

HEALTH SCREENING PACKAGES

OPERATION HOURS

Monday – Friday	: 8.00 am – 5.30 pm
Saturday	: 8.00 am – 12.30 pm
Sunday & Public Holidays	: Closed

Part of Ramsay Sime Darby Health Care Group
Subang Jaya Medical Centre | Ara Damansara Medical Centre | ParkCity Medical Centre | Bukit Tinggi Medical Centre

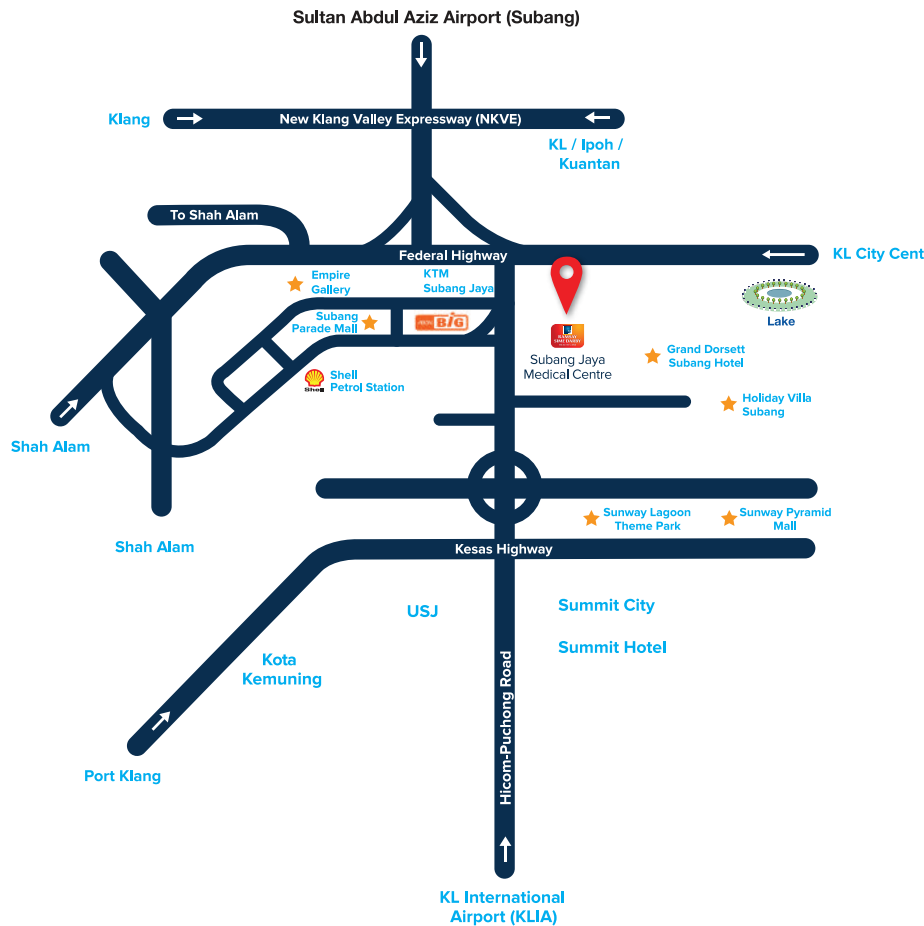
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People caring for people

HOW TO GET TO SUBANG JAYA MEDICAL CENTRE

The Medical Centre is located in the suburbs of Kuala Lumpur and is conveniently accessible by private and public transport. It is only 20 minutes from the city centre and 35 minutes from the Kuala Lumpur International Airport via major highways.



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Terms & Conditions for Endoscopy Packages

1. All endoscopy packages are carried out as a Daycare procedure under moderate sedation.
2. The packages are applicable for elective, non-emergency cases only.
3. Any excess amount from the amount stipulated in a Guarantee Letter will be collected from the patient.
4. The packages are NOT APPLICABLE for any polypectomy procedure

The package price:

Includes

1. Physical Examination, Consultation and Scope Procedure performed by Consultant Gastroenterologist
2. Bowel cleansing laxatives for colonoscopy
3. Medical Supplies used during the scope
4. Medication for Sedation & Pain
5. H-Pylori test for Gastroscopy

Excludes

1. Expenses related to removal of polyps or foreign bodies
2. Histopathology investigations
3. Pre-operative assessments (eg. Abdominal Ultrasound, Fibroscan, Lab Test & CT Abdomen, etc.)
4. Follow-up Consultation
5. Antidote for Respiratory Distress
6. Any therapeutic treatment & its related investigations
7. Take-home drugs

Packages are not applicable for:

1. Patients with comorbidities (eg. Uncontrolled Diabetes, Uncontrolled Hypertension)
2. Patients who require ERCP (Endoscopic Retrograde Cholangio-Pancreatography) & Endoscopic Ultrasound (EUS)
3. Patients who require deep sedation or general anaesthesia for the procedure

GASTROSCOPY PACKAGE

Package Price :
RM 1,380

- Day Care Recovery
- DVD of Procedure
- Post-Examination Review & Consultation with Gastroenterologist
- Endoscopy Report

COLONOSCOPY PACKAGE

Package Price :
RM 1,780

- Day Care Recovery
- DVD of Procedure
- Post-Examination Review & Consultation with Gastroenterologist
- Endoscopy Report

GASTRO COLONOSCOPY PACKAGE

Package Price :
RM 2,780

- Day Care Recovery
- DVD of Procedure
- Post-Examination Review & Consultation with Gastroenterologist
- Endoscopy Report

Disclaimer: All package prices may be subject to change without prior notice. Promotional discounts are not valid for any endoscopy packages.

MARKERS OF HEALTH

Just as grape juice becomes fine wine and fresh bread becomes mouldy, our bodies undergo good and bad changes as we age. Throughout a person's lifetime, internal and external exposure such as environmental factors, heavy alcohol consumption, smoking and psychological stress can have damaging effects on our health that can lead to diseases such as cancer, reproductive and autoimmune illnesses.

PREVENTIVE CARE SAVES LIVES AND MONEY

Clinical preventive services can prevent disease or detect disease early, when treatment is more effective. These services include screenings for chronic conditions, immunizations for diseases such as influenza and pneumonia, and counseling about personal health behaviors. Therefore, it is crucial for people to undergo regular health screenings to track their health status.

This brochure provides health information and a comprehensive range of **health screening packages** and list of **adult immunizations** available **ONLY** at the Health Screening and Vaxin Center™ (HSC) of Subang Jaya Medical Centre. Health screening packages are a fixed combination of screening tests at a fixed price.

These health screening packages have been developed in consultation with our medical specialists and health screening doctors. All these packages including adult vaccinations (age 18 and above) are accorded a **special price** and are available **ONLY** at the HSC of SJMC. Requests for **ala carte and additional screening tests** to be added on to your selected Package are **subject to availability** at our HSC and **standard pricing**. Tests that are not offered by our HSC may be available at the Outpatient Centre of the hospital subject to an appointment and consultation with a specialist in the relevant discipline.

PROMOTION CAMPAIGNS

Check with us to see what special offers we have for you or log on to our website for more information and details. Promotional offers and/or discounts may be subject to change at any time without prior notice. Please call us for the latest update.

RECOMMENDED SCREENING TESTS

A screening test is used to look for a disease when a person doesn't have symptoms. (When a person has symptoms, diagnostic tests are used to find out the cause of the symptoms.)

Breast Cancer

Mammograms are the best way to find breast cancer early, when it is easier to treat. Even so, mammograms do not detect all breast cancers. Some breast lesions and abnormalities are not visible or are difficult to interpret on mammograms. Breasts that are considered dense have a lot of glandular and connective tissues and not much fatty tissue, and that makes cancer harder to detect.

Supplemental Breast Cancer Screening:

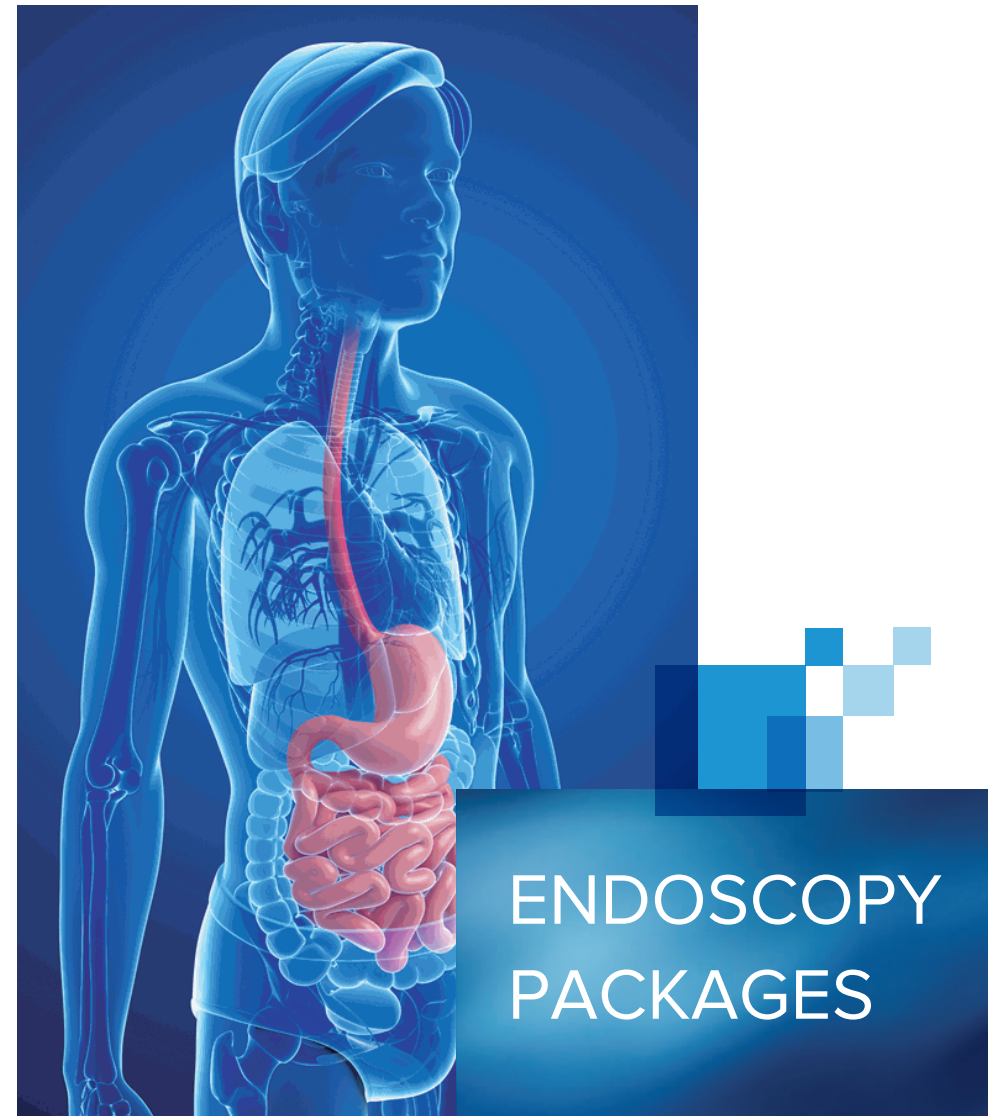
Breast ultrasound is primarily used to help diagnose breast lumps or other abnormalities found during a physical exam or mammogram. Ultrasound is safe, noninvasive and does not use radiation.

Ultrasound can be offered as a screening tool for women who:

- are at high risk for breast cancer and unable to undergo an MRI examination.
- are pregnant or should not be exposed to x-rays (which are necessary for a mammogram).
- have increased breast density

Breast Cancer Screening Guidelines for Women

	U.S. Preventive Services Task Force ¹ 2016
Women aged 40 to 49 with average risk	The decision to start screening mammography in women prior to age 50 years should be an individual one. Women who place a higher value on the potential benefit than the potential harms may choose to begin biennial (every 2 years) screening between the ages of 40 and 49 years.



DIGESTIVE HEALTH SCREENING PACKAGES (By Consultant Specialist)

*Recommended for average-risk individuals
aged 45 & above*

Preparing for a colonoscopy

Emptying the contents of the colon is a key requirement for a successful colonoscopy. Make sure you receive your colonoscopy prep instructions and bowel-cleansing laxatives **well before your procedure date**. 3 days before the procedure, try to avoid whole grains, nuts, seeds, dried fruit, raw fruits or vegetables, red meat and brown rice. If your scope is scheduled for the morning, have a soft diet 1 day before the procedure and consume clear liquids only. If your scope is scheduled for the afternoon, have clear liquid foods for breakfast and consume clear liquids only. **Don't eat or drink anything at least 2 hours before the procedure.**

After an endoscopy

After having an endoscopy, you'll probably need to rest for about an hour or more until the effects of the local anaesthetic or sedative have worn off. If you had a sedative, it is important that you have someone to help you home after the procedure, including being driven home.

Choosing your preferred Gastroenterologist

You are required to choose your preferred Gastroenterologist prior to booking your appointment date. (Please log on to our website to view the list, credentials and clinic schedule of the specialists).

Women aged 50 to 74 with average risk	Biennial screening mammography is recommended.
Women aged 75 or older with average risk	Current evidence is insufficient to assess the balance of benefits and harms of screening mammography in women aged 75 years or older.
Women at higher than average risk	Women with a parent, sibling, or child with breast cancer are at higher risk for breast cancer and thus may benefit more than average-risk women from beginning screening in their 40s.

Cervical Cancer

The Pap test can find abnormal cells in the cervix which may turn into cancer. Our Centre does the **liquid-based cytology** Pap test which is significantly more effective than the conventional smear method. Clinical trials demonstrated that the test improved the detection of low-grade and more severe lesions by 65% and reduced the number of less than adequate specimens by more than 50%.²

Pap smear screening should start at age 21³. After the first test:

- Women ages 21 through 65 should be screened with a Pap smear every 3 years. If your Pap test result is normal, your doctor may tell you that you can wait three years until your next Pap test.
- Women ages 65 through 70 can stop having Pap smears as long as they have had 3 normal tests within the past 10 years.
- Women who have been treated for precancer (cervical dysplasia) should continue to have Pap smears for 20 years after treatment or until age 65, whichever is longer.

Colorectal (Colon) Cancer

Colorectal cancer is the most common cancer in men (16.4%) and second most common in women (10.7%) after breast cancer in Malaysia. It almost always develops from precancerous polyps (abnormal growths) in the colon or rectum. Screening tests can find precancerous polyps, so they can be removed before they turn into cancer. Screening tests also can find colorectal cancer early, when treatment works best.

You should begin screening for colorectal cancer soon after turning 50, then continue getting screened at regular intervals. However, you may need to be tested earlier than 50, or more often than other people, if—

- You or a close relative have had colorectal polyps or colorectal cancer.
- You have an **inflammatory bowel disease** such as Crohn's disease or ulcerative colitis.
- You have a genetic syndrome such as **familial adenomatous polyposis (FAP)** or **hereditary non-polyposis colorectal cancer (Lynch syndrome)**.

Lung Cancer

Lung cancer is the second most common cancer among males (15.8%) and fifth among females (5.6%) in Malaysia. The incidence increases with age. Lung cancer causes more deaths in Malaysian males than any other cancer and is the second cause of cancer deaths in Malaysian females after breast cancer.

Lung cancer is more successfully treated when diagnosed at an early stage. The goal of lung cancer screening is to detect lung cancer at a very early stage — when it is more likely to be cured.

Results of the very large, randomized, population-based NELSON trial confirm the value of low-dose computed tomography (CT) screening in people at high risk for developing lung cancer. The protective value of screening was more pronounced in women than in men. These study findings were presented at the International Association for the Study of Lung Cancer (IASLC) 19th World Conference on Lung Cancer. Overall, CT scanning decreased mortality by 26% in high-risk men and up to 61% in high-risk women over a 10-year period.

SJMC's high-performance, dual-source CT scanner offers a technology (1st in Malaysia) that helps enable CT scans to be performed at an extremely low radiation dose, at as low as 15 Chest X-Rays (CXR) (standard average – 100 CXR), which could prove beneficial for lung cancer screening. The CT scanner's ultra-fast scanning speed does not compromise diagnostic imaging quality and enables precise diagnostics with reduced contrast dose.

X-ray

Make sure to remove all accessories (jewellery, watches, etc.) before any X-ray procedures i.e. Chest X-ray, Bone Density Scan.

Abdomen and Pelvis Ultrasound

For a better view of the internal organs, you are required to fast for ultrasound of the abdomen and have a full bladder for pelvis ultrasound. We advise abstaining from going to the toilet at least 1 hour prior to the examination. The procedure will take about 30 minutes and can become uncomfortable due to the full bladder.

Treadmill stress test

Our doctors will assess if you are fit enough to do this test beforehand. Please wear comfortable shoes and clothing as sweating is expected. If you have had false positive results for your treadmill stress tests over the years and have been previously advised by a Cardiologist not to do any further stress tests, please heed your doctor's advice.

Health Screening Report

For appointments before 10am, you might be able to receive the completed Health Screening Report on the same day. This will however depend on whether it is the non-peak period or otherwise. For screening packages that include Pap Test, Pap Test result will only be known within a week and communicated via email or upon request, by post. Kindly provide your latest email address to us. If you are returning for Part 2 (review of test results and consultation with doctor) after a week, the Pap Test result will be included in your Health Screening Report.

Preparing for a gastroscopy

If you're referred for a gastroscopy, you **may need** to stop taking **certain prescribed medicines** beforehand. E.g. blood-thinning medication and medication used to treat diabetes or high blood pressure. You'll need to fast for 6 to 8 hours, and to stop drinking 2 to 3 hours, before the procedure.

What you need to know before your health screening:

Time Allocation & Appointments

Please allocate **1 day (6-8 hours)** to complete your health screening program. You are strongly encouraged to undergo your health screening as early as possible in a calendar year to avoid peak periods from October to December. **Appointment time is approximate only and delays may occur during peak periods or when certain procedures and consultations take longer.**

Fasting

You are required to fast at least 10 hours prior to your health screening. Plain water is allowed during the fasting period.

For the ladies

We recommend to set your appointment for health screening while you are not having your period and at least 14 days after the first day of your period. You should also be sure that you are not pregnant as the X-rays are harmful to the fetus.

Registration

Please bring your NRIC or passport (for international customers) and company/payor Guarantee Letter (if applicable).

Choosing the right package

Let us know if you can't decide on which package – our advisors will guide you.

Blood tests

All blood samples are performed by skilled phlebotomists resulting in accurate and painless blood-drawing every time.

General Screening Profile (GSP) - Regular

General Screening Profile (GSP) - Regular comprises a set of approximately 50 blood and urine tests categorized under Clinical Chemistry, Haematology, Blood Serology and Urinalysis respectively. **You will need to fast at least 10 hours prior to the day of screening but plain water can be consumed.**

CLINICAL CHEMISTRY

- | | | |
|------------------------|------------------------|--------------------|
| - Proteins | - Albumin | - Urea |
| - Globulin | - A/G Ratio | - Sodium |
| - Total Bilirubin | - Calcium | - Potassium |
| - Inorganic Phosphates | - Alkaline Phosphatase | - Chloride |
| - AST (SGOT) | - ALT (SGPT) | - Serum Creatinine |
| - Glucose | - Cholesterol | - Free T4 |
| - HDL Cholesterol | - LDL Cholesterol | |
| - Triglycerides | - Uric Acid | |

URINALYSIS

- | | |
|------------|--------------------|
| - Reaction | - Specific Gravity |
| - Proteins | - Sugar |
| - Ketones | - Rbc |
| - Wbc | - Epithelial Cells |
| - Casts | - Crystals |

BLOOD SEROLOGY

- | | |
|------------|---------|
| - VDRL | - HBsAg |
| - Anti Hbs | - HIV |

HAEMATOLOGY

- | | | |
|----------------------|---------------|---------------|
| - Haemoglobin | - PCV | - MCV |
| - Platelet Count | - TWBC | - ESR |
| - Differential WBC | - Neutrophils | - Lymphocytes |
| - Monocytes | - Eosinophils | - Basophils |
| - Blood Group ABO/Rh | | |

Ultrasound of the Abdomen

Ultrasound is safe, noninvasive and does not use ionizing radiation.

Ultrasound imaging of the abdomen is used to help diagnose distention (enlargement) of the structures within the upper abdomen and evaluate the kidneys, liver, gallbladder, bile ducts, pancreas, spleen and abdominal aorta. Similarly, like the GSP, you should **refrain from eating beforehand**. Wear loose, comfortable clothing as you may be asked to wear a gown.

Ultrasound of the Pelvis

There are three types of pelvic ultrasound: abdominal, vaginal (for women), and rectal (for men). These exams are frequently used to evaluate the reproductive and urinary systems.

Drink plenty of water prior to the examination to fill your bladder for better ultrasound image clarity. Wear loose, comfortable clothing as you may be asked to wear a gown.

Chest X-Ray

Chest x-ray uses a very small dose of ionizing radiation to produce pictures of your lungs, heart, bones of the spine and chest. It may be used to help diagnose shortness of breath, persistent cough, fever, chest pain or injury. Tell the radiographer if there is a possibility you are pregnant.

Bone Mineral Density Scan (BMD 2-Parts : Hip & Spine Lumbar)

Bone density scan is a special type of X-ray that measures bone mineral density (BMD). It provides information about bone strength or fragility and the risk of fractures or broken bones. The higher the density, generally, the lower the risk of fracture. The BMD at the hip and spine has been shown to be the best way of predicting the risk of fracture.

CT LUNG CANCER SCREENING PACKAGE

- Consultation with Health Screening Doctor
- Ultra-low dose CT Lung Scan (without contrast)
- Consultation with Respiratory Physician
- Complimentary Meal

PACKAGE PRICE : RM 738.00

This Package is subject to the following criteria:

Clinical Indications

- * Adult male or female aged 45 to 75, and
- * Currently smokes or has quit within the past 15 years, and
- * Has a tobacco smoking history of at least 20 'pack years' (an average of one pack of cigarettes per day for 20 years), and
- * A family history of cancer or lung cancer
- * No personal history of lung cancer
- * Others who may benefit
 - raised tumour markers
 - repeated exposure to second-hand smoke, coal or wood fumes, radiation, gas
 - specific clinical needs

Terms & Conditions

- Patients with pre-existing diagnosis of lung cancer are not eligible for this screening package.
- The package excludes other further investigations and consultations, follow-up scans or further scans (with contrast) when an abnormality is found during the initial scan, and cross-referrals to other specialties.
- Patients will be charged for only the Consultation Fee with the Health Screening Doctor if they do not meet the Clinical Indications Criteria and are deemed ineligible to undergo the ultra-low dose CT lung scan.
- Patients are required to specify their **preferred** Respiratory Physician. (Please log on to our website to view the list, credentials and clinic schedule of the specialists.)

ADD ON : BASIC EYE SCREENING PACKAGE

- Examination by Optometrist
- Visual Acuity
- Auto-Refractometer
- Slit Lamp Examination
- Intraocular Pressure (IOP)
- Fundus Photography

PACKAGE PRICE : RM 98.00

Note : No dilation of the eye is performed; allocated screening time is approximately 40 minutes.

ADD ON : COMPREHENSIVE EYE SCREENING PACKAGE

- Consultation & Examination by Ophthalmologist (includes Fundus Assessment)
- Visual Acuity
- Auto-Refractometer
- Slit Lamp Examination
- Intraocular Pressure (IOP)
- Eye Dilation

PACKAGE PRICE : RM 185.00

Note : Dilation of the eye is performed; allocated screening time is approximately 50 minutes.

The scan does involve a very small dose of radiation, which makes this test unsuitable for women who are, or might be, pregnant. If you have had spinal surgery, particularly with metallic implants, or hip surgery (hip replacements, screws or pins) you will need to inform the radiographer carrying out the scan. Any radiological investigation using contrast media (Barium enemas, Intravenous pyelograms and CT scans) or nuclear medicine test might interfere with the accuracy of the BMD scan if carried out within the last week.

Recent evidence suggests that healthy women 67 years and older with normal bone mass may not need to be rescreened for up to 10 years provided osteoporosis risk factors do not significantly change.

Treadmill Stress Test

Stress testing provides information about how your heart works during physical stress. Some heart problems are easier to diagnose when your heart is working hard and beating fast. During stress testing, you exercise (walk or run on a treadmill) to make your heart work hard and beat fast. Tests are done on your heart while you exercise.



Tumour Markers

Tumour markers are substances that are produced by cancer or by other cells of the body in response to cancer or certain benign (noncancerous) conditions. They are produced at much higher levels in cancerous conditions. Some are associated with only one type of cancer, whereas others are associated with two or more cancer types. E.g. CEA, AFP, PSA, CA 19-9, CA 15-3, CA 125. No “universal” tumour marker that can detect any type of cancer has been found.

Sometimes, noncancerous conditions can cause the levels of certain tumour markers to increase. In addition, not everyone with a particular type of cancer will have a higher level of a tumour marker associated with that cancer. Moreover, tumour markers have not been identified for every type of cancer.

Thyroid Function Test

The blood test for thyroid problems is called a Thyroid Function Test. The most usual tests are:

- Thyroid Stimulating Hormone (TSH)
- Free T4 (FT4)
- Free T3 (FT3)

Rheumatoid Factor (RF)

This blood test helps diagnose the presence of an autoimmune disease such as rheumatoid arthritis (RA).

Nutritional Assessment (with Body Composition Analysis)

The body composition analysis will comprise measurements of weight, height, lean body mass, soft lean mass, total body water, body mass index (BMI), percent body fat, visceral fat, fat mass, basal metabolic rate, total energy expenditure, and age matched of body, among others.

Dental Screening

This includes a dental X-ray and consultation with the dentist. Dental screening is outsourced to an established dental practice.

SENIOR MALE PACKAGE

(Recommended for those above 70 years old)

- Comprehensive Medical History
- Anthropometry (BMI, WH Ratio)
- Snellen's Visual Acuity Test
- General Screening Profile - Regular (Blood & Urine Tests)
- Hep A, B & C Screening
- PSA
- TSH
- AFP
- Rheumatoid Factor
- CEA
- CA 19-9
- Chest X-Ray
- Resting ECG
- Abdomen & Pelvis Ultrasound
- Nutritional & Body Fat Assessment
- Post-Examination Review & Consultation with Health Screening Doctor
- Health Screening Report
- Complimentary Meal

PACKAGE PRICE : RM 980.00

SENIOR FEMALE PACKAGE

(Recommended for those above 70 years old)

- Comprehensive Medical History
- Anthropometry (BMI, WH Ratio)
- Snellen's Visual Acuity Test
- General Screening Profile - Regular (Blood & Urine Tests)
- Hep A, B & C Screening
- TSH
- Rheumatoid Factor
- AFP
- CEA
- CA 19-9
- CA 15-3
- CA 125
- Chest X-Ray
- Resting ECG
- Abdomen & Pelvis Ultrasound
- Bone Mineral Density 2 Parts
- Nutritional & Body Fat Assessment
- Post-Examination Review & Consultation with Health Screening Doctor
- Health Screening Report
- Complimentary Meal

PACKAGE PRICE : RM 1,288.00

FEMALE PREMIUM PACKAGE PLUS (Recommended for those above 40 years old)

- Comprehensive Medical History
- Anthropometry (BMI, WH Ratio)
- Snellen's Visual Acuity Test
- Physical Examination by Health Screening Doctor
- Post-Examination Review & Consultation with Health Screening Doctor
- Resting ECG
- Chest X-Ray
- Lung Function Test
- Hepatitis A, B & C Screening
- TSH
- Rheumatoid Factor
- AFP
- CEA
- CA 19-9
- CA 15-3
- CA 125
- Bone Mineral Density 2 Parts*
- Pap Test
- Breast Ultrasound
- 2D Mammogram
- Stress Test
- Abdomen & Pelvis Ultrasound
- Nutritional & Body Fat Assessment
- Dental Screening (Complimentary)
- General Screening Profile – Regular (Blood & Urine Tests)
- Health Screening Report
- Complimentary Meal

PACKAGE PRICE : RM 1,699.00

HEART SCREENING PACKAGE

- Comprehensive Medical History
- Anthropometry (BMI, WH Ratio)
- Snellen's Visual Acuity Test
- General Screening Profile - Regular (Blood & Urine Tests)
- hs-C Reactive Protein (hs-CRP)
- TSH
- HbA1c
- Abdomen & Pelvis Ultrasound
- Chest X-Ray
- Resting ECG
- Stress Test
- Echocardiography
- Nutritional & Body Fat Assessment
- Post-Examination Review & Consultation with Health Screening Doctor
- Health Screening Report
- Complimentary Meal

PACKAGE PRICE : RM 1,480.00

PACKAGE PRICE : RM 1,188.00
(Without Stress Test)

VACCINATION IS PROTECTION

Vaccines work to protect individuals, families and communities against 26 diseases and illnesses including influenza⁴.

Our Vaxin Center™ offers ADULT vaccinations from age 18 and above; for HPV vaccinations (age 13 to 45). We are also a Ministry of Health-certified Yellow Fever Vaccination Centre.

All our adult vaccinations are competitively priced. Please contact us for your vaccination needs.

INFORMATION FOR ADULT PA 2018 Recommended Immunizations for Adults: By Age

If you are this age,	Flu Influenza	Tdap or Td Tetanus, diphtheria, pertussis	Shingles Zoster	Pneumococcal	Meningococcal	MMR Measles, mumps, rubella	HPV Human papillomavirus	Chickenpox Varicella	Hepatitis A	Hepatitis B	Hib Haemophilus influenzae type b
19 - 21 years	Green	Green		Blue	Blue	Green	Green				
22 - 26 years	Green	Green		Blue	Blue	Green	Green				
27 - 49 years	Green	Green		Blue	Blue	Green	Green				
50 - 64 years	Green	Green	Green	Blue	Blue	Green	Green				
65+ year	Green	Green	Green	Blue	Blue	Green	Green				

More Information: You should get flu vaccine every year. You should get 1 dose of Tdap if you did not get it as a child or adult. You should also get a Td booster every 10 years. Women should get 1 dose of Tdap during every pregnancy. There are 2 types of zoster vaccine. You should get 2 doses of RZV at age 50 years or older (preferred) or 1 dose of ZVL at age 60 years or older, even if you had shingles before. There are 2 types of pneumococcal vaccine. You should get 1 dose of PCV13 and at least 1 dose of PPSV23 depending on your age and health condition. There are 2 types of meningococcal vaccine. You may need one or both types depending on your health condition. You should get this vaccine if you did not get it when you were a child. You should get HPV vaccine if you are a woman through age 45 years or a man through age 45 years and did not already complete the series.

Ask your health care professional about which vaccines you may need at least 6 weeks before you travel.

Recommended For You: This vaccine is recommended for you unless your health care professional tells you that you do not need it or should not get it.
May Be Recommended For You: This vaccine is recommended for you if you have certain risk factors due to your health condition. Talk to your health care professional to see if you need this vaccine.

Disclaimer: All information and pricing in this brochure are correct at the time of printing but may be subject to change without prior notice.

References:
 1. Siu AL; U.S. Preventive Services Task Force. Screening for breast cancer: U.S. Preventive Services Task Force recommendation statement. *Annals of Internal Medicine* 2016;164(4):279–296.
 2. FDA approves ThinPrep Pap test claim. <https://medtech.pharmaintelligence.informa.com>
 3. Cervical cancer – screening and prevention. <https://medlineplus.gov>
 4. WHO global health days. Infographics: #VaccinesWork. <http://www.who.int/campaigns/immunization-week/2017/infographic/en/>.

HEALTH SCREENING PACKAGES

BASIC PACKAGE (Male & Female)

(Recommended for those below 40 years old)

- Comprehensive Medical History
- Anthropometry (BMI, WH Ratio)
- Snellen's Visual Acuity Test
- Physical Examination by Health Screening Doctor
- Post-Examination Review & Consultation with Health Screening Doctor
- Resting ECG
- Chest X-Ray
- Lung Function Test
- Hepatitis A, B & C Screening
- Nutritional & Body Fat Assessment
- Dental Screening (Complimentary)
- General Screening Profile – Regular (Blood & Urine Tests)
- Health Screening Report
- Complimentary Meal

PACKAGE PRICE : RM 499.00

ADD-ON (for female) RM 199.00

- Breast Ultrasound
- Pap Test

MALE COMPREHENSIVE PACKAGE

(Recommended for those above 40 years old)

- Comprehensive Medical History
- Anthropometry (BMI, WH Ratio)
- Snellen's Visual Acuity Test
- Physical Examination by Health Screening Doctor
- Post-Examination Review & Consultation with Health Screening Doctor
- Resting ECG
- Chest X-Ray
- Lung Function Test
- Hepatitis A, B & C Screening
- PSA
- Stress Test
- Nutritional & Body Fat Assessment
- Dental Screening (Complimentary)
- General Screening Profile – Regular (Blood & Urine Tests)
- Health Screening Report
- Complimentary Meal

PACKAGE PRICE : RM 888.00

FEMALE COMPREHENSIVE PACKAGE

(Recommended for those above 40 years old)

- Comprehensive Medical History
- Anthropometry (BMI, WH Ratio)
- Snellen's Visual Acuity Test
- Physical Examination by Health Screening Doctor
- Post-Examination Review & Consultation with Health Screening Doctor
- Resting ECG
- Chest X-Ray
- Lung Function Test
- Hepatitis A, B & C Screening
- Pap Test
- Abdomen & Pelvis Ultrasound
- Breast Ultrasound or 2D Mammogram
- Nutritional & Body Fat Assessment
- Dental Screening (Complimentary)
- General Screening Profile – Regular (Blood & Urine Tests)
- Health Screening Report
- Complimentary Meal

PACKAGE PRICE : RM 999.00

10.

MALE PREMIUM PACKAGE

(Recommended for those above 40 years old)

- Comprehensive Medical History
- Anthropometry (BMI, WH Ratio)
- Snellen's Visual Acuity Test
- Physical Examination by Health Screening Doctor
- Post-Examination Review & Consultation with Health Screening Doctor
- Resting ECG
- Chest X-Ray
- Lung Function Test
- Hepatitis A, B & C Screening
- TSH
- Rheumatoid Factor
- AFP
- CEA
- CA 19-9
- PSA
- Stress Test
- Abdomen & Pelvis Ultrasound
- Nutritional & Body Fat Assessment
- Dental Screening (Complimentary)
- General Screening Profile – Regular (Blood & Urine Tests)
- Health Screening Report
- Complimentary Meal

PACKAGE PRICE : RM 1,199.00

FEMALE PREMIUM PACKAGE

(Recommended for those above 40 years old)

- Comprehensive Medical History
- Anthropometry (BMI, WH Ratio)
- Snellen's Visual Acuity Test
- Physical Examination by Health Screening Doctor
- Post-Examination Review & Consultation with Health Screening Doctor
- Resting ECG
- Chest X-Ray
- Lung Function Test
- Hepatitis A, B & C Screening
- TSH
- Rheumatoid Factor
- AFP
- CEA
- CA 19-9
- CA 15-3
- CA 125
- Bone Mineral Density 2 Parts*
- Pap Test
- Breast Ultrasound or 2D Mammogram
- Stress Test
- Abdomen & Pelvis Ultrasound
- Nutritional & Body Fat Assessment
- Dental Screening (Complimentary)
- General Screening Profile – Regular (Blood & Urine Tests)
- Health Screening Report
- Complimentary Meal

PACKAGE PRICE : RM 1,499.00

**Add on: RM200.00 to upgrade to 3D Mammogram*

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