

# Executive Health Screening for Nanyang Technological University (NTU)



Health screening packages are offered at corporate rates to NTU staff and dependents at the indicated clinics. Please refer to this document for the following information:

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## A. Executive Health Screening Clinic Locations



Dear Employees of NTU,

There are 3 locations which you are able to choose from for your health screening session with Parkway Shenton. They are Executive Health Screeners at The Arcade, Paragon and Parkway East Hospital. For appointment booking, you may contact or email the Screeners at:

### **Executive Health Screeners (The Arcade)**

11 Collyer Quay  
# 18-01 The Arcade  
Singapore 049317  
Tel: 6507 9717  
[eac@parkwayshenton.com](mailto:eac@parkwayshenton.com)

### **Executive Health Screeners (Paragon)**

290 Orchard Road  
#07-07/08 Paragon  
Singapore 238859  
Tel: 6238 8238  
[epa@parkwayshenton.com](mailto:epa@parkwayshenton.com)

### **Executive Health Screeners (Parkway East Hospital)**

321 Joo Chiat Place  
Level One Parkway East  
Hospital  
Singapore 427990  
Tel: 6340 8728  
[ees@parkwayshenton.com](mailto:ees@parkwayshenton.com)

### **Operating Hours**

Mon to Fri	8.30 am to 1.00pm 2.00pm to 4.30pm
Sat	8.30am to 12.30pm
Closed	Sun & PH

## B. Schedule an Appointment

For health screening appointment, please visit our website at [www.parkwayshenton.com](http://www.parkwayshenton.com), for online booking or alternatively, please contact or email the respective clinics directly to schedule a screening appointment at a time of your convenience. Details to be provided when scheduling an appointment include:

- Full Name:
- NRIC no:
- Date of Birth:
- Gender:
- Contact Details:
- Preferred Dates
  - 1st choice
  - 2nd choice
- Clinic Location
  - 1st choice
  - 2nd choice
- Remarks : e.g. request for only female doctors

### Considerations for Booking An Appointment



**For ladies only:** Urine, stool and Pap smear tests are preferably done at least 5 days before the start of menstruation or 5 days after the end of menstruation. You may want to time your appointment accordingly.



**Fasting Required:** As some tests require you to be fasted (e.g. blood test), please abstain from food and drinks for at least 10 hours before your scheduled appointment. Sips of plain water are allowed.

**An example of the time range for fasting is as follows:**

<u>Health Screening Appointment</u>	<u>Earliest Slot</u>	<u>Latest Slot</u>
<b>Morning Session</b> (Monday to Saturday, excluding Public Holidays)	<b>8.30am</b>	<b>11.00am</b>
	Fast from 10.30pm the night before	Fast from 1.00am

Employees can enjoy complimentary breakfast upon completion of fasting tests (e.g. blood test).



**Peak period is between August and December.** Appointments and waiting time may be longer than usual during this period. We seek your kind understanding.

**C. Package Details**
**EXECUTIVE HEALTH SCREENING (EHS) SERVICES *in collaboration with NTU HEALTHY LIFESTYLE PROGRAMME***
**CORPORATE HEALTH SCAN @ SGD 170.00 PER EXAMINEE, EXCLUDING GST  
(NTU Healthy Lifestyle Programme subsidizes \$40, Staff pays \$130.00)**

- Breakfast
- Complete Clinical Examination
  - Examination of Heart, Lungs & Abdomen
  - Rectal Examination
  - Measurement of Blood Pressure
  - Neurological & Musculoskeletal Examination
- Body Composition Analysis
  - Height & Weight
  - Body Mass Index
  - Muscle Mass
  - Body Fat Measurement
- Vision Test
  - Visual Acuity
  - Colour Blindness
  - Tonometry
- Chest X-ray (1 View)
- Electrocardiogram (ECG)
- Medical Report & Medical Review
- Blood & Urine Investigations

**Renal (Kidney) Profile**

Potassium  
Sodium  
Chloride  
Bicarbonate  
Urea  
Creatinine

**Endocrine (Gland) Function**

Fasting Blood Glucose

**Bone/Joint Profile**

Calcium  
Phosphate  
Uric Acid

**Liver Profile**

Total Bilirubin  
Total Protein  
Albumin  
Globulin  
A/G Ratio  
Alkaline Phosphatase  
Aspartate Aminotransferase (AST)  
Alanine Aminotransferase (ALT)  
Gamma-Glutamyltransferase (GGT)

**Lipid (Fat) Profile**

Cholesterol  
Triglycerides  
HDL Cholesterol  
LDL Cholesterol  
Cholesterol Ratio

**Serology:**

Syphilis TP Antibody (Syphilis RPR & Titre if reactive)  
TPPA (if Syphilis TP Antibody is reactive)  
RA Factor

**Thyroid Studies**

Thyroxine, Free (FRT4)  
Thyroid Stimulating Hormone (TSH3)

**Tumour Marker Studies**

Alpha Fetoprotein (AFP)  
Carcinoembryonic Antigen (CEA)  
Prostate Specific Antigen, Total (PSA)  
Cancer Antigen 125 (CA 125)

**Hepatitis A&B Screen**

Hepatitis B Surface Antibody (HbsAb)  
Hepatitis B Surface Antigen (HBsAg)  
Hepatitis A Total Antibody  
(Anti-HAV Total)

**Full Blood Count**

Haemogram
 

- Haemoglobin
- Red Blood Cell Count
- Packed Cell Volume (HCT)
- Red Cell Indices (MCV, MCH, MCHC)
- Red Cell Distribution Width (RDW)
- Mean Platelet Volume (MPV)
- Platelet Count
- White Blood Cell Count

 Differential Count  
Peripheral Blood Film  
Erythrocyte Sedimentation Rate (ESR)  
Blood Group (ABO & Rh)

**Urine Test**

Urine FEME

**Stool Test**

Occult Blood

**Pap Smear**

(complimentary for ladies only)

***Above Health Scan is for Screening from Jan 2015 to Dec 2015.***

**OPTIONAL TESTS (Excluding GST)**

**Mammogram** **SGD 100**  
(NTU Healthy Lifestyle Programme subsidizes \$20, Staff pays \$80.00)

**Mammogram & Ultrasound Breasts** **SGD 130**  
(NTU Healthy Lifestyle Programme subsidizes \$30, Staff pays \$100.00)

**Ultrasound Pelvis** **SGD 105**  
(NTU Healthy Lifestyle Programme subsidizes \$20, Staff pays \$85.00)

*\*Breakfast is available for both NTU employees and family members who complete their fasting tests (e.g. blood test) at the Executive Health Screening Centres.*

**Corporate Rates for Family Members**

**Corporate rates** for NTU staff are also extended to the staff's **family members** (immediate family members) without any subsidy. For family member(s), please click to download a copy of the [dependents registration form](#) or email to [Editor\\_nhl@ntu.edu.sg](mailto:Editor_nhl@ntu.edu.sg) to request for a copy of the dependent registration form.

#### D. Pre-Screening Preparations



1. Please present the necessary documents (e.g. identification card, passport, company's letter or staff pass) for verification upon registration.



2. As some tests require you to be fasted (e.g. blood test), please abstain from food and drinks for at least 10 hours before your scheduled appointment. Sips of plain water are allowed.



3. Please do not take medicine or insulin for diabetes in the morning of the scheduled appointment.



4. Regular medicine for high blood pressure and heart can be continued.

5. Please bring your past medical reports, films and medications.



6. As we will be testing your vision, please bring your glasses for distant and near vision tests. Please do not put on your contact lenses on the day of appointment.



7. For your comfort and convenience of medical examination, it is preferable to wear a two-piece outfit.



8. If you are undergoing the Cardiac Treadmill Stress ECG test, you may bring your sports attire. Alternatively, we provide sports attire including shoes and socks at our centres.



9. Containers will be provided for collection of urine and stool specimens on the day of screening.



10. (For ladies only) Urine, stool and Pap smear tests are preferably done at least 5 days before the start of menstruation or 5 days after the end of menstruation.



11. The entire screening will be completed in one morning. To help us serve you better, we would appreciate if you could keep to the appointment time.

## E. Radiology Preparations

### 1. Ultrasound Pelvis

Patient to drink at least four to six glasses of water one hour before the examination. Patient is not to empty the bladder until the test is done. A full bladder forms an acoustic window for the ultrasonic waves to detect the size and shape of the pelvic organs.

### 2. Ultrasound Breasts / Mammogram

At the clinic, you may be asked to change into an x-ray gown and to remove jewellery or ornaments which may obscure the region that is being scanned.

Please refrain from applying perfume, powder or deodorant on the breast or armpits area.

For female patients taking Mammogram, they will be asked to certify that they are not pregnant. If there is any possibility of pregnancy, this should be brought to the attention of the physician or radiographer or nurse attending to you.

