

**Appendix 1: NUH'S HEALTH SCREENING PACKAGES**  
**(Offers valid till 31<sup>st</sup> March 2011 and rates are subjected to prevailing GST)**

**NUH Wellness Centre** offer Evidence Based Screening Package, in which tests are strictly guided by the "Clinical Guidelines on Health Screenings" set out by Ministry of Health. It customizes health screenings to individual health conditions and needs through a doctor's assessment, physical examination and medical history before *optional* screenings are recommended; hence patients only pay for tests necessary for him/her.

<b>Package 1: Evidence Based Screening</b>	<b>Package 2: Evidence Based Men Plus Screening</b>	<b>Package 3: Evidence Based Ladies Plus Screening</b>
<b>S\$139</b>	<b>S\$150</b>	<b>S\$290</b>
<p><b>A. Medical History &amp; Physical Examination</b></p> <p><b>B. Biometrics Parameters</b></p> <ul style="list-style-type: none"> <li>• <b>Blood Pressure</b></li> <li>• <b>Height &amp; Weight Profiling</b></li> <li>• <b>Body Mass Index</b></li> <li>• <b>Visual Acuity</b></li> </ul> <p><b>C. Laboratory Investigations</b></p> <ul style="list-style-type: none"> <li>• <b>Lipid Profile</b> <ul style="list-style-type: none"> <li>- Total Cholesterol</li> <li>- Triglycerides</li> <li>- Cholesterol HDL</li> <li>- Cholesterol LDL</li> <li>- Cholesterol/HDL Ratio</li> </ul> </li> <li>• <b>Diabetes Mellitus Screening</b></li> <li>• <b>Hepatitis "B"</b> <ul style="list-style-type: none"> <li>- Surface Antigen</li> <li>- Surface Antibody</li> </ul> </li> <li>• <b>Venereal Disease</b> <ul style="list-style-type: none"> <li>- Total Syphilis Antibody Screening</li> <li>- HIV Screening (HIV Ag-Ab)</li> </ul> </li> <li>• <b>Urine Analysis</b> <ul style="list-style-type: none"> <li>- Blood</li> <li>- Glucose</li> <li>- Protein</li> <li>- Ketone</li> <li>- Ph</li> <li>- SG Leucocytes</li> <li>- Urobilinogen</li> <li>- Nitrite</li> <li>- Bilirubin</li> </ul> </li> </ul> <p><b>D. Full Medical Report &amp; Health Education</b></p>	<p><b>A. Medical History &amp; Physical Examination</b></p> <p><b>B. Biometrics Parameters</b></p> <ul style="list-style-type: none"> <li>• <b>Blood Pressure</b></li> <li>• <b>Height &amp; Weight Profiling</b></li> <li>• <b>Body Mass Index</b></li> <li>• <b>Visual Acuity</b></li> </ul> <p><b>C. Laboratory Investigations</b></p> <ul style="list-style-type: none"> <li>• <b>Lipid Profile</b> <ul style="list-style-type: none"> <li>- Total Cholesterol</li> <li>- Triglycerides</li> <li>- Cholesterol HDL</li> <li>- Cholesterol LDL</li> <li>- Cholesterol/HDL Ratio</li> </ul> </li> <li>• <b>Diabetes Mellitus Screening</b></li> <li>• <b>Hepatitis "B"</b> <ul style="list-style-type: none"> <li>- Surface Antigen</li> <li>- Surface Antibody</li> </ul> </li> <li>• <b>Venereal Disease</b> <ul style="list-style-type: none"> <li>- Total Syphilis Antibody Screening</li> <li>- HIV Screening (HIV Ag-Ab)</li> </ul> </li> <li>• <b>Urine Analysis</b> <ul style="list-style-type: none"> <li>- Blood</li> <li>- Glucose</li> <li>- Protein</li> <li>- Ketone</li> <li>- Ph</li> <li>- SG Leucocytes</li> <li>- Urobilinogen</li> <li>- Nitrite</li> <li>- Bilirubin</li> </ul> </li> <li>• <b>Occult Blood Stool Analysis</b></li> </ul> <p><b>D. Full Medical Report &amp; Health Education</b></p>	<p><b>A. Medical History &amp; Physical Examination</b></p> <p><b>B. Biometrics Parameters</b></p> <ul style="list-style-type: none"> <li>• <b>Blood Pressure</b></li> <li>• <b>Height &amp; Weight Profiling</b></li> <li>• <b>Body Mass Index</b></li> <li>• <b>Visual Acuity</b></li> </ul> <p><b>C. Laboratory Investigations</b></p> <ul style="list-style-type: none"> <li>• <b>Lipid Profile</b> <ul style="list-style-type: none"> <li>- Total Cholesterol</li> <li>- Triglycerides</li> <li>- Cholesterol HDL</li> <li>- Cholesterol LDL</li> <li>- Cholesterol/HDL Ratio</li> </ul> </li> <li>• <b>Diabetes Mellitus Screening</b></li> <li>• <b>Hepatitis "B"</b> <ul style="list-style-type: none"> <li>- Surface Antigen</li> <li>- Surface Antibody</li> </ul> </li> <li>• <b>Venereal Disease</b> <ul style="list-style-type: none"> <li>- Total Syphilis Antibody Screening</li> <li>- HIV Screening (HIV Ag-Ab)</li> </ul> </li> <li>• <b>Urine Analysis</b> <ul style="list-style-type: none"> <li>- Blood</li> <li>- Glucose</li> <li>- Protein</li> <li>- Ketone</li> <li>- Ph</li> <li>- SG Leucocytes</li> <li>- Urobilinogen</li> <li>- Nitrite</li> <li>- Bilirubin</li> </ul> </li> <li>• <b>Occult Blood Stool Analysis</b></li> <li>• <b>Pap Smear</b></li> <li>• <b>Mammogram</b></li> </ul> <p><b>D. Full Medical Report &amp; Health Education</b></p>

## Optional Tests/ Optional Packages (After Consultation with Doctor)

### 1. Targeted Cardio Package - \$170

- ✓ Electrocardiogram (ECG)
- ✓ Treadmill Stress Test

### 2. Targeted Diabetes Package - \$60

- ✓ Biochemistry (Kidney Disease)
- ✓ Glycated Haemoglobin (HbA1c)
- ✓ Electrocardiogram (ECG)
- ✓ Fundal Photo (Eye Screen)

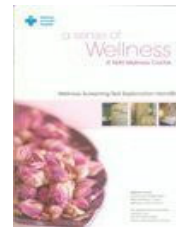
### 3. Targeted Hepatitis B Package - \$180

- ✓ Biochemistry (Liver Function)
- ✓ Alpha Foeto Protein (AFP)
- ✓ Ultrasound Liver

### 4. Targeted Optional Screening Tests

Abdomen Ultrasound	\$180.00
Audiometry Test	\$22.00
Breast Ultrasound (1 Side)	\$90.00
Breast Cancer Markers (CA15-3)	\$22.40
Chest X-Ray (1 View)	\$30.00
Colon Cancer Markers (CEA)	\$19.60
Electrocardiogram (ECG)	\$25.00
Hormonal Test for Menopause (Male)	\$48.00
Hormonal Test for Menopause (Female)	\$48.00
Kidneys & Bladder Ultrasound	\$117.00
Mammogram	\$110.00
Ovarian Cancer Markers (CA125)	\$22.40
Pap Smear	\$38.00
Pelvis Ultrasound	\$90.00
Prostate Cancer Markers (PSA)	\$29.40
Spirometry	\$30.00
Tonometry	\$15.00
Treadmill Stress Test	\$150.00

- ❖ To encourage Evidence Based Health Screening, ICPAS members will each receive a First Aid Kit & a Wellness Screening Test Explanation Handbook if they take up any of the screening packages (starting from \$139).
- ❖ Health Screening services are available at **NUH Wellness Centre**, National University Hospital, 5 Lower Kent Ridge Road, Main Building, Level 1
- ❖ Prior appointment is required:  
Call us at 6772 4461 / 6772 4462 or e-mail: [wellness@nuh.com.sg](mailto:wellness@nuh.com.sg)



**Appendix 1: NUH'S TRAVEL SCREENING & VACCINATION PACKAGES**  
**(Offers valid till 31<sup>st</sup> March 2011 and rates are subjected to prevailing GST)**

**Members of ICPAS are able to enjoy \$5.00 off the final bill amount (before GST) on a single day transaction.**

**The list of Travel Screening and Vaccinations includes the following:**

- Absorbed Tetanus Toxoid
- Adult Diphtheria Tetanus
- Hepatitis A
- Hepatitis A (Package – 2 X)
- Hepatitis B (Package – 3 X)
- Hepatitis B IG
- Hepatitis B Single (Age $\geq$ 20)
- Twin RIX (Hepatitis A & B)
- Influenza
- Meningococcal Meningitis
- MMR
- OPV (Oral Polio)
- Pneumo23
- Polio (Inactivated Polio Vaccine)
- Typhoid Vaccine
- Varicella (Chickenpox) 2 X

- ❖ Travel screening & vaccinations services are available at *NUH Wellness Centre*, National University Hospital, 5 Lower Kent Ridge Road, Main Building, Level 1
- ❖ Patient must be of a minimum age of 19 years old
- ❖ Prior appointment is required:  
Call us at 6772 4461 / 6772 4462 or e-mail: [wellness@nuh.com.sg](mailto:wellness@nuh.com.sg)

**Appendix 1: NUH'S LASIK PACKAGES**  
**(Offers valid till 31<sup>st</sup> March 2011 and rates are subjected to prevailing GST)**

<b>Packages</b>	<b>Associate Consultant</b>	<b>Consultant</b>	<b>Senior Consultant</b>
<b>A: Standard LASIK</b>	<b>\$900/eye</b>	<b>\$1,000/eye</b>	<b>\$1,050/eye</b>
<b>B: Bladeless LASIK (EpiLASIK)</b>	<b>\$925/eye</b>	<b>\$1,025/eye</b>	<b>\$1,075/eye</b>
<b>C: Laser Visumax LASIK</b>	<b>\$1,475/eye</b>	<b>\$1,675/eye</b>	<b>\$1,775/eye</b>

All the above packages include the following:

- Free Pre-LASIK Assessment
- 3 Post-LASIK consults
- 2 Post-LASIK refraction tests
- Free Enhancement for first 3 years

Prices exclude GST and other medication costs.

- ❖ LASIK services are available at **NUH Eye Centre @ Biopolis**, 11 Biopolis Way, Helios, #01-06,07 Singapore 138667
- ❖ Prior Appointment is required:  
Call us at 6776 2015 / 6773 2015