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CommHealth†

## HOW DO I PREPARE FOR SCREENING?

Each test requires different ways of preparation. When you call for an appointment, our representative will give you information on how to prepare for your screening. Take charge of your health today.

Call us at 6244 6688 for more information.

Hotline: 6244 6688

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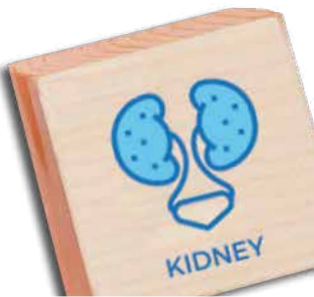
SATA CommHealth Medical Centres:  
Ang Mo Kio, Bedok, Jurong, Potong Pasir,  
Sengkang, Tampines, Woodlands

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# WHAT IS HEALTH SCREENING?

Health screening helps to identify risk factors and early stages of diseases. Early detection leads to a higher chance of recovery. Absence of any symptom does not indicate that you are healthy.



## WHAT AGE SHOULD I START HEALTH SCREENING?

There are different tests that you can take depending on your age.

### GENERAL SCREENING FOR ADULTS

Recommended for	To screen for	Screening test	Screening frequency
Individuals aged <b>18</b> years and above	Obesity	Body Mass Index (BMI) Waist circumference	Once a year
	High Blood Pressure	Blood Pressure measurement	Once every two years or more frequently as advised by your doctor
Individuals aged <b>40</b> years and above	Diabetes mellitus	Fasting blood glucose HbA1c	Once every three years or more frequently as advised by your doctor
	High blood cholesterol	Fasting lipids Non-fasting lipids	
Individuals aged <b>50</b> years and above	Colorectal cancer	Faecal Immunochemical Test (to test for blood in stools) OR	Once a year

### ADDITIONAL TESTS FOR WOMEN

Recommended for	To screen for	Screening test	Screening frequency
Women aged 25- 69 years, who have had sexual intercourse	Cervical cancer	Pap test	Once every three years
		HPV test	Once every five years
Women aged 50- 69 years	Breast cancer	Mammogram	Once every two years

Vaccinations available:

- Influenza
- Pneumococcal 13
- Pneumococcal 23
- Hepatitis A, B
- Yellow Fever
- Meningitis
- Tdap
- MMR (Measles, Mumps, Rubella)
- Varicella (Chicken Pox)
- Typhoid

Screening can also start at an earlier age or be done more frequently if someone has risk factors for the condition.

Call 6244 6688 to make an appointment.



## WHAT DO I DO AFTER I RECEIVE MY RESULTS?



If the results are normal, you can continue your lifestyle as usual and go for regular screening at the recommended intervals. If you develop any symptoms before the next scheduled screening or medical appointment, contact your doctor as soon as possible.

If the results are abnormal, you should contact your doctor immediately even if you feel perfectly fine. Receiving treatment early may help prevent or delay complications.

### PACKAGE/ TEST

	LITE \$275	PREMIER \$323	ELITE MALE \$563	ELITE FEMALE \$708	PLATINUM MALE \$1,122	PLATINUM FEMALE \$1,390
Doctor Consultation + Physical Examination	•	•	•	•	•	•
Post Screening Review	•	•	•	•	•	•
Height/ Weight/ BMI and Visual Acuity	•	•	•	•	•	•
Chest X-ray	•	•	•	•	•	•
ECG	•	•	•	•	•	•
Haematological Profile	•	•	•	•	•	•
Lipid and Glucose Profile	•	•	•	•	•	•
Thyroid Function Test	•	•	•	•	•	•
Liver Function Test	•	•	•	•	•	•
Kidney Function Test	•	•	•	•	•	•
Syphilis	•	•	•	•	•	•
Gout	•	•	•	•	•	•
Bone Mineral Status (Calcium & Phosphate)	•	•	•	•	•	•
Urine FEME & Stool Analysis	•	•	•	•	•	•
HbA1c	•	•	•	•	•	•
Hepatitis A screen	•	•	•	•	•	•
Hepatitis B screen	•	•	•	•	•	•
Rheumatoid Factor	•	•	•	•	•	•
Microalbumin Creatinine Ratio	•	•	•	•	•	•
wr-CRP (C-Reactive Protein)	•	•	•	•	•	•
Ultrasound Abdomen	•	•	•	•	•	•
Hepatitis C screen	•	•	•	•	•	•
Tumour Marker (Liver)	•	•	•	•	•	•
Tumour Marker (Pancreas)	•	•	•	•	•	•
Tumour Marker (Colon)	•	•	•	•	•	•
Tumour Marker (Beta HCG)	•	•	•	•	•	•
Tumour Marker (Prostate)	•	•	•	•	•	•
Testosterone	•	•	•	•	•	•
ABO Blood Group	•	•	•	•	•	•
Mammogram	•	•	•	•	•	•
Thin Prep	•	•	•	•	•	•
Tumour Marker (Ovary)	•	•	•	•	•	•
Tumour Marker (Breast)	•	•	•	•	•	•
Estradiol/ FSH/ LH	•	•	•	•	•	•
Urea Breath Test	•	•	•	•	•	•
Dexa BMD (Bone Scan)	•	•	•	•	•	•
Tumour Marker (Nasopharynx)	•	•	•	•	•	•
Anti-DS DNA & Anti-Nuclear Ab	•	•	•	•	•	•
Homocysteine & Apolipoprotein A,B	•	•	•	•	•	•
B12, Folate	•	•	•	•	•	•
Iron, Ferritin, TIBC	•	•	•	•	•	•
Coagulation Profile	•	•	•	•	•	•
25-Hydroxyvitamin D	•	•	•	•	•	•
Herpes	•	•	•	•	•	•
HIV	•	•	•	•	•	•
Ultrasound Prostate	•	•	•	•	•	•
Ultrasound Pelvis	•	•	•	•	•	•
Ultrasound Breast	•	•	•	•	•	•
HPV DNA	•	•	•	•	•	•

\*Community Hub @ Fernvale provides Lite and Premier packages only. Tampines Medical Centre does not provide Mammogram services. Prices include GST. Prices and content are subject to change without prior notice. Terms and conditions apply. Items declined in the above packages will not be refunded or exchanged.