



Health Screening Services

WELL PROGRAMME



Health Screening

Alexandra Hospital's health screening packages are designed to give you an overview of your health.

You can choose from our three different health packages consisting of a comprehensive list of tests to best suit your needs. Additional tests may be advised based on individual health assessment and medical needs.

Our dedicated team of healthcare professionals are committed to help you optimise your health and address all your medical needs.





Our Health Screening Packages

- Essential Screening
- Executive Screening
- Comprehensive Screening

Essential Screening - \$268

Comprehensive Medical History & Physical Examination

- Present complaints (if any)
- Full history-taking including past medical, family, social and drug history
- Review of entire body system

Biometric Parameters

- Blood Pressure
- Body Mass Index (BMI)
- Visual Acuity

Lipid Profile

- Total Cholesterol
- Triglycerides
- HDL & LDL Cholesterol
- Cholesterol / HDL Ratio

Liver Function

- Albumin
- Bilirubin
- Alanine Transaminase
- Aspartate Transaminase
- Alkaline Phosphatase

Diabetes Screening

- Glycated Haemoglobin A1c (HbA1c)

Kidney Function

- Sodium
- Potassium
- Urea
- Creatinine
- eGFR(CKD-EPI)
- Urine Albumin: Creatinine Ratio

Haematology

- Full Blood Count

Urine Analysis

- Urine Formed Elements

Optional add-ons for females at \$230

Mammogram and Cervical Screening

- Mammogram
- Liquid Based Pap Smear
- HPV

Optional add-ons for age 65 and above at \$143.70

- Physiological Profile Assessment (PPA)

PPA identifies fall risk through tests measuring vision, peripheral sensation, muscle force, reaction time, and postural sway. High-risk individuals may benefit from a direct review with our geriatric team.

Executive Screening - \$468

Comprehensive Medical History & Physical Examination

- Present complaints (if any)
- Full history-taking including past medical, family, social and drug history
- Review of entire body system

Biometric Parameters

- Blood Pressure
- Body Mass Index (BMI)
- Visual Acuity

Lipid Profile

- Total Cholesterol
- Triglycerides
- HDL & LDL Cholesterol
- Cholesterol / HDL Ratio

Liver Function

- Albumin
- Bilirubin
- Alanine Transaminase
- Aspartate Transaminase
- Alkaline Phosphatase

Diabetes Screening

- Glycated Haemoglobin A1c (HbA1c)

Kidney Function

- Sodium
- Potassium
- Urea
- Creatinine
- eGFR(CKD-EPI)
- Urine Albumin: Creatinine Ratio

Haematology

- Full Blood Count

Urine Analysis

- Urine Formed Elements

Stool Analysis

- Stool Occult Blood

Serology Test

- Anti-HAV
- HBs Ag
- HBs Ab
- Anti-HCV

Other Clinical Assessment

- Electrocardiogram (ECG)

Optional add-ons for females at \$230

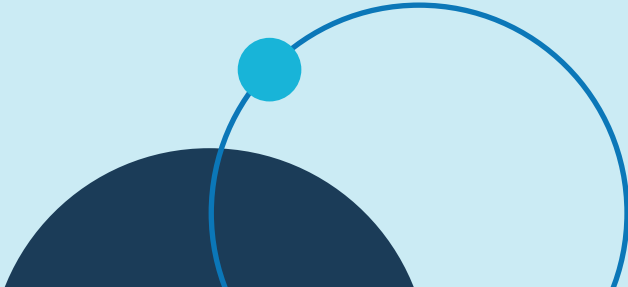
Mammogram and Cervical Screening

- Mammogram
- Liquid Based Pap Smear
- HPV

Optional add-ons for age 65 and above at \$143.70

- Physiological Profile Assessment (PPA)

PPA identifies fall risk through tests measuring vision, peripheral sensation, muscle force, reaction time, and postural sway. High-risk individuals may benefit from a direct review with our geriatric team.



Comprehensive Screening - \$968

Comprehensive Medical History & Physical Examination

- Present complaints (if any)
- Full history-taking including past medical, family, social and drug history
- Review of entire body system

Biometric Parameters

- Blood Pressure
- Body Mass Index (BMI)
- Visual Acuity

Lipid Profile

- Total Cholesterol
- Triglycerides
- HDL & LDL Cholesterol
- Cholesterol / HDL Ratio

Liver Function

- Albumin
- Bilirubin
- Alanine Transaminase
- Aspartate Transaminase
- Alkaline Phosphatase

Diabetes Screening

- Glycated Haemoglobin A1c (HbA1c)

Kidney Function

- Sodium
- Potassium
- Urea
- Creatinine
- eGFR(CKD-EPI)
- Urine Albumin: Creatinine Ratio

Haematology

- Full Blood Count

Urine Analysis

- Urine Formed Elements

Stool Analysis

- Stool Occult Blood

Serology Test

- Anti-HAV
- HBs Ag
- HBs Ab
- Anti-HCV
- Syphilis Screen
- HIV Antigen - Antibody

Bone and Joint Profile

- Bone Mineral Density Scan
- Uric Acid Screen
- Vitamin D Screen

Thyroid Function

- Thyroxine
- Thyroid Stimulating Hormone

Other Clinical Assessment

- Electrocardiogram (ECG)
- Chest X-Ray

Optional add-ons for females at \$230

Mammogram and Cervical Screening

- Mammogram
- Liquid Based Pap Smear
- HPV

Optional add-ons for age 65 and above at \$143.70

- Physiological Profile Assessment (PPA)

PPA identifies fall risk through tests measuring vision, peripheral sensation, muscle force, reaction time, and postural sway. High-risk individuals may benefit from a direct review with our geriatric team.



Personalised Optional Tests

We take an evidence-based approach to health screening. If risk factors or clinical problems are identified following your doctor's consultation, these are some optional tests that can be added to your health screening package.



Diabetes Screening

- Diabetic Retinal Photography (DRP)
- Diabetic Foot Screening (DFS)



Osteoporosis Screening

- Calcium
- Vitamin D level
- Bone Mineral Density scan



Hepatitis B Carrier Screening

- Alpha-Fetoprotein (AFP)
- Ultrasound abdomen



Sexually Transmitted Infection (STI) Screening

- HbsAg
- Anti-HBs
- Hepatitis C
- HIV
- Syphilis screen
- Chlamydia and
- Gonorrhoea PCR



Hepatitis B Screening

- HbsAg
- Anti-HBs



Ladies Screening Tests

- Pap smear
(For 25 to 29 year olds)
- HPV test
(For over 29 year olds)
- Mammogram
(For 50 to 69 year olds)



Thyroid Screening

- Free Thyroxine (fT4)
- Thyroid Stimulating Hormone (TSH)



Fuss-Free Health Screening

Before your appointment

- Please fast for 8 to 10 hours prior to your appointment. Only plain water is allowed. This will ensure accuracy of your cholesterol test results.
- You are advised to stop any routine diabetes medications on the day of your health screening, while fasting. You may resume taking them after your blood tests and after eating.
- For females opting for add-on tests:
 - Please book your appointment 2 weeks after the start of your menstrual period, up to one week before your next menstrual period is due.
 - For mammogram, please do not apply perfume, deodorant or talcum powder on your appointment day.
- On the day of your health screening appointment, please bring along your:
 - NRIC / Passport / Employment Pass / Work Permit (for non-Singaporeans).
 - You may bring along your past medical records, and current medications / vitamin supplements.

During the appointment

- The health screening will take approximately 2 to 3 hours.
- Additional tests may be recommended by your doctor at an additional cost, subject to availability.

After your appointment

You will be given a follow up appointment one to two weeks later to see the doctor for your results. During that visit, the doctor will explain the results to you and discuss recommendations for improving your health.



**Scan the QR code to schedule an appointment,
or go to <https://for.sg/ahpreventive>**

*All prices quoted are in Singapore dollars and not inclusive of GST.
Prices are subject to change without prior notice. Items in packages
are non-refundable if declined.*

How to Get to Well Clinic @ Cocoon



Scan the QR code to find directions and to locate our facilities!

Well Clinic @ Cocoon

Opening hours: Mondays to Fridays, 8.30am – 5.30pm

Location: Cocoon, Level 1, 01-01

Contact Us

For general enquiries, call **6908 2222** or email **contactus@nuhs.edu.sg**

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