

Because everyone is
Unique.

Tailor-made health
screening services
specially for you.



Screen for
High Vitality



Screen for
Awareness



Screen for a
Peace of Mind



Benefits

*Preventive health screening
starts early
and continues
throughout life.*

At Parkway Shenton, we tailor health screening packages based on your age, gender, medical history, risk factors, lifestyle factors, family history and health concerns.



Enjoy peace of mind with delivery of screening results in the form of **customised reports** via **MyHealth360 app**.



Create health trends and **keep track of your tests results** over time.



Benefit from a **full, targeted review** that includes lifestyle recommendations and health advice.



We provide a **one-stop experience** with direct access to our specialists, facilities and additional medical services under the IHH Singapore network, if you require medical intervention.

Screen Classic

For the young
professionals.



For Men
\$468
(with GST)

For Women
\$498
(with GST)

Medical Consultation

Clinical Examination

Vital Signs and Physical Examination
Body Composition Analysis
Eye Check
Visual Acuity
Colour Vision

Blood Tests: Essentials

Full Blood Count
Cholesterol Profile
Kidney Function
Liver Function
Thyroid Function
Mineral Screen
Uric Acid
Calcium
Phosphate

Blood Tests: Disease Screen

Diabetes Screen
Blood Glucose
HbA1c
Autoimmune Disease Screen
Rheumatoid Factor
Hepatitis A and B Screen

Urine Analysis

Urine Microscopic Examination

Stool Occult Blood Test (Immunological)

Cardiac Screen

Resting ECG

Imaging Tests

Chest X-ray

Tests (For Women)

Pap Smear

Additional Tests with Top Up

Treadmill Test (Stress ECG)

Ultrasound Abdomen

Ultrasound Thyroid

Uroflowmetry and Bladder Scan

Ultrasound Pelvis

Ultrasound Breasts

Mammogram

Screen Classic

Screen Elite

Advance through
life worry-free.

For Men

\$868

(with GST)

For Women

\$898

(with GST)



Medical Consultation



Clinical Examination

Vital Signs and Physical Examination

Body Composition Analysis

Eye Check

Visual Acuity

Colour Vision

Tonometry (Glaucoma Screen)



Blood Tests: Essentials

Full Blood Count

Cholesterol Profile

Kidney Function

Liver Function

Thyroid Function

Vitamin and Mineral Screen

Uric Acid

Calcium

Phosphate

Vitamin D Level



Blood Tests: Disease Screen

Diabetes Screen

Blood Glucose

HbA1c

Autoimmune Disease Screen

Rheumatoid Factor

Anti Nuclear Antibody (ANA)

Hepatitis A, B and C Screen



Blood Tests: Tumour Markers

Colon (CEA)

Liver (AFP)

Prostate (PSA)

Ovary (CA125)



Urine Analysis

Urine Microscopic Examination

Urine Microalbumin / Creatinine Ratio



Stool Occult Blood Test (Immunological)



Cardiac Screen

Resting ECG



Imaging Tests

Chest X-ray



Tests (For Women)

Pap Smear

Additional Tests

Choose 1 test out of the following:

Treadmill Test (Stress ECG)

Ultrasound Kidneys

Ultrasound Thyroid

Ultrasound Liver

Uroflowmetry and Bladder Scan

Ultrasound Pelvis

Ultrasound Breasts

Mammogram

Screen Elite

Screen Exclusive

Vitality and health
in your prime.



For Men

\$1,468

(with GST)

For Women

\$1,498

(with GST)

Medical Consultation

Clinical Examination

Vital Signs and Physical Examination
Body Composition Analysis
Eye Check
Visual Acuity
Colour Vision
Tonometry (Glaucoma Screen)
Retinal Photography

Blood Tests: Essentials

Full Blood Count	Vitamin and Mineral Screen
Cholesterol Profile	Uric Acid
Kidney Function	Calcium
Liver Function	Phosphate
Thyroid Function	Vitamin D Level

Blood Tests: Disease Screen

Diabetes Screen
Blood Glucose
HbA1c
Autoimmune Disease
Screen
Rheumatoid Factor
Anti Nuclear
Antibody (ANA)
Hepatitis A, B and
C Screen

Blood Tests: Tumour

Markers
Colon (CEA)
Liver (AFP)
Nasopharynx / Nose
(EBV Serology)
Pancreas (CA19.9)
Prostate (PSA)
Testis (THCG)
Breast (CA15.3)
Ovary (CA125)

Urine Analysis

Urine Microscopic
Examination
Urine Microalbumin /
Creatinine Ratio

Stool Occult Blood Test (Immunological)

Cardiac Screen

Resting ECG
Treadmill Test
(Stress ECG)

Imaging Tests Chest X-ray

Tests (Men) Uroflowmetry and Bladder Scan

Tests (Women) Pap Smear Ultrasound Breasts OR Mammogram

Additional Tests

Choose 1 test out of the following:

Ultrasound Abdomen (includes Liver,
Gallbladder, Pancreas, Spleen, Kidneys)
Ultrasound Thyroid
Ultrasound Prostate
Ultrasound Pelvis
Ultrasound Breasts

Screen Exclusive

Screen Signature

Vigilance at the peak of your career.



For Men
\$1,968
(with GST)

For Women
\$1,998
(with GST)

Medical Consultation

Clinical Examination

Vital Signs and Physical Examination
Body Composition Analysis
Eye Check
Visual Acuity
Colour Vision
Tonometry (Glaucoma Screen)
Retinal Photography

Blood Tests: Essentials

Full Blood Count	Kidney Function
Anaemia Studies	Liver Function
Iron Serum	Thyroid Function
Iron Binding	Vitamin and Mineral Screen
Capacity, Total	Uric Acid
Folic Acid, Serum	Calcium
Vitamin B12	Phosphate
Ferritin	Vitamin D Level

Cholesterol Profile

Blood Tests: Disease Screen

Diabetes Screen
Blood Glucose
HbA1c
Autoimmune Disease Screen
Rheumatoid Factor
Anti Nuclear Antibody (ANA)
Hepatitis A, B and C Screen

Urine Analysis

Urine Microscopic Examination
Urine Microalbumin / Creatinine Ratio

Stool Occult Blood Test (Immunological)

Cardiac Screen

Resting ECG
Treadmill Test (Stress ECG)

Blood Tests: Tumour Markers

Colon (CEA)
Liver (AFP)
Nasopharynx / Nose (EBV Serology)
Pancreas (CA19.9)
Prostate (PSA)
Testis (THCG)
Breast (CA15.3)
Ovary (CA125)

Imaging Tests

Chest X-ray
Ultrasound Abdomen

Tests (Men)

Ultrasound Prostate

Tests (Women)

Pap Smear
Ultrasound Breasts OR Mammogram
Ultrasound Pelvis

Additional Tests

Choose 1 test each out of Group A and B:

Group A: Ultrasound Tests

Ultrasound Carotid (Stroke Screen)
Ultrasound Thyroid
Ultrasound Fibroscan[^] of Liver (top up \$300)
Ultrasound Breasts

Group B: Functional Tests

Bone Mineral Density Test (BMD)
Blood Test: Biomarkers of Ageing*

[^] Please check with contact centre on updated test locations for this procedure.
* Biomarkers of Ageing = Adrenal Function Test, Pituitary Function Test, Sex Hormones.

Screen Signature

Screen Premier

Accomplish more
with peace of mind.

For Men

\$3,068

(with GST)

For Women

\$3,298

(with GST)

Medical Consultation

Clinical Examination

Vital Signs and Physical Examination
Body Composition Analysis
Eye Check
Visual Acuity
Colour Vision
Tonometry (Glaucoma Screen)
Retinal Photography

Blood Tests: Essentials

Full Blood Count	Thyroid Function
Anaemia Studies	Vitamin and Mineral Screen
Iron Serum	Uric Acid
Iron Binding	Calcium
Capacity, Total	Phosphate
Folic Acid, Serum	Vitamin D Level
Vitamin B12	Biomarkers of Ageing
Ferritin	Adrenal Function Test
Cholesterol Profile	Pituitary Function Test
Kidney Function	Sex Hormones
Liver Function	

Blood Tests: Disease Screen

Diabetes Screen
Blood Glucose
HbA1c
Autoimmune Disease
Screen
Rheumatoid Factor
Anti Nuclear
Antibody (ANA)
Hepatitis A, B and
C Screen

Stool Occult Blood Test (Immunological)

Cardiac Screen

Resting ECG
Treadmill Test
(Stress ECG)
2D Echocardiogram

Imaging Tests

Chest X-ray
Ultrasound Abdomen
Bone Mineral Density
Test (BMD)

Tests (For Men)

Ultrasound Prostate

Tests (Women)

Pap Smear
Ultrasound Breasts
Mammogram
Ultrasound Pelvis

Urine Analysis

Urine Microscopic
Examination
Urine Microalbumin /
Creatinine Ratio

Additional Tests

Choose 1 test out of the following:

Ultrasound Tests

Ultrasound Carotid (Stroke Screen)
Ultrasound Thyroid
Ultrasound Fibroscan[^] of Liver (top up \$300)

[^] Please check with contact centre on updated test locations for this procedure.

Screen Premier

Screen Prestige

Comprehensive
suite of tests
for maximum
reassurance.



For Men
\$6,268
(with GST)

For Women
\$6,498
(with GST)

Medical Consultation

Clinical Examination

Vital Signs and Physical Examination
Body Composition Analysis
Eye Check
Visual Acuity
Colour Vision
Tonometry (Glaucoma Screen)
Retinal Photography

Blood Tests: Essentials

Full Blood Count	Thyroid Function
Anaemia Studies	Vitamin and Mineral Screen
Iron Serum	Uric Acid
Iron Binding Capacity, Total	Calcium
Folic Acid, Serum	Phosphate
Vitamin B12	Vitamin D Level
Ferritin	Biomarkers of Ageing
Cholesterol Profile	Adrenal Function Test
Kidney Function	Pituitary Function Test
Liver Function	Sex Hormones

Blood Tests: Disease Screen

Diabetes Screen
Blood Glucose
HbA1c
Autoimmune Disease Screen
Rheumatoid Factor
Anti Nuclear Antibody (ANA)
Hepatitis A, B and C Screen

Blood Tests: Tumour Markers

Colon (CEA)
Liver (AFP)
Nasopharynx / Nose (EBV Serology)
Pancreas (CA19.9)
Prostate (PSA)
Testis (THCG)
Breast (CA15.3)
Ovary (CA125)

Urine Analysis

Urine Microscopic Examination
Urine Microalbumin / Creatinine Ratio

Stool Occult Blood Test (Immunological)

Cardiac Screen

Resting ECG
Treadmill Test (Stress ECG)
2D Echocardiogram

Nasoendoscopy

Imaging Tests

Chest X-ray
Ultrasound Abdomen
Bone Mineral Density Test (BMD)

Tests (For Men) Ultrasound Prostate

Tests (Women) Pap Smear Ultrasound Breasts Mammogram Ultrasound Pelvis

Additional Tests

Choose 1 test from each of the below groups:

Group A: Ultrasound Tests

Ultrasound Carotid (Stroke Screen)
Ultrasound Thyroid
Ultrasound Fibroscan[^] of Liver (top up \$300)

Group B: MRI Tests

MRI Stroke Screen
MRI Cervical Spine
MRI Lumbar Spine

Group C: Gastroenterology Specialists Tests

Gastroscopy (Stomach Scope)
Colonoscopy (Bowel Scope) (top up \$600)
Gastroscopy + Colonoscopy (top up \$1,400)

[^] Please check with contact centre on updated test locations for this procedure.

Summary Table

	Screen Classic	Screen Elite	Screen Exclusive	Screen Signature	Screen Premier	Screen Prestige	Comprehensive Lifescreen
Vital Signs and Physical Examination	●	●	●	●	●	●	●
Eye Check - Visual Acuity and Colour Vision	●	●	●	●	●	●	●
Eye Check - Tonometry (Glaucoma Screen)		●	●	●	●	●	
Eye Check - Retinal Photography			●	●	●	●	
Lab Tests							
Base Lab Tests*	●	●	●	●	●	●	●
Anaemia Studies				●	●	●	●
Vitamin D Level		●	●	●	●	●	
Biomarkers of Ageing				●	●	●	
Hepatitis C Screen		●	●	●	●	●	
Autoimmune Disease Screen - Anti Nuclear Antibody (ANA)		●	●	●	●	●	
Tumour Markers - Liver, Colon, Prostate / Ovary		●	●	●	●	●	●
Tumour Markers - Pancreas, Nasopharynx, Testis / Breast			●	●	●	●	●
Tumour Markers - Nasopharynx (EBV Serology)			●	●	●	●	●
Tumour Markers - Nasopharynx (NPC GOLD™)						●	
Urine Microalbumin / Creatinine Ratio		●	●	●	●	●	●
Procedures and Other Screens							
Chest X-ray	●	●	●	●	●	●	●
Pap Smear	●	●	●	●	●	●	●
HPV							●
Uroflowmetry and Bladder Scan		●	●				
Resting ECG	●	●	●	●	●	●	
Treadmill Test (Stress ECG)		●	●	●	●	●	
2D Echocardiogram					●	●	
Nasoendoscopy						●	
Gastroscopy (Stomach Scope)						●	
Colonoscopy (Bowel Scope)						●	
Imaging Tests							
Low Dose CT (Chest / Lung)							●
Ultrasound Kidneys		●					
Ultrasound Thyroid		●	●	●	●	●	
Ultrasound Liver		●					
Ultrasound Pelvis		●	●	●	●	●	
Ultrasound Breasts		●	●	●	●	●	●
Mammogram		●	●	●	●	●	●
Ultrasound Prostate			●	●	●	●	●
Ultrasound Abdomen			●	●	●	●	
Ultrasound Carotid			●	●	●	●	
Ultrasound Fibroscan of Liver				●	●	●	
Bone Mineral Density Test (BMD)				●	●	●	
MRI Stroke Screen						●	
MRI Cervical Spine						●	
MRI Lumbar Spine						●	
Price (excluding top-up required from selected options)	\$468	\$868	\$1,468	\$1,968	\$3,068	\$6,268	\$768
	\$498	\$898	\$1,498	\$1,998	\$3,298	\$6,498	\$958

Summary Table

* Base lab tests includes Full Blood Count, Peripheral Blood Film (PBF), Cholesterol Profile, Kidney Function, Liver Function, Thyroid Function, Mineral Screen, Hepatitis A and B Screen, Diabetes Screen, Autoimmune Disease Screen - Rheumatoid Factor, Urine Microscopic Examination, Stool Occult Blood Test (Immunological).

Cancer Screening Comprehensive LifeScreen

Make the good
times with
your loved
ones last.



For Men
\$768
(with GST)

For Women
\$958
(with GST)

Medical Consultation

Clinical Examination

Vital Signs and Physical Examination
Body Composition Analysis
Eye Check
Visual Acuity
Colour Vision

Urine Analysis

Urine Full Examination and Microscopic
Examination (U FEME)

Blood Tests: Essentials

Full Blood Count
Bone / Joint Profile
Cholesterol Profile
Fasting Glucose
Kidney Function
Liver Function

Blood Tests: Tumour Markers

Liver: Alphafoeto Protein (AFP)
Colon: Carcinoembryonic Antigen (CEA)
Pancreas (CA19.9)
Nasopharynx / Nose (EBV Serology)
EBV Serology
Prostate (PSA)
Breast (CA15.3)
Ovary (CA125)

Colorectal Cancer Screening

Faecal Immunochemical Test (FIT)

Lung Examination

X-ray or Low Dose CT (Chest)

Tests (Men)

Ultrasound Prostate

Tests (Women)

Breast Mammogram and Ultrasound
Cervical Pap Smear and HPV Test

Add-on Tests



Enhanced tests and services available upon request – do enquire with our clinics.



Vaccinations

Influenza Vaccine
Hepatitis Vaccine
Human Papillomavirus (HPV) Vaccine
Pneumococcal Vaccine
Others



Advanced Imaging Modalities

Low Dose CT Lung Screen
CT Calcium Scoring
CT Coronary Angiogram
CT Colonography
MRI Stroke Screen
MRI Lumbar / Cervical Spine
MRI Liver Elastography



Blood Tests

Allergy Tests (Food and Inhalant)
Genetic Testing (Cancer Risk)*
Tumour Marker for Stomach (Gastro-clear)

* Offered in collaboration with partner laboratories



Immunology and Serology Tests

STDs e.g. Syphilis, Anti-HIV
Mumps, Measles, Rubella
Varicella-Zoster Virus (Chicken Pox / Shingles)



Specialist Tests

2D Echocardiogram
Gastroscopy and Colonoscopy
Nasoendoscopy



Others

Audiometry (selected Executive Health Screeners)
Digital Brain Function Scan
Spirometry

Add-on Tests

Pre-screening Guidelines



In order for us to serve you better, please secure your preferred timing by booking an appointment in advance.



As some tests require fasting (e.g. blood tests and ultrasound abdomen), please **abstain from food and drinks for at least 10 hours** before your scheduled appointment. Drinking plain water is allowed during the fasting period. Light breakfast will be provided after your fasting tests.



Please be **punctual** for your appointment to avoid a longer waiting time.



Urine and stool sample kits are available for collection before your appointment at any of our 5 Executive Health Screeners. Alternatively, the kits will be provided on the day of your screening.



Tests that require prior specialist and facility booking are subjected to availability on the screening date.



Colonoscopy requires additional preparation and will be performed after screening date.



Gastroscopy and Colonoscopy may incur additional charges for removal and diagnosis of polyps. These charges apply even if the endoscopy is included as part of the screening package.



Our doctors are happy to provide a **detailed explanation of your screening results and health advice** on a review appointment. Alternatively, we can mail your report to you for follow-up with your own family physician.

Medical Advisory

1 Fast overnight for at least 10-12 hours (plain water is allowed) before coming for your health screen.

Fasting allows our medical team to test the fasting blood sugar and the fasting serum triglyceride levels and allows us to compare with past results if any. Without proper fasting, food in the stomach may obscure organs during the ultrasound study of the abdomen.

2 For High Blood Pressure patients

A) Beta blockers

If you are taking a Beta-Blocker, stop this drug for 1-2 days. If you are uncertain what a beta-blocker is, consult your doctor. Common Beta Blockers (pharmacological names) are *Atenolol*, *Metoprolol*, *Propranolol*, *Carvedilol*, *Sotalol*, *Bisoprolol (Concor)* and *Nebivolol (Nebilet)* or in combination drugs containing *Atenolol* or *Bisoprolol*.

B) Other drugs that are not beta blockers

If you are taking your medications at night, continue to take at night.

If you are taking your medications in the morning, please continue taking them with plain water. This will enable us to check if your blood pressure is under control with the medication and also allows for us to proceed with the treadmill stress test if required.

C) Should your blood pressure exceed 150 / 90 mmHg on the day of treadmill stress test, the test will have to be postponed until the blood pressure is under the maximum limit.

3 For Diabetic patients

You may stop your diabetes and / or other medications on the day of your health screen. However, if you have Type 1 diabetes mellitus and are on insulin injections, please first consult your doctor or contact us for further advice.

4 Caffeinated drinks

Do not drink caffeinated drinks (coffee, tea) before test or eat heavily before the treadmill stress test.

5 CT / MRI Scan

If you are allergic to any radio-contrast material or have impaired kidney function, please inform your doctor as the CT Scan / MRI Scan with contrast may not be performed. If you have metallic objects in or on your body, please inform your doctor as the MRI may not be done. Titanium implants are allowed.

6 Gastroscopy / Colonoscopy

If you are on blood thinners and are going for Endoscopy – stomach or colon, please consult your Cardiologist / GP early regarding stopping your medication prior to the procedure. This is to prevent any excessive bleeding when polyps are removed or biopsies are taken.

7 Females





Urine and stool and pap smear tests should be done at least 5 days after your period to avoid contamination. Tumour markers should not be done during menstruation.

Disclaimers

Health screening may have both false positive and false negative results and may not pick up all occult diseases. Any abnormal finding may need further investigations or a referral to a Specialist.

Checklist

Please remember the following to maximise your experience at our health screening centre.

-  Bring all past medical reports, scans and medications.
-  Bring your identification documents for registration (i.e. NRIC, passport, company letter or staff pass).
-  Bring your spectacles for the vision tests. Do not wear contact lenses.
-  Wear a two-piece outfit (for women).
-  Bring sports attire for the treadmill test. We will provide sports shoes and socks upon request.



Our exclusive Executive Health
Screening Packages are available at:

*Mount Elizabeth
Hospital*

3 Mount Elizabeth
#02-02/03
Mount Elizabeth
Medical Centre
Singapore 228510

*Mount Elizabeth
Novena Hospital*

38 Irrawaddy Road
#01-18
Mount Elizabeth
Novena Hospital
Singapore 329563

Gleneagles Hospital

6A Napier Road #02-36
Gleneagles Hospital
Annexe Block
Singapore 258500

Paragon

290 Orchard Road
#07-07/08
Paragon
Singapore 238859

The Arcade

11 Collyer Quay #18-01
The Arcade
Singapore 049317

Book your exclusive experience at

 +65 6280 0090

 ehs.customerservice@parkwaypantai.com