



Executive Health Screening 2017 for NTU

FULLERTON HEALTH

Asian Healthcare,
Affordable & Accessible

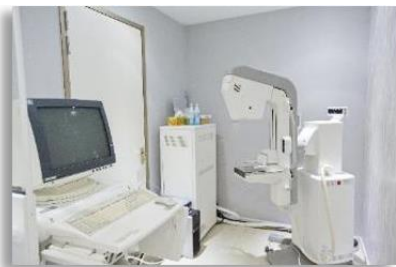
EXECUTIVE HEALTH SCREENING

A Unique Health Screening Experience

- ✓ Enjoy "The Fullerton Experience" – a synergy of health screening & wellness experience
- ✓ Dedicated Executive Lounges for Female and Male at Fullerton Health Screening Centre
- ✓ Medical Review with Doctor within 14 working days from date of screening
- ✓ Completion of tests within the centre (one stop centre)



*Ngee Ann City
Level 26*



Mammogram



Treadmill



Private Room



Ultrasound



Executive Health Screening for National Institute of Education, Nanyang Technological University

Executive Health Screening Centres

Complete your health screening at any three of our conveniently located one-stop medical centres:

- **Fullerton Healthcare @ NTU**
36 Nanyang Avenue, #01-01/02, S(639801)
- **Fullerton Healthcare Screening Centre @ Ngee Ann City**
The Penthouse, 391B Orchard Road, #26-02 Ngee Ann City Tower B, S(238874)
- **Fullerton Healthcare @ Ocean Financial Centre**
10 Collyer Quay, #03-08 Ocean Financial Centre, S(049315)

Executive Health Screening Package

- Fuller Health Comprehensive Scan SGD 170 per test
(NTU Healthy Lifestyle subsidises SGD 40, Staff pays SGD 130)

Optional Tests (For Female employees aged 45 years and above)

- Mammogram SGD 100 per test
(NTU Healthy Lifestyle subsidises SGD 20, Staff pays SGD 80)
- Mammogram & Ultrasound Breast SGD 150 per test
(NTU Healthy Lifestyle subsidises SGD 30, Staff pays SGD 120)
- Ultrasound Breast SGD 80 per test
(NTU Healthy Lifestyle subsidises SGD 20, Staff pays SGD 60)
- Ultrasound Pelvis SGD 80 per test
(NTU Healthy Lifestyle subsidises SGD 20, Staff pays SGD 60)
- Enjoy up to 20% off retail rates for other tests



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Executive Health Screening for National Institute of Education, Nanyang Technological University

Arrangement

- Please refer to [Annex A](#) for package details, [Annex B](#) for modes of appointment making and [Annex C](#) for pre-screening advisory
- Do remember to bring along the [Health Screening Registration Form](#) when you visit the centre for health screening

ANNEX A

HEALTH SCREENING PACKAGE

Fuller Health Corporate Scan at SGD 170 per examinee

(NTU Healthy Lifestyle subsidises SGD 40, Staff pays SGD 130)

- **Physical Examination by Doctor**
Examination of Heart, Lungs and Abdomen | Neurological and Musculoskeletal Examination | Height and Weight Measurements | Body Mass Index (BMI) | Body Fat Measurement | Visual Acuity and Colour Blindness Tests | Blood Pressure Reading
- **Chest X-ray**
- **Resting Electrocardiogram (ECG)**
- **Tonometry**
- **Medical Review and Report**

Blood Tests:

Renal (Kidney) Profile

Urea
Creatinine
Bicarbonate
Potassium
Sodium
Chloride

Endocrine (Gland) Function Test

Glucose (Fasting)

Bone/Joint Profile

Calcium
Phosphate
Uric Acid

Liver Profile

Protein, Total
Albumin
Globulin
A/G Ratio
Bilirubin, Total
Alkaline Phosphatase
Aspartate Aminotransferase (AST)
Alanine Aminotransferase (ALT)
SGGT
Amylase

Lipid (Fat) Profile

Cholesterol, Total
Triglycerides
Cholesterol, HDL
Cholesterol, LDL
Cho/HDL Ratio

Serology

VDRL (& Titre if reactive)
TPHA (if VDRL is reactive)
RA Factor

Immunology

Thyroid Studies
Thyroxine, Free (FT4)
TSH

Tumour Markers Screening

Colon: CEA
Liver: AFP
Prostate: PSA (For Men)
Ovarian: CA125 (For Ladies)

Hepatitis Screening

Hepatitis A IgG Antibody
Hepatitis Bs Antibody
Hepatitis Bs Antigen

Haematology

Haemogram

- Haemoglobin
 - Red Blood Cell Count
 - Packed Cell Volume (HCT)
 - Red Cell Indices (MCV, MCH, MCHC)
 - Platelets Count
 - White Blood Cell Count
- Differential Count
Peripheral Blood Film
Blood Grouping (ABO & Rh)
Erythrocyte Sedimentation Rate (ESR)

Urine Examination

Urine FEME

Stool Screening

Stool Occult Blood

Pap Smearing

Pap Smear *(Complementary for ladies)*

ANNEX B

SCHEDULING AN APPOINTMENT

Appointments can be scheduled via our corporate website, email or telephone.

Tests Available at the Screening Centres	Basic Package, ECG, Chest Xray & Tonometry	Ultrasound Pelvis	Ultrasound Breast	Mammogram	Cardiac Stress Test (Treadmill)
Fullerton Health @ NTU	✓				✓
Fullerton Health @ Ngee Ann City	✓	✓	✓	✓	✓
Fullerton Health @ Ocean Financial Centre	✓	✓	✓		✓

Health Screening Sessions

Earliest Slot

Latest Slot

- **Morning Session**

(available Monday to Saturday, excluding Public Holidays)

8.30am

Fast from 2.00am

11.00am

Fast from 4.30am

- **Afternoon Session**

(available Monday to Friday, excluding Public Holidays)

2.00pm

Fast from 8.00am

3.30pm

Fast from 9.30am

- **Scheduling via Website (For Appointment at Fullerton Health at Ngee Ann City and Ocean Financial Centre)**

Visit our website at <http://www.fullertonhealth.com/book-appointment.html>

- **Scheduling via Email (For Appointment at all 3 Fullerton Health Screening Centres)**

Write in to ehs@fullertonhealthcare.com with the following information:

- | | |
|-----------------|---|
| 1. Full name | 3. Company Name |
| 2. NRIC/FIN no. | 4. Preferred health screening centre, appointment date and time |

- **Scheduling via Telephone (For Appointment at all 3 Fullerton Health Screening Centres)**

Call +65 6333 3636 (Option 2) to schedule an appointment.

ANNEX C
PRE-SCREENING PREPARATION ADVISORY

*Please note that some advisories may not be applicable, depending on your entitled package.	
What you need to bring	<ul style="list-style-type: none"> ▪ NRIC/ FIN for verification ▪ NTU Staff Pass ▪ Health Screening Registration Form
Fasting	<ul style="list-style-type: none"> ▪ Fasting for at least 6 hours is required before your health screening appointment. Refrain from consuming food starting from 8am on the day of your appointment. Drinking of plain water is permitted.
Medication / Supplements	<ul style="list-style-type: none"> ▪ Delay your routine morning medication / supplements until tests which require fasting are done unless otherwise advised by our physician.
Eye Examination	<ul style="list-style-type: none"> ▪ Remove your contact lens to allow us to carry out the test. We would suggest that spectacles be worn on the day of the appointment.
Treadmill ECG	<ul style="list-style-type: none"> ▪ This test will take 20 to 30 minutes to complete. Avoid caffeinated drinks prior to the test. Medications such as beta-blockers (e.g. propranolol or atenolol) should preferably be stopped 3 days before the test. If you are unsure of the medication you are taking, please speak to the doctor prior to performing the cardiac assessment. Bring along your running gear (i.e. T-shirt, shorts and running shoes).
X-rays	<ul style="list-style-type: none"> ▪ X-Rays are not recommended for anyone who is pregnant or who has done a similar X-ray less than 6 months ago.
Stool Occult Blood Test	<ul style="list-style-type: none"> ▪ Avoid red meat and iron supplements 3 days before the appointment.
Ultrasound Pelvis	<ul style="list-style-type: none"> ▪ Before undergoing a pelvic ultrasound, you will be required to drink at least 5 to 6 glasses of water and to avoid urinating for about one hour prior to the examination time.
Ultrasound Abdomen	<ul style="list-style-type: none"> ▪ Remain fasted until this test is completed. If you are a smoker, please refrain from smoking on the day of your appointment until after your ultrasound has been completed, as smoking may affect the quality of the scan.
Pap Smear (For Ladies)	<ul style="list-style-type: none"> ▪ Pap Smear, urine and stool tests should be done 5 days after the last day of your period or 2 weeks before the first day of your period so as not to affect test results. If you are menstruating on the day of your appointment, inform the clinic staff on arrival. You will not be able to do your urine, stool and Pap smear tests because the presence of blood in these tests would produce inaccurate results. ▪ For Pap Smear, avoid sexual intercourse 48 hours before the test. Do not use spermicides, vaginal creams, lubricant jellies, vaginal medications or tampons 48 hours before the test.
Mammogram (For Ladies)	<ul style="list-style-type: none"> ▪ Avoid this examination if you are pregnant. Arrange for your appointment about 1 week after your last day of menstruation. Do not wear any deodorant, perfume, powder or cream under your arms or chest area as it may interfere with the quality of the mammogram. Bring along your most recent mammogram films and reports (if available) should you wish to have a comparison made between that and the latest received result.

