

## Basic

**\$188**

(\$201.16 with GST)

Consultation  
Height / Weight / BMI  
Vision Check  
ECG  
Chest X-ray

### 35 Laboratory Tests

Coronary Risk (5)  
Diabetic Screen (1)  
Kidney Screen (2)  
Liver Screen (11)  
Bone Health (1)  
Haematology (9)  
Syphilis Screen (2)  
Thyroid Screen (2)  
Urinalysis (1)  
Occult Blood Test  
[Stool] (1)

## Standard

**\$288**

(\$308.16 with GST)

Consultation  
Height / Weight / BMI  
Vision Check  
ECG  
Chest X-ray  
Spirometry

### 47 Laboratory Tests

Coronary Risk (5)  
Diabetic Screen (1)  
Kidney Screen (5)  
Liver Screen (12)  
Bone Health (3)  
Haematology (9)  
Syphilis Screen (2)  
Thyroid Screen (2)  
Urinalysis (1)  
Tumour Markers (4)  
CA 15.3 (Female)  
C-Reactive Protein (Male)  
Occult Blood Test  
[Stool] (1)

## Premier

**\$388**

(\$415.16 with GST)

Consultation  
Height / Weight / BMI  
Vision Check  
ECG  
Chest X-ray  
Exercise Stress Test /  
Treadmill  
Bone Mineral Density

### 46 Laboratory Tests

Coronary Risk (5)  
Diabetic Screen (1)  
Kidney Screen (5)  
Liver Screen (12)  
Bone Health (4)  
Haematology (9)  
Syphilis Screen (2)  
Thyroid Screen (2)  
Urinalysis (1)  
Tumour Markers (4)  
Occult Blood Test  
[Stool] (1)

## Elite

**\$550 (Male)**

(\$588.50 with GST)

**\$650 (Female)**

(\$695.50 with GST)

Consultation  
Height / Weight / BMI  
Vision Check  
ECG  
Chest X-ray  
Exercise Stress Test /  
Treadmill  
Spirometry  
U/S Upper Abdomen  
PAP Smear (Female)  
Mammogram (Female)

### 46 Laboratory Tests

Coronary Risk (5)  
Diabetic Screen (1)  
Kidney Screen (5)  
Liver Screen (12)  
Bone Health (4)  
Haematology (9)  
Syphilis Screen (2)  
Thyroid Screen (2)  
Urinalysis (1)  
Tumour Markers (4)  
Occult Blood Test  
[Stool] (1)

## health screening packages

preventive healthcare services



community health for all

Terms & conditions apply. All the above packages are available at all of our medical centres.  
Items declined in the above packages will not be refunded or exchanged.

To make an appointment, call **6244 6688** (during office hours) or visit [www.sata.com.sg](http://www.sata.com.sg)

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CommHealth†

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# Health screening is vital to detect diseases, many of which do not produce early warning signs. These silent killers include diabetes, hypertension and high cholesterol.

- **Consultation:** Detailed medical history, complete physical examination and explanation of results
- **Chest X-ray:** To screen for tuberculosis and other lung related problems
- **Exercise Stress Test / Treadmill:** To assess response of the heart to stress (exercise)
- **Spirometry:** To evaluate lung function
- **Ultrasound Upper Abdomen:** To detect abnormalities of the liver, kidney and gall bladder
- **PAP Smear:** To detect cancer of the cervix at an early stage
- **Mammography:** To detect breast lumps
- **Coronary Risk:** To assess risk of heart disease
- **Diabetic Screen:** To screen for diabetes
- **Kidney Screen:** To assess the kidneys
- **Liver Screen:** To assess the condition of the liver
- **Bone Health:** To screen for gout and other bone diseases
- **Haematology:** Study of blood cells to differentiate the healthy from the diseased
- **C-Reactive Protein:** To detect inflammatory responses in the body as in chronic diseases such as diabetes, cardiovascular diseases, etc
- **Syphilis Screen:** To detect likelihood of past / recent syphilis infection
- **Thyroid Screen:** To screen for disorder of the thyroid gland
- **Urinalysis:** A test to screen for urinary tract infection and early kidney disease
- **Occult Blood Test [Stool]:** Detect bleeding which is not obvious to the naked eye
- **Tumour Markers:** Can be used to help diagnose certain cancers and predict response to cancer treatment, etc
- **Bone Mineral Density:** To screen for evidence of thinning bones

## Pre-Screening Preparations

### Fast the night before

Your health screening appointment is normally scheduled in the morning. Please fast from 10pm the night before. You may drink plain water on the morning of your appointment.

### Things to bring

NRIC / passport / work permit and your past medical records (up to 3 years ago), existing medications, vitamin supplements and spectacles (if any).

### Urinalysis

For females, this should be done about 3 days after the last day of your menstruation.

### Stool collection

You may collect your stool 1 day before or on the morning of your appointment. Please collect about 2 teaspoons of stool sample and place in a small, clean plastic container.

### PAP Smear

This should be done about 1 week after the last day of your menstruation.

### Mammography

Do not apply perfume, deodorant, talcum powder or body lotion before your mammography session. Bring along previous mammogram films (if any). Arrange for your session about 1 week after the last day of your menstruation for best results. Unless there are specific risk factors, mammography is NOT recommended if you are below 40 years old. If you are breastfeeding, you should ideally stop for about 6 months before doing a mammography.

### Health screening during pregnancy

X-ray and mammography will not be done for pregnant women.

### Treadmill

Consume a light meal before the test, but abstain from butter, cream, coffee / tea and alcohol.

Be properly attired; wear jogging shoes, shorts and T-shirt. Women should wear a sports brassiere, tube top or any tight T-shirt to prevent excessive breast movement during the run (other types of brassieres are not to be worn during the run). Men with hairy chests should shave off their chest hair before coming for the test.

Please inform the doctor or nurse if you are on drugs such as Digoxin (heart pills), nitroglycerin, betablockers (Propranolol, Atenolol), calcium antagonists and isosorbides.

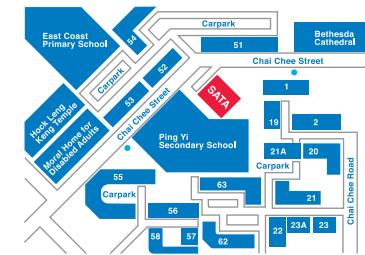
## Our Medical Centres

### SATA Uttamram Medical Centre

351 Chai Chee Street  
S(468982)

MRT: Bedok Station

Bus Service:  
222 (from Bedok MRT Station,  
Central Stop B)

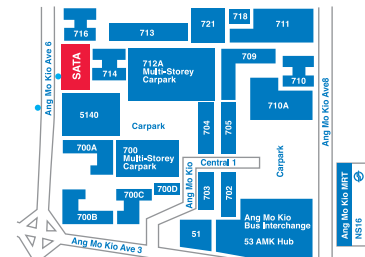


### SATA Ang Mo Kio Medical Centre

Blk 715 Ang Mo Kio  
Avenue 6 #01-4008/4010  
S(560715)

MRT: Ang Mo Kio Station

Bus Service:  
13 86 138 162 851 852 853



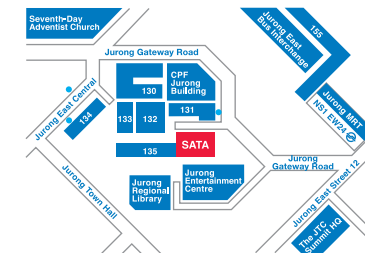
### SATA Jurong Medical Centre

Blk 135 Jurong  
Gateway Road #04-345  
S(600135)

MRT: Jurong East Station

Bus Service:  
51 66 78 79 97 105 (in front of  
Blk 131 Jurong Gateway Road)

51 66 78 79 97 143 176 197  
333 335 (in front of Blk 134  
Jurong East Central)

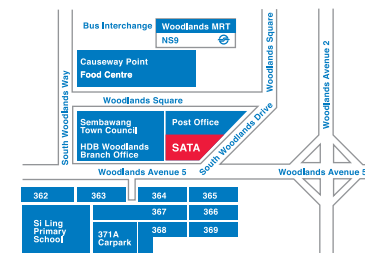


### SATA Woodlands Medical Centre

900  
South Woodlands Drive  
#04-04  
Woodlands Civic Centre  
S(730900)

MRT: Woodlands Station

Bus Service:  
161 168 169 178 187 856 858  
900 900A 901 902 903 911  
912 913 925 926 950 960  
961 962 963 963E 964 965  
966 967 968 969 970 971  
(alight at Woodlands Regional Bus  
Interchange)



To make an appointment, call 6244 6688 (during office hours) or visit [www.sata.com.sg](http://www.sata.com.sg)

All information is correct at the time of print and is subjected to change without prior notice. Visit [www.sata.com.sg](http://www.sata.com.sg) for more information and updates.