



# Health Screening Packages 2023

Subang Jaya Medical Centre (SJMC) Health Screening Centre provides a range of services from comprehensive health screenings to specific screenings for the heart, digestive health, and tumour markers.

We're here to provide you with the best possible care because we are people caring for people.

**Things to bring:**

1. NRIC or passport
2. Past medical record or scans
3. Company / Payor guarantee letter (if applicable)
4. Jacket or cardigan to keep warm
5. Bottled water to stay hydrated




**FOOD VOUCHER**  
For Health Screening  
**RM20**



Applicable in SJMC Café 35 only

Get a complimentary meal voucher with every health screening package!



...

---

★★★★★  
" My frequent Health Screening Centre for the longest time. Has always been my preferred place for its systematic approach, friendly staff and competitive pricing. "  
**Jasmine Teo**

★★★★★  
" Health Screening Centre services are good environment also very friendly. Doctors are kind and helpful as well. When I got back my reports the doctor also very kind to explain to me. Highly recommended to others. "  
**Nicole Vlog**

## Health Screening Tips

| DOs  | DON'Ts   |
|--|--|
| <br>Allocate 1 full day to complete your health screening.  | <br>Delay your health screening as wait times will be longer during peak periods (October to December)                              |
| <br>Fast at least 10 hours prior to your health screening.  | <br>Wear jewellery during your health screening as you will be required to remove them for X-ray procedures.                        |
| <br>Stay hydrated with plain water before your screening.   | <br>Schedule your health screening during your menstruation. It should be done at least 14 days after the first day of your period. |
| <br>Wear comfortable shoes and clothing.  | <br>Don't do any X-rays if you are pregnant as it may harm the foetus.  |
| <br>Expect to get your health report on the same day (for appointments before 10am) or the following day (for appointments after 10am or during peak periods).<br><br><i>For ladies who have done a Pap smear test, test results are only available 4 working days post-screening. We advise you to collect your report then.</i> |  |

## Our Location



**Health Screening Centre**  
1st Floor Mediplex,  
Subang Jaya Medical Centre (SJMC)

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

Tel : +603 5639 1389  
E-mail : sjmc.hsc@rsdhealth.com



Scan here to follow us on social media



# Women's Health Packages



| Description   | All Ages     |                  | 40 & Below           | 40 & Above     |                     | 70 & Above             |
|---|--------------|------------------|----------------------|----------------|---------------------|------------------------|
|   | Gold         | Female Gold Plus | Female Youth Diamond | Female Diamond | Female Diamond Plus | Senior Female Platinum |
| Blood Grouping (ABO)  | ✓            | ✓                | ✓                    | ✓              | ✓                   | ✓                      |
| Full Blood Examination  | ✓            | ✓                | ✓                    | ✓              | ✓                   | ✓                      |
| Diabetic Screen – Fasting Blood Glucose   | ✓            | ✓                | ✓                    | ✓              | ✓                   | ✓                      |
| Diabetic Screen – HbA1c   | ✓            | ✓                | ✓                    | ✓              | ✓                   | ✓                      |
| Hepatitis A Antibody  | ✓            | ✓                | ✓                    | ✓              | ✓                   | ✓                      |
| Hepatitis B Antigen & Antibody  | ✓            | ✓                | ✓                    | ✓              | ✓                   | ✓                      |
| Hepatitis C Antibody  | ✓            | ✓                | ✓                    | ✓              | ✓                   | ✓                      |
| Helicobacter Pylori   | ✓            | ✓                | ✓                    | ✓              | ✓                   | ✓                      |
| Cardiac Marker (High Sensitivity C-Reactive Protein)  | ✓            | ✓                | ✓                    | ✓              | ✓                   | ✓                      |
| Kidney Function Test  | ✓            | ✓                | ✓                    | ✓              | ✓                   | ✓                      |
| Lipid Profile   | ✓            | ✓                | ✓                    | ✓              | ✓                   | ✓                      |
| Liver Function Test   | ✓            | ✓                | ✓                    | ✓              | ✓                   | ✓                      |
| Uric Acid   | ✓            | ✓                | ✓                    | ✓              | ✓                   | ✓                      |
| Rheumatoid Factor (Arthritis Screen)  | ✓            | ✓                | ✓                    | ✓              | ✓                   | ✓                      |
| Syphilis Test (RPR)   | ✓            | ✓                | ✓                    | ✓              | ✓                   | ✓                      |
| HIV Antigen and Antibodies  | ✓            | ✓                | ✓                    | ✓              | ✓                   | ✓                      |
| Thyroid Screening (Free T4)   | ✓            | ✓                | ✓                    | ✓              | ✓                   | ✓                      |
| Thyroid Stimulating Hormone (TSH)   | ✓            | ✓                | ✓                    | ✓              | ✓                   | ✓                      |
| Pap Smear (Thin Prep)   |              | ✓                | ✓                    | ✓              | ✓                   | ✓                      |
| AFP (Liver)   |              |                  | ✓                    | ✓              | ✓                   | ✓                      |
| CEA (Colon)   |              |                  | ✓                    | ✓              | ✓                   | ✓                      |
| CA 19.9 (Pancreas/Stomach)  |              |                  | ✓                    | ✓              | ✓                   | ✓                      |
| CA 125 (Ovary)  |              |                  | ✓                    | ✓              | ✓                   | ✓                      |
| CA 15.3 (Breast)  |              |                  | ✓                    | ✓              | ✓                   | ✓                      |
| PSA (Prostate)  |              |                  | ✓                    | ✓              | ✓                   | ✓                      |
| Urine Tests   | ✓            | ✓                | ✓                    | ✓              | ✓                   | ✓                      |
| Full Urine Exam   | ✓            | ✓                | ✓                    | ✓              | ✓                   | ✓                      |
| Urine Microscopy  | ✓            | ✓                | ✓                    | ✓              | ✓                   | ✓                      |
| Chest X-Ray   | ✓            | ✓                | ✓                    | ✓              | ✓                   | ✓                      |
| Imaging Tests   |              |                  | ✓                    | ✓              | ✓                   | ✓                      |
| Abdominal & Pelvic Ultrasound   |              | ✓                | ✓                    | ✓              | ✓                   | ✓                      |
| Breast Ultrasound   |              | ✓                | ✓                    | ✓              | ✓                   | ✓                      |
| 3D Mammogram (for >40 years old)  |              | ✓ } Choose ONE   | ✓                    | ✓ } Choose ONE | ✓                   | ✓                      |
| Bone Mineral Density  |              |                  | ✓                    | ✓              | ✓                   | ✓                      |
| Screening Test  | ✓            | ✓                | ✓                    | ✓              | ✓                   | ✓                      |
| Electrocardiogram (ECG)   | ✓            | ✓                | ✓                    | ✓              | ✓                   | ✓                      |
| Exercise Stress Test  | ✓            | ✓                | ✓                    | ✓              | ✓                   | ✓                      |
| Lung Function Test  | ✓            | ✓                | ✓                    | ✓              | ✓                   | ✓                      |
| Audiometry (Hearing Test)   | ✓            | ✓                | ✓                    | ✓              | ✓                   | ✓                      |
| Body Composition Analysis   | ✓            | ✓                | ✓                    | ✓              | ✓                   | ✓                      |
| Basic Eye Assessment  |              |                  | ✓                    | ✓              | ✓                   | ✓                      |
| Examination by Optometrist, Visual Acuity, Auto-Refraction, Intraocular Pressure (IOP), Fundus Photography  |              |                  | ✓                    | ✓              | ✓                   | ✓                      |
| Consultations   | ✓            | ✓                | ✓                    | ✓              | ✓                   | ✓                      |
| Physical Examination and Consultation by RMO  | ✓            | ✓                | ✓                    | ✓              | ✓                   | ✓                      |
| Dietary and Nutrition Care Assessment & Consultation  | ✓            | ✓                | ✓                    | ✓              | ✓                   | ✓                      |
| Meal Voucher  | ✓            | ✓                | ✓                    | ✓              | ✓                   | ✓                      |
| Complimentary refreshment   | ✓            | ✓                | ✓                    | ✓              | ✓                   | ✓                      |
| Standard Price  | <b>RM760</b> | <b>RM1,790</b>   | <b>RM2,520</b>       | <b>RM3,050</b> | <b>RM3,300</b>      | <b>RM2,540</b>         |
| <b>Tumour Marker</b><br>+ Helicobacter Pylori, AFP (Liver), CEA (Colon), CA 19.9 (Pancreas/Stomach), CA 125 (Ovary), CA 15.3 (Breast)<br><b>RM339</b> |              |                  |                      |                |                     |                        |

# Men's Health Packages



| Description   | All Ages     |                | All Ages       | 70 & Above           |
|---|--------------|----------------|----------------|----------------------|
|   | Gold         | Male Gold Plus | Male Diamond   | Senior Male Platinum |
| Blood Grouping (ABO)  | ✓            | ✓              | ✓              | ✓                    |
| Full Blood Examination  | ✓            | ✓              | ✓              | ✓                    |
| Diabetic Screen – Fasting Blood Glucose   | ✓            | ✓              | ✓              | ✓                    |
| Diabetic Screen – HbA1c   | ✓            | ✓              | ✓              | ✓                    |
| Hepatitis A Antibody  | ✓            | ✓              | ✓              | ✓                    |
| Hepatitis B Antigen & Antibody  | ✓            | ✓              | ✓              | ✓                    |
| Hepatitis C Antibody  | ✓            | ✓              | ✓              | ✓                    |
| Helicobacter Pylori   | ✓            | ✓              | ✓              | ✓                    |
| Cardiac Marker (High Sensitivity C-Reactive Protein)  | ✓            | ✓              | ✓              | ✓                    |
| Kidney Function Test  | ✓            | ✓              | ✓              | ✓                    |
| Lipid Profile   | ✓            | ✓              | ✓              | ✓                    |
| Liver Function Test   | ✓            | ✓              | ✓              | ✓                    |
| Uric Acid   | ✓            | ✓              | ✓              | ✓                    |
| Rheumatoid Factor (Arthritis Screen)  | ✓            | ✓              | ✓              | ✓                    |
| Syphilis Test (RPR)   | ✓            | ✓              | ✓              | ✓                    |
| HIV Antigen and Antibodies  | ✓            | ✓              | ✓              | ✓                    |
| Thyroid Screening (Free T4)   | ✓            | ✓              | ✓              | ✓                    |
| Thyroid Stimulating Hormone (TSH)   | ✓            | ✓              | ✓              | ✓                    |
| Pap Smear (Thin Prep)   |              |                | ✓              | ✓                    |
| AFP (Liver)   |              |                | ✓              | ✓                    |
| CEA (Colon)   |              |                | ✓              | ✓                    |
| CA 19.9 (Pancreas/Stomach)  |              |                | ✓              | ✓                    |
| CA 125 (Ovary)  |              |                | ✓              | ✓                    |
| CA 15.3 (Breast)  |              |                | ✓              | ✓                    |
| PSA (Prostate)  |              | ✓              | ✓              | ✓                    |
| Urine Tests   | ✓            | ✓              | ✓              | ✓                    |
| Full Urine Exam   | ✓            | ✓              | ✓              | ✓                    |
| Urine Microscopy  | ✓            | ✓              | ✓              | ✓                    |
| Chest X-Ray   | ✓            | ✓              | ✓              | ✓                    |
| Imaging Tests   |              |                | ✓              | ✓                    |
| Abdominal & Pelvic Ultrasound   |              |                | ✓              | ✓                    |
| Breast Ultrasound   |              |                | ✓              | ✓                    |
| 3D Mammogram (for >50 years old)  |              |                | ✓              | ✓                    |
| Bone Mineral Density  |              |                | ✓              | ✓                    |
| Screening Test  | ✓            | ✓              | ✓              | ✓                    |
| Electrocardiogram (ECG)   | ✓            | ✓              | ✓              | ✓                    |
| Exercise Stress Test  | ✓            | ✓              | ✓              | ✓                    |
| Lung Function Test  | ✓            | ✓              | ✓              | ✓                    |
| Audiometry (Hearing Test)   | ✓            | ✓              | ✓              | ✓                    |
| Body Composition Analysis   | ✓            | ✓              | ✓              | ✓                    |
| Basic Eye Assessment  |              |                | ✓              | ✓                    |
| Examination by Optometrist, Visual Acuity, Auto-Refraction, Intraocular Pressure (IOP), Fundus Photography                          |              |                | ✓              | ✓                    |
| Consultations   | ✓            | ✓              | ✓              | ✓                    |
| Physical Examination and Consultation by RMO  | ✓            | ✓              | ✓              | ✓                    |
| Dietary and Nutrition Care Assessment & Consultation  | ✓            | ✓              | ✓              | ✓                    |
| Meal Voucher  | ✓            | ✓              | ✓              | ✓                    |
| Complimentary refreshment   | ✓            | ✓              | ✓              | ✓                    |
| Standard Price  | <b>RM760</b> | <b>RM1,350</b> | <b>RM2,260</b> | <b>RM2,210</b>       |
| <b>Tumour Marker</b><br>+ Helicobacter Pylori, AFP (Liver), CEA (Colon), CA 19.9 (Pancreas/Stomach), PSA (Prostate)<br><b>RM279</b> |              |                |                |                      |