**NTU HEALTH SCREENING 2013**

Organised & subsidized by the NTU Healthy Lifestyle Committee in conjunction with Fullerton Healthcare Group Pte Ltd

**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

**Package & Costing**

* Comprehensive Health Screening at SGD 140.00 per examinee
* *NTU subsidises SGD 30.00; Staff pays SGD 110.00*
* Please refer to Annex A for package details

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

* Mammogram SGD 100.00 per examinee
* *NTU subsidises SGD 20.00; Staff pays SGD 80.00*
* Mammogram & Ultrasound of Breast SGD 150.00 per examinee
* *NTU subsidises SGD 30.00; Staff pays SGD 120.00*
* Ultrasound Pelvis SGD 80.00 per examinee
* *NTU subsidises SGD 16.00; Staff pays SGD 64.00*

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

**ANNEX A**

**NANYANG TECHNOLOGICAL UNIVERSITY**

**Comprehensive Health Screening at SGD 140.00 per examinee**

**(NTU Healthy Lifestyle subsidises SGD 30.00, Staff pays SGD 110.00)**

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

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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)* | |

*Please refer to Annex B for Patient Advisory – Instructions for Health Screening*

**Annex B**

Comprehensive Health Screening

**Patient Advisory - Instructions for Health Screening**

Do I need to fast?

You will need to fast (8-10hours) the night before 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.
* In addition, 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 morning of your appointment. Stool and urine containers will be provided on your health screening appointment day.

**Annex B (Continued)**

Comprehensive Health Screening

**Patient Advisory - Instructions for Health Screening**

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.

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.