

HEALTH SCREENING PROGRAMS

BY THE THE CLINIC GROUP



Regular Health Screenings aim at identifying diseases at an early stage where it is still silent, preventable and treatable.

Our Health Screening programs have been carefully put together to provide the most complete, holistic and premier assessment.

The Clinic Group offers 4 Health Screening programs - Healthy Life, Premium, Executive and Millennium.

HEALTHY LIFE

SCREENING PROGRAM

Medical Examination

- Physical Examination
- Blood Pressure Assessment
- Body Mass Index (BMI)

Urine & Stool Tests

- Urine Analysis

Post Health Screening

- Laboratory Report

Laboratory Tests

- Completed Blood Count
- Cholesterol Screen (Lipid)
- Diabetes Screen (Glucose)
- Gout Screen
- Joint/Bone Screen
- Kidney Function Screen
- Liver Function Screen

This program is our basic package that generally assesses your metabolic syndromes for any common chronic ailments.

How to decide which Health Screening program is right for you?

Our programs range from a basic to a comprehensive health check-up. The right program for you depends on your family and personal medical history, lifestyle and existing concerns. Still unsure? Speak to our Doctors for a recommendation.



PREMIUM

SCREENING PROGRAM

Medical Examination

- Physical Examination
- Blood Pressure Assessment
- Body Mass Index (BMI)

Urine & Stool Tests

- Urine Analysis
- Urine Culture
- Stool Occult Blood

Post Health Screening

- Laboratory Report
- Customised Health Report
- Review with the Doctor

Laboratory Tests

- Cancer Marker for
 - Colon,
 - Liver,
 - Prostate (for men) or
 - Ovary (for ladies)
- Completed Blood Count
- Cholesterol Screen (Lipid)
- Diabetes Screen (Glucose)
- Gout Screen
- Hepatitis A & B Screen
- Joint/Bone Screen
- Kidney Function Screen
- Liver Function Screen
- Thyroid Screen

Have you done any early screening before?

Gentlemen should consider an Ultrasound Prostate, Ultrasound Abdomen and/or ECG Treadmill to screen for more serious conditions. Ladies are recommended to regularly do a Pap Smear to screen for cervical cancer, at least once per year. Other screening methods include Ultrasound Pelvis, Ultrasound Breast and Mammogram.

EXECUTIVE

SCREENING PROGRAM

Medical Examination

- Physical Examination
- Blood Pressure Assessment
- Body Mass Index (BMI)
- Electrocardiogram (ECG)

Urine & Stool Tests

- Urine Analysis
- Urine Culture
- Stool Occult Blood

Post Health Screening

- Laboratory Report
- Customised Health Report
- Review with the Doctor

Laboratory Tests

- Cancer Marker for
 - Colon,
 - Liver,
 - Prostate (for men) or
 - Ovary (for ladies)
 - Pancreas
 - Nasopharyngeal
- Completed Blood Count
- Cholesterol Screen (Lipid)
- Diabetes Screen (Glucose)
- Gout Screen
- Hepatitis A & B Screen
- Joint/Bone Screen
- Kidney Function Screen
- Liver Function Screen
- Thyroid Screen



MILLENNIUM

SCREENING PROGRAM

Medical Examination

- Physical Examination
- Blood Pressure Assessment
- Body Mass Index (BMI)
- Electrocardiogram (ECG)

Urine & Stool Tests

- Urine Analysis
- Urine Culture
- Stool Occult Blood

Post Health Screening

- Laboratory Report
- Customised Health Report
- Review with the Doctor

Choice of 1 Medical Imaging

Test:

- ECG Treadmill
- Ultrasound Pelvis & Thin Prep Pap Smear
- Ultrasound Pelvis & Ultrasound Breast
- Mammogram & Ultrasound Breast
- Ultrasound Full Abdomen
- Carotid Intima-Media Thickness Test (CIMT)*
(Additional fee applies)

Laboratory Tests

- Cancer Marker for
 - Colon,
 - Liver,
 - Prostate (for men) or
 - Ovary (for ladies)
 - Pancreas
 - Nasopharyngeal
- Completed Blood Count
- Cholesterol Screen (Lipid)
- Diabetes Screen (Glucose)
- Gout Screen
- Hepatitis A & B Screen
- Joint/Bone Screen
- Kidney Function Screen
- Liver Function Screen
- Thyroid Screen



CLINIC CONTACT & LOCATION

Our clinics are located at accessible locations to make prioritising your health an easy and effortless experience.

Schedule your Health Screening appointment with us easily through your preferred channel as follows:

- Drop a message to us via WhatsApp at +65 8891 2789
- Book through our website at www.theclinicgroup.com.sg/appointment
- Call any of our Clinics (See contact numbers below)

For clinic location and directions, visit www.theclinicgroup.com.sg/clinics/



- 1. The Clinic Group @ Aperia**
12 Kallang Avenue, #03-15 Aperia Mall, S339511. Tel: 6341 6892
- 2. The Clinic Group @ Business City**
20 Pasir Panjang Road, #02-26 Mapletree Business City, S117439. Tel: 6816 7180
- 3. The Clinic Group @ Capitagreen**
138 Market Street, #02-01A Capitagreen, S048946. Tel: 6384 6851
- 4. The Clinic Group @ Capital Tower**
168 Robinson Road, #02-02 Capital Tower, S068912. Tel: 6223 2837
- 5. The Clinic Group @ Campus**
70 Stamford Road, #B1-21 Li Ka Shing Library, S178901. Tel: 6333 9300
- 6. The Clinic Group @ Fusionopolis**
1 Fusionopolis Place, #01-05 Galaxis, S138522. Tel: 6466 0602
- 7. The Clinic Group @ Marina One**
5 Straits View, #B2-54 Marina One The Heart, S018935. Tel: 6282 8518
- 8. The Clinic Group @ One George Street**
1 George Street, #05-05 One George Street (Lobby C), S049145. Tel: 6438 5322
- 9. The Clinic Group @ Tai Seng**
18 Tai Seng Street, #01-07/08 18 Tai Seng, S538775. Tel: 6384 0160
- 10. The Clinic Group @ Westgate**
3 Gateway Drive, #04-25 Westgate, S608532. Tel: 6250 4012

ADDITIONAL TESTS

To customise your Health Screening according to your concerns and medical history, you can request to add-on tests or consult our Doctors for a recommendation.

Here are some of the common and popular add-on tests you may want to consider:

- Electrocardiogram (ECG)
- Ultrasounds - Pelvis, Breast, Abdomen or Prostate
- ECG Threadmill
- Thin Prep Pap Smear
- STD Screen
- Pre-Marital Screen
- Pre-Pregnancy Screen
- Fertility Screen
- Cardiac Tests



PREPARING FOR YOUR HEALTH SCREENING

- **Fast for 10 hours prior to your scheduled Health Screening.** You may drink plain water and take any chronic medications, but food is strictly not to be consumed.
- If you are unwell, or are consuming immunosuppressants and/or steroids, please inform a doctor prior to your Health Screening.
- **For Ladies:** Pap smears, urine and stool tests are best done 7 days after the last day of your menstruation.
- **For Ultrasounds Pelvis:** A full bladder is required. Drink sufficient fluids and refrain from urinating an hour prior to the imaging test.
- **For Ultrasounds Abdomen:** Fasting for 8 hours is required prior to your scheduled imaging test.

LABORATORY TEST PANELS

Discover the laboratory tests conducted in our Health Screening programs for more detailed information.

For further clarifications, speak to our friendly staff or Doctors.

COMPLETE BLOOD COUNT	ESR, Full Blood Count, PBF
CHOLESTEROL SCREEN (LIPID)	Cholesterol HDL & LDL Cholesterol Total/HDL Ratio Total Cholesterol Triglycerides
DIABETIC SCREEN (GLUCOSE)	Fasting Glucose
GOUT SCREEN	Uric Acid
HEPATITS A & B SCREEN	Hepatitis A IgG Antibody Hepatitis Bs Antigen Hepatitis Bs Antibody
JOINT/BONE SCREEN	Calcium Phosphate
KIDNEY FUNCTION SCREEN	Chloride Creatinine Potassium Sodium Urea
LIVERFUNCTION SCREEN	Albumin Alkaline Phosphatase A/G Ratio ALT/SGPT AST/SGOT Bilirubin GGT Globulin Protein
THYROID SCREEN	Free T4 (FT4), TSH