke Screen)
- Ultrasound Thyroid
- Ultrasound Fibroscan^ of Liver (*top up \$300*)
- Ultrasound Breasts

##### Group B: Functional

- Bone Mineral Density Test (BMD)
- Blood Test: Biomarkers of Ageing\*

^ Please check with contact centre on updated test locations for this procedure

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

# Screen *premier*

## For Men

\$3,068  
(with GST)

## For Women

\$3,298  
(with GST)

### Medical Consultation

#### Clinical Examination

- Vital Signs and Physical Examination
- Body Composition Analysis
- Eye Check
  - Visual Acuity
  - Colour Vision
  - Tonometry (Glaucoma Screen)
  - Retinal Photography
- Lung Function (Spirometry)

#### Blood Tests: Essentials

- Full Blood Count
- Anaemia Studies
  - Iron Serum
  - Iron Binding Capacity, Total
  - Folic Acid, Serum
  - Vitamin B12
  - Ferritin
- Cholesterol Profile
- Kidney Function
- Liver Function
- Thyroid Function
- Vitamin & 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
- Autoimmune Disease Screen
  - Rheumatoid Factor

- Anti Nuclear Antibody (ANA)
- Hepatitis A, B & 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 Microscopic Examination
- Urine Microalbumin/ Creatinine Ratio

#### Stool Occult Blood (Immunological)

#### Cardiac Screen

- Resting ECG
- Treadmill Test (Stress ECG)
- 2D Echocardiogram

#### Imaging Tests

- Chest X-ray
- Ultrasound Abdomen
- Bone Mineral Density Test (BMD)

#### Tests (Men)

- Ultrasound Prostate

#### Tests (Women)

- Pap Smear
- Ultrasound Breasts
- Mammogram
- Ultrasound Pelvis

#### ADDITIONAL TESTS

Choose 1 test out of the following:

#### Ultrasound Tests

- Ultrasound Carotid (Stroke Screen)
- Ultrasound Thyroid
- Ultrasound Fibroscan<sup>^</sup> of Liver (*top up \$300*)

<sup>^</sup> Please check with contact centre on updated test locations for this procedure

# Screen *prestige*

For Men

\$6,268  
(with GST)

For Women

\$6,498  
(with GST)

## Medical Consultation

### Clinical Examination

- Vital Signs and Physical Examination
- Body Composition Analysis
- Eye Check
  - Visual Acuity
  - Colour Vision
  - Tonometry (Glaucoma Screen)
  - Retinal Photography
- Lung Function (Spirometry)

### Blood Tests: Essentials

- Full Blood Count
- Anaemia Studies
  - Iron Serum
  - Iron Binding Capacity, Total
  - Folic Acid, Serum
  - Vitamin B12
  - Ferritin
- Cholesterol Profile
- Kidney Function
- Liver Function
- Thyroid Function
- Vitamin & 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
- Autoimmune Disease Screen
  - Rheumatoid Factor
  - Anti Nuclear Antibody (ANA)
- Hepatitis A, B & 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 Microscopic Examination
- Urine Microalbumin/ Creatinine Ratio

### Stool Occult Blood (Immunological)

### Cardiac Screen

- Resting ECG
- Treadmill Test (Stress ECG)
- 2D Echocardiogram

### Nasoendoscopy

### Imaging Tests

- Chest X-ray
- Ultrasound Abdomen
- Bone Mineral Density Test (BMD)

### Tests (Men)

- Ultrasound Prostate

### Tests (Women)

- Pap Smear
- Ultrasound Breasts
- Mammogram
- Ultrasound Pelvis

### ADDITIONAL TESTS

Choose 1 test each out of Group A, B and C:

#### Group A: Ultrasound Tests

- Ultrasound Carotid (Stroke Screen)
- Ultrasound Thyroid
- Ultrasound Fibroscan^ of Liver (*top up \$300*)

#### Group B: MRI Tests

- MRI Stroke Screen
- MRI Cervical Spine
- MRI Lumbar Spine

#### Group C: Gastroenterology Specialists Tests

- Gastroscopy (Stomach Scope)
- Colonoscopy (Bowel Scope) (*top up \$600*)
- Gastroscopy + Colonoscopy (*top up \$1,400*)

^ Please check with contact centre on updated test locations for this procedure



# summary table

	Screen Classic	Screen Elite	Screen Exclusive	Screen Signature	Screen Premier	Screen Prestige
Vital Signs and Physical Examination	●	●	●	●	●	●
Eye Check - Visual Acuity and Colour Vision	●	●	●	●	●	●
Eye Check - Tonometry (Glaucoma Screen)		●	●	●	●	●
Eye Check - Retinal Photography			●	●	●	●
Lung Function (Spirometry)			●	●	●	●
Lab tests						
Base lab tests*	●	●	●	●	●	●
Anaemia Studies				●	●	●
Vitamin D Level		●	●	●	●	●
Biomarkers of Ageing				○	●	●
Hepatitis C Screen		●	●	●	●	●
Autoimmune Disease Screen - Anti Nuclear Antibody (ANA)		●	●	●	●	●
Tumour Markers - Liver, Colon, Prostate/Ovary		●	●	●	●	●
Tumour Markers - Pancreas, Nasopharynx, Testis/Breast			●	●	●	●
Tumour Markers - Nasopharynx (EBV Serology)			●	●	●	●
Urine Microalbumin/ Creatinine Ratio		●	●	●	●	●
Procedures and other screens						
Chest X-ray	●	●	●	●	●	●
Pap Smear	●	●	●	●	●	●
Uroflowmetry & Bladder Scan		○	●			
Resting ECG	●	●	●	●	●	●
Treadmill Test (Stress ECG)		○	●	●	●	●
2D Echocardiogram					●	●
Nasoendoscopy						●
Gastroscopy (Stomach Scope)						○
Colonoscopy (Bowel Scope)						○
Imaging Tests						
Ultrasound Kidneys		○				
Ultrasound Thyroid		○	○	○	○	○
Ultrasound Liver		○				
Ultrasound Pelvis		○	○	●	●	●
Ultrasound Breasts		○	○	○	●	●
Mammogram		○	○	○	●	●
Ultrasound Prostate			○	●	●	●
Ultrasound Abdomen			○	●	●	●
Ultrasound Carotid				○	○	○
Ultrasound Fibroscan of Liver				○	○	○
Bone Mineral Density Test (BMD)				○	●	●
MRI Stroke Screen						○
MRI Cervical Spine						○
MRI Lumbar Spine						○
Price (excluding top-up required from selected options)	\$468	\$868	\$1,468	\$1,968	\$3,068	\$6,268
	\$498	\$898	\$1,498	\$1,998	\$3,298	\$6,498

\* Base lab tests includes Full Blood Count, Peripheral Blood Film (PBF), Erythrocyte Sedimentation Rate (ESR), Cholesterol Profile, Kidney Function, Liver Function, Thyroid Function, Mineral Screen, Hepatitis A and B Screen, Diabetes Screen, Autoimmune Disease Screen - Rheumatoid Factor, Urine Microscopic Examination, Stool Occult Blood (Immunological)

● Available in core package ○ Available as options under additional tests

# Add-on tests

**Enhanced tests and services available upon request – do enquire with our clinics!**

## **Vaccinations**

- Influenza vaccine
- Hepatitis vaccine
- Human papillomavirus (HPV) vaccine
- Others

## **Immunology & Serology Tests**

- STDs e.g. Syphilis, HPV DNA, Anti-HIV
- Mumps, Measles, Rubella
- Varicella-Zoster Virus (Chicken Pox/ Shingles)

## **Blood Tests**

- Allergy Tests (Food and Inhalant)
- Genetic Testing (Cancer Risk)\*

## **Advanced Imaging Modalities**

- Low Dose CT Lung Screen
- CT Calcium Scoring
- CT Coronary Angiogram
- CT Colonography
- MRI Stroke Screen
- MRI Lumbar/ Cervical Spine
- MRI Liver Elastography

## **Specialist Tests**

- Gastroscopy and Colonoscopy
- 2D Echocardiogram
- Nasoendoscopy

*\* Offered in collaboration with partner laboratories*

The above list is not exhaustive and may be subject to change.

Please go on to <https://www.parkwayshenton.com/my-health-services/medical-tests> for more information on the test items.

# 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 any of our 6 Executive Health Screening centres. Alternatively, the kits will be provided on the day of your screening
- Tests that require prior specialist and facility booking are subjected to availability on the screening date
- Colonoscopy requires additional preparation and will be performed after screening date
- Gastroscopy and Colonoscopy may incur additional charges for removal and diagnosis of polyps. These charges apply even if the endoscopy is included as part of the screening package.
- Our doctors are happy to provide a detailed explanation of your screening results and health advice on a review appointment, alternatively we can mail your report to you for follow-up with your own family physician

# Checklist

## Please remember the following to maximise your experience at our health screening centre

- Bring all past medical reports, scans and medication.
- Bring your identification documents for registration (i.e. NRIC, passport, company letter or staff pass).
- Bring your spectacles for the vision tests. Do not wear contact lenses.
- Wear a two-piece outfit (for women).
- Bring sports attire for the treadmill test. We will provide sports shoes and socks upon request.

## 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. 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.

# Checklist

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.

3. 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.
4. Do not drink caffeinated drinks (coffee, tea) before test or eat heavily before the treadmill stress test.
5. For CT/MRI Scan - If you are allergic to any radio-contrast material or have impaired kidney function, please inform your doctor as the CT Scan/MRI Scan with contrast may not be performed. If you have metallic objects in or on your body, please inform your doctor as the MRI may not be done. Titanium implants are allowed.
6. For Gastroscopy/ Colonoscopy - If you are on blood thinners and are going for Endoscopy – stomach or colon, please consult your Cardiologist/GP early regarding stopping your medication prior to the procedure. This is to prevent any excessive bleeding when polyps are removed or biopsies are taken.

# Checklist

7. For Females - urine and stool and Pap smear tests should be done at least 5 days after your period to avoid contamination. Tumour markers should not be done during menstruation.

## Disclaimers

1. 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.