



| Health Screening Plans<br>For Men<br>*fasting required  | ESSENTIALS<br>\$150.42<br>(w/GST)<br>(Designed for<br>ages 20-29) | CORE<br>\$354.25<br>(w/GST)<br>(Designed for<br>ages 30-39) | PRIME<br>\$626.75<br>(w/GST)<br>(Designed for<br>ages 40-49) | APEX<br>\$850.82<br>(w/GST)<br>(Designed for<br>ages above 50s)   |
|---|---|---|--|---|
| <b>Physical Examination by Doctor</b><br>Examination of Heart, Lungs and Abdomen,<br>Neurological and Musculoskeletal Examination,<br>Blood Pressure Reading  |   | ✓   | ✓  | ✓   |
| <b>Clinical Measurements</b><br>Height, Weight, Body Mass Index (BMI), Body<br>Fat %, Visual Acuity, Blood Pressure Reading   | ✓   | ✓   | ✓  | ✓   |
| <b>Additional Clinical Measurements</b><br>Water %, Muscles Mass %,<br>Visceral Fat % & Bone Mass   |   | ✓   | ✓  | ✓   |
| <b>Eye Screening</b>  | ✓<br>Visual Acuity and<br>Color Blindness Tests                   | ✓<br>Visual Acuity Resting                                  | ✓<br>Visual Acuity Resting                                   | ✓<br>Visual Acuity Resting<br>and Diabetic Retinal<br>Photography |
| <b>Tonometry (Eye Pressure)</b>   |   |   |  | ✓   |
| <b>Spirometry</b>   |   |   |  | ✓   |
| <b>HbA1c</b>  |   | ✓   | ✓  | ✓   |
| <b>Diabetic</b> (Glucose)<br><b>Lipid/Cardiac Risk</b> (Total Cholesterol, HDL, LDL,<br>Chol/HDL Ratio, Triglycerides)<br><b>Haematology</b> (Full Blood Count, PBF; ESR, ABO)<br><b>Kidney</b> (Urea, Creatinine, Sodium, Potassium,<br>Bicarbonate, Chloride)<br><b>Liver</b> - (Bilirubin, Protein, Albumin, Globulin, A/G<br>Ratio, ALT (SGPT), AST (SGOT), Alkaline<br>Phosphatase, GGT)<br><b>Bone &amp; Joint</b> (Calcium, Phosphate, Uric Acid,<br>Rheumatoid Factor (RF))<br><b>Urine Analysis</b> (Urine FEME)<br><b>Stool Analysis</b> (Stool Occult Blood)<br><b>Thyroid</b> (Free T4 (FT4), Thyroid Stimulating<br>Hormone (TSH))<br><b>Tumour Marker</b> (Carcinoembryonic Antigen, CEA<br>(Colon, Paeceas, Stomach), Alpha Feto Protein<br>(Liver), PSA (Prostate))<br><b>STD Screen</b> (VD Screen (Syphilis TP Ab Screen),<br>VDRL (RPR) & TPLA (if Syphilis TP Ab is reactive))<br><b>Hepatitis</b> (Hep Bs Antigen & Antibody, Hep A Total<br>(IgG) Antibody) | ✓   | ✓   | ✓  |   |
| <b>Ultrasound HBS</b> (Liver, Gallbladder, Bile Duct,<br>Pancreas)  |   | Choose 1 test   | Choose 2 tests   | Choose 4 tests  |
| <b>Ultrasound KUB</b> (Kidney, Ureter, Bladder)   |   |   |  |   |
| <b>Ultrasound Prostate</b>  |   |   |  |   |
| <b>Ultrasound Thyroid</b>   |   |   |  |   |
| <b>Treadmill ECG</b>  |   |   |  |   |
| <b>Medical Report + Medical Review</b>  | ✓   | ✓   | ✓  | ✓   |
| <b>Breakfast / Snack</b>  |   | ✓   | ✓  | ✓   |

