

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. 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 Call Centre at **Tel: 6307 7946**

Email: ntu_screenings@parkwayshenton.com

Executive Health Screeners (The Arcade)

11 Collyer Quay
18-01 The Arcade
Singapore 049317
Tel: 6507 9717
eac@parkwayshenton.com

Executive Health Screeners (Paragon)

290 Orchard Road
#07-07/08 Paragon
Singapore 238859
Tel: 6238 8238
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

Operating hours:

Mon to Fri	8.30am to 1.00pm 2.00pm to 4.30pm
Sat	8.30am to 11.30am
Sun & PH	Closed

B. Schedule an Appointment

For health screening appointment, please contact or email the Call Centre at Tel: 6307 7946, Email: ntu_screenings@parkwayshenton.com 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>
Morning Session (Monday to Saturday, excluding Public Holidays)	8.30am Fast from 10.30pm the night before	11.00am Fast from 1.00am



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

HEALTH SCREENING 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)

- 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 2016 to Dec 2016.

OPTIONAL TESTS (Excluding GST)

* Mammogram **SGD 100**
(NTU Healthy Lifestyle Programme subsidizes \$20, Staff pays \$80)

* Mammogram & Ultrasound Breasts **SGD 130**
(NTU Healthy Lifestyle Programme subsidizes \$30, Staff pays \$100)

* Ultrasound Pelvis **SGD 105**
(NTU Healthy Lifestyle Programme subsidizes \$20, Staff pays \$85)

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



9. (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.



10. 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.

