



# 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

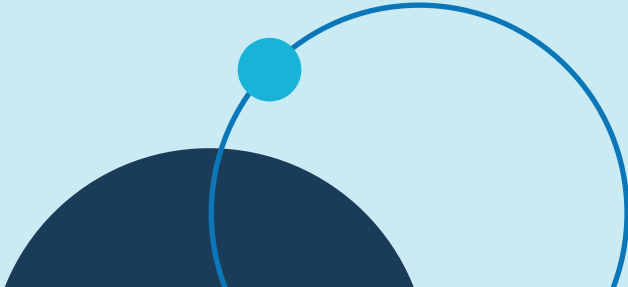
#### Mammogram and Cervical Screening

- 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**

Alexandra Hospital | 378 Alexandra Road, Singapore 159964.

Main Line: +65 6908 2222 | Fax: +65 6379 4339

[www.ah.com.sg](http://www.ah.com.sg) | [f](#) [i](#) [t](#) [v](#) AlexandraHospitalSG