

YOUR SAFE-TO-EXERCISE CHECK STARTS HERE

Ease into fitness, safely – whether you're restarting activity, training for an event, or building confidence again.



Heart Fitness Screening

Best for: Restarting activity, parents & elderly, building fitness, or peace of mind before training hard.

Check your risk for sudden cardiac arrest.

Package includes:

- Medical & exercise history review
- Blood pressure & vitals assessment
- ECG Stress Test (treadmill)
- Cardiac blood tests: Fasting Blood Glucose, Lipid Profile, Free T4 Thyroid Test
- Consultation with a Medical Officer

RM 499

Fitness Movement Screening

Best for: Injury prone individuals, parents & elderly, runners, gym-goers, sports participants, or anyone easing back into activity.

Package Includes:

- Sports medicine specialist pre-assessment
- Rehab & physio joint movement assessment
- Body Composition Analysis by InBody
- Sports Medicine Specialist consult and action plan for exercise conditioning

RM 499

Essential Fitness Screening

Heart Fitness Screening

+

Fitness Movement Screening

+

- Full Fitness Check
- Full Blood Count - Oxygen Carry; Immunity, Nutrition Status
- Renal Profile - Dehydration Check, Muscle Breakdown, Electrolyte Imbalance Check
- Sports Medicine Specialist Consult

RM 1,058

Terms & Conditions

1. Appointment must be made in advance and is subject to availability. While Subang Jaya Medical Centre (SJMC) will endeavour to accommodate preferred dates and times, availability cannot be guaranteed.
2. Package is valid for redemption only at Health Screening Centre, SJMC.
3. The package is not valid with other offers, promotions or privileges.
4. The services and tests included in the packages cannot be removed or changed.
5. Any tests, examinations, or services not included in the purchased package will be charged separately based on SJMCs prevailing price list.
6. SJMC reserves the right to assess the customer's medical suitability prior to conducting any test. If a customer is deemed medically unfit to undergo any component of the package:
 - (a) The affected test(s) will not be replaced, substituted, or refunded; and
 - (b) The customer may, subject to approval, upgrade to an alternative package of equal or higher value by paying the applicable price difference.
7. Invoice and official receipt will be issued after utilisation of package.
8. SJMC reserves the right to amend the terms and conditions without prior notice.

Book Your Appointment Today!

TeleConnect
Connected Care by SJMC

24-Hour
Medical Enquiries

+603 5639 1818



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Package Description:	Heart Fitness Screening	Fitness Movement Screening	Essential Fitness Screening
Clinical intake & review			
• Medical / exercise history review	✓	✓	✓
• Sports Medicine specialist pre-consult	—	✓	✓
• Sports Medicine specialist final consult / action plan	—	✓	✓
• Integrated Sports Medicine review	—	—	✓
• Medical Officer consultation	✓	—	—
• PAR-Q+ / physical activity readiness questionnaire	—	✓	✓
• ACSM / exercise risk stratification review	—	✓	✓
Physical examination & vitals			
• Height / weight / BMI	✓	✓	✓
• Blood pressure	✓	✓	✓
• Heart rate	✓	✓	✓
• General physical examination	✓	✓	✓
Cardiac & laboratory baseline			
• ECG Stress Test (treadmill)	✓	—	✓
• Fasting Blood Glucose (FBG)	✓	—	✓
• Lipid Profile	✓	—	✓
• Free T4	✓	—	✓
• Full Blood Count (FBC)	—	—	✓
• Renal Profile	—	—	✓
Body composition			
• InBody / body composition analysis	—	✓	✓
• Muscle mass	—	✓	✓
• Muscle percentage	—	✓	✓
• Body fat percentage	—	✓	✓
• Visceral fat	—	✓	✓
• Basal metabolic rate (BMR)	—	✓	✓
Musculoskeletal / joint movement assessment			
• Posture assessment	—	✓	✓
• Joint & tissue flexibility assessment	—	✓	✓
• Hamstring flexibility	—	✓	✓
• Hip flexor flexibility	—	✓	✓
• Calf muscle flexibility	—	✓	✓
• ITB flexibility / tissue assessment	—	✓	✓
• Joint stability / ligament integrity	—	✓	✓
Functional test options			
• 30-second Sit-to-Stand Test (elderly)	—	✓	✓
• 1-minute Sit-to-Stand Test (healthy)	—	✓	✓
• Timed Up and Go Test (3 m walking)	—	✓	✓
• YMCA fitness screening / fitness test	—	✓	✓
Functional Movement Screening (FMS)			
• Deep Squat	—	✓	✓
• Hurdle Step	—	✓	✓
• Inline Lunge	—	✓	✓
• Shoulder Mobility	—	✓	✓
• Active Straight Leg Raise	—	✓	✓
• Trunk Stability Push-Up	—	✓	✓
• Rotary Stability	—	✓	✓
• Overall FMS score / asymmetry review	—	✓	✓
Balance assessment options			
• Balance testing (general)	—	✓	✓
• HUR SmartBalance test	—	✓	✓
• Romberg test	—	✓	✓
• Limits of Stability test	—	✓	✓
• Static balance score	—	✓	✓
• Visual dependency score	—	✓	✓
• Proprioception disturbance score	—	✓	✓
• Vestibular dominant score	—	✓	✓
• Weight distribution analysis	—	✓	✓
• SEBT / Star Excursion Balance Test	—	✓	✓
• UQYBT / Upper Quarter Y Balance Test	—	✓	✓
• Lower Quadrant Dynamic Balance Test	—	✓	✓
• Upper Quadrant Dynamic Balance Test	—	✓	✓
Clinical outputs			
• Summary interpretation / reporting	✓	✓	✓
• Exercise-conditioning advice / next-step	—	✓	✓
• Onward referral / further investigations if needed	○	○	○

