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|  | EXECUTIVE HEALTH SCREENING (EHS) SERVICES  *in collaboration with NTU Healthy Lifestyle Programme* |

**Executive Health Screening Package**

* Fuller Health Comprehensive Scan **SGD 175.00** per examinee

(**NTU Healthy Lifestyle subsidises SGD 45.00, Staff pays SGD 130.00**)

* Please refer to Annex A for package details.
* Please refer to Annex B for pre-screening advisory.
* Please refer to Annex C for modes of appointment making.

**Optional Tests (For female employees aged 45 years and above)**

* Mammogram **SGD 100.00** per examinee

(**NTU Healthy Lifestyle subsidises SGD 20.00, Staff pays SGD 80.00**)

* Mammogram & Ultrasound of Breast **SGD 150.00** per examinee

(**NTU Healthy Lifestyle subsidises SGD 30.00, Staff pays SGD 120.00**)

* Ultrasound Pelvis **SGD 80.00** per examinee

(**NTU Healthy Lifestyle subsidises SGD 16.00, Staff pays SGD 64.00**)

**Executive Health Screening Centres**

* Fullerton Healthcare Screening Centre @ The Penthouse, Ngee Ann City Tower B

3918 Orchard Road, #26-02 Ngee Ann City Tower B, Singapore 238874

Tel: 6836 3366

* Fullerton Healthcare Group @ Gethin Jones, Equity Plaza

20 Cecil Street, #07-05/06/07 Equity Plaza, Singapore 049705

Tel: 6535 7100

*\*Rates indicated does not include prevailing GST charges*

**ANNEX A**

**NANYANG TECHNOLOGICAL UNIVERSITY**

**Fuller Health Comprehensive Scan at SGD 175.00 per examinee**

1. Physical Examination by Doctor

Examination of Heart, Lungs and Abdomen | Neurological and Musculoskeletal Examination | Height and   
 Weight Measurements | Body Mass Index (BMI) | Visual Acuity and Colour Blindness Tests | Blood   
 Pressure Reading

2. Chest X-ray

3. Resting Electrocardiogram (ECG)

4. Tonometry

5. Medical Review with Doctor

Blood Tests: FME04 + PAH

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| **Lipid Screen**  Total Cholesterol  HDL-Cholesterol  Total/HDL Cholesterol Ratio  LDL-Cholesterol  Triglycerides    **Liver Screen**  Bilirubin, Total  Alkaline Phosphatase  SGGT  SGPT (ALT)  SGOT (AST)  Total Protein  Albumin  Globulin  Albumin/ Globulin Ratio  Hepatitis Bs Antigen  Hepatitis Bs Antibody  Hepatitis A lgG Antibody  Amylase  **Bone & Joint Screen**  Calcium  Phosphates  Uric Acid  RA Factor | **Kidney Screen**  Urea  Creatinine  Bicarbonate  Potassium  Sodium  Chloride  **Diabetic Mellitus Screen**  Fasting Blood Sugar  **Venereal Disease Screen**  VDRL & Titre  TPHA (if VDRL is Reactive)    **Tumour Markers Screen**  AFP (Liver)  CEA (Colon)  PSA (Prostate) - For Men  CA125 (Ovaries) - For Ladies  **Thyroid Screen**  Free T4  TSH | | **Haematology**  White Blood Count  Red Blood Count  Haemoglobin  PCV (HCT)  Platelet  Erythrocyte Sedimentation Rate  MCV, MCH, MCHC  Differential Count  Peripheral Blood Film  Blood Grouping (ABO & Rhesus)    **Urinalysis**  Urine FEME    **Stool Screen**  Stool Occult Blood  **Pap Smear**  Pap Smear *(Complimentary for ladies)* | |

**ANNEX B**

**Schedule Health Screening Appointment**

Appointment can be scheduled via our corporate website, email or telephone, with confirmation guaranteed within 48 hours.

* Via Website

Visit our website at [www.fullertonhealthcare.com/appointment.html](http://www.fullertonhealthcare.com/appointments.html)

* Via Email

Write in to [ehs@fullertonhealthcare.com](mailto:ehs@fullertonhealthcare.com) for booking of appointment with your particulars and preferred appointment slot

|  |  |
| --- | --- |
| 1. Full Name 2. Company Name 3. Choice of Package 4. Preferred appointment date & time | 1. NRIC/FIN No. 2. Date of Birth 3. Mobile No. |

* Via Telephone

You may contact the centres directly to schedule an appointment at the following number:

* Fullerton Healthcare Screening Centre @ The Penthouse, Ngee Ann City Tower B

Tel: 6836 3366

* Fullerton Healthcare Group @ Gethin Jones, Equity Plaza

Tel: 6535 7100

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| **Health Screening Appointment** | **Earliest Slot** | **Latest Slot** |
| * **Morning Session**   **(Monday to Saturday, excluding Public Holidays)** | **8.00am**  Fast from 2.00am | **10.30am**  Fast from 4.30am |
| * **Afternoon Session**   **(Monday to Friday, excluding Public Holidays)** | **2.00pm**  Fast from 8.00am | **3.30pm**  Fast from 9.30am |

**ANNEX C**

**PATIENT ADVISORY - PRE-SCREENING INSTRUCTIONS**

* Do I need to fast?

You will need to fast 6 hours prior to your scheduled appointment. This means you should avoid consuming any food or beverages with the exception of plain water. The purpose of fasting is to achieve accurate results for your blood test.

* What do I need to bring?
* Nric / Passport
* As we will be testing your vision, please remember to bring along your glasses / contact lenses for distant and near vision test.
* You are strongly encouraged to bring along your most recent health screen result or report and films as our physicians may use that result to check on your health history and progress.
* Am I allowed to consume any medications prior to this health screening?

Please postpone taking any morning medication, unless otherwise advised by your physician, until / after your health screening.

* Will I be given any stool / urine bottle for my scheduled health screening?

Your urine specimen will be collected on the day of your appointment. Stool and urine containers will be provided on your health screening appointment day.

* What if I’m having my menstrual period on the day of my scheduled health screening?

You can still do your health screening, but it is advisable to book your appointment around day 10-14, after your lasts menstrual period. Please inform the nurses or doctor if you’re menstruating on the day of your

appointment.

* What is the estimated time taken for this health screening process?

The entire screening will complete in one morning or afternoon.

* Instructions for Ultrasounds
* *For Ultrasound Abdomen / Liver -* **NO FOOD OR FLUIDS** at least 6 hours before the examination.
* *For Mammogram / Ultrasound Breast -* Refrain from applying perfume, powder or deodorant on the breast or armpits area. Please avoid this examination if you are, or suspect that you are pregnant.

*For Ultrasound Pelvic / Prostate -* You are encouraged to drink 4 - 8 glasses of plain water. One hour before the test. DO NOT empty your bladder until the test is done.

**NTU HEALTH SCREENING 2014**

Organised by the NTU Healthy Lifestyle Committee

REGISTRATION FORM

**\*\*Very important. Please print & bring this completed form with you on day of screening (for staff and dependants)\*\***

Please fill in ALL particulars as the test reference range and interpretation may require them.

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Appointment Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Nric No: \_\_\_\_\_\_\_\_\_\_\_\_\_ Sch/Dept: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Email: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Sex: Male/Female Age: \_\_\_\_\_\_\_

Staff of NTU: Yes / No Spouse/dependent of staff : Yes / No

Contact Tel No: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Did you participate in Health Screening 2013? Yes /No

Diabetes? Yes/No Hypertension? Yes/No High Cholesterol? Yes/No

To be measured on screening day:

HEIGHT: \_\_\_\_\_\_\_ (m) WEIGHT : \_\_\_\_\_\_\_(kg) BMI: \_\_\_\_\_\_\_ (kg/m2 ) B.P. \_\_\_\_\_\_\_\_\_\_

Please tick screening package:

(please refer to screening schedule for details) STAFF SPOUSE

Plan 1 : Fuller Health Comprehensive Scan $130 $175

Pkg 2a: Mammogram & Ultrasound Breast $120 $150

2b: Ultrasound Pelvis $64 $80

2c: Mammogram $80 $100

sub-total: \_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_

CHECK OUT TOTAL: \_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_

**THANK YOU!**