

Instructions for Corporate Screening

STEP 1: Choose your 'Corporate Package' (page 1 & 2)

STEP 2: Select your 'Add-Ons' (if any):

Eye Screening (page 3) | Clinical Test Package (page 4) and/or Ala-Carte Test (page 5 - 8) | Influenza Vaccination (page 8)

Onsite Complimentary Basic Health Screening REV X – Wellness Day		Basic	Vital	Essential	Core	Deluxe	Premier
Guest		\$0	\$58 (\$63.22)	\$88 (\$95.92)	\$148 (\$161.32)	\$268 (\$292.12)	\$438 (\$477.42)
Recommended Age:		18 – 25 years		20 – 33 years		30 years and above	
Biometric Measurement	Height/Weight Measurement	✓	✓	✓	✓	✓	✓
	Body Mass Index	✓	✓	✓	✓	✓	✓
	Blood Pressure Measurement	✓	✓	✓	✓	✓	✓
Lipid Profile	Total Cholesterol	✓	✓	✓	✓	✓	✓
	HDL Cholesterol	✓	✓	✓	✓	✓	✓
	LDL Cholesterol	✓	✓	✓	✓	✓	✓
	Cholesterol Ratio	✓	✓	✓	✓	✓	✓
	Triglycerides	✓	✓	✓	✓	✓	✓
Diabetic Profile	Blood Glucose Test	✓	✓	✓	✓	✓	✓
	HBA1C* (Basic, Vital & Essential- Hba1c will be triggered as reflex test - If blood glucose out of reference range)	✓	✓	✓	✓	✓	✓
Liver Profile	Total Bilirubin		✓	✓	✓	✓	✓
	Alkaline Phosphatase		✓	✓	✓	✓	✓
	SGPT (ALT)		✓	✓	✓	✓	✓
	SGOT (AST)		✓	✓	✓	✓	✓
	Gamma GT (GGT)		✓	✓	✓	✓	✓
	Total Protein		✓	✓	✓	✓	✓
	Albumin		✓	✓	✓	✓	✓
	Globulin		✓	✓	✓	✓	✓
	Alb/Glob Ratio		✓	✓	✓	✓	✓
Kidney Profile	Urea		✓	✓	✓	✓	✓
	Creatinine		✓	✓	✓	✓	✓
	Potassium		✓	✓	✓	✓	✓
	Sodium		✓	✓	✓	✓	✓
	Chloride		✓	✓	✓	✓	✓
	eGFR		✓	✓	✓	✓	✓
Urine Analysis	Urine FEME		✓	✓	✓	✓	✓
	Urine Microalbumin			✓	✓	✓	✓
	Urine Creatinine			✓	✓	✓	✓
	Microalbumin/Creatinine Ratio			✓	✓	✓	✓
Bone & Joint Profile	Uric Acid		✓	✓	✓	✓	✓
	Calcium			✓	✓	✓	✓
	Phosphate			✓	✓	✓	✓
	Rheumatoid Arthritis			✓	✓	✓	✓

Onsite Complimentary Basic Health Screening CBM Pte Ltd		Basic	Vital	Essential	Core	Deluxe	Premier
Recommended Age:		18 – 25 years		20 – 33 years		30 years and above	
STD Profile	Syphilis TP Antibody			✓	✓	✓	✓
	VD (RPR) <i>if Syphilis TP Ab is reactive</i>			✓	✓	✓	✓
	TPPA <i>if VD (RPR) is reactive</i>			✓	✓	✓	✓
Thyroid Profile	Free Thyroxine (FT4) <i>If TSH is <0.35 mlul/L or >4.94 mlul/L</i>			✓	✓	✓	✓
	Thyroid Stimulating Hormone (TSH)			✓	✓	✓	✓
Full Blood Count & Hb Indices	Hb, Total WBC, Total Red, Platelet, PBF* <i>if required</i> , Differential Count, MCV, MCH, MCHC			✓	✓	✓	✓
	Peripheral Blood Film				✓	✓	✓
	ESR					✓	✓
Hepatitis Profile	Hep B s Antigen (HBsAg)				✓	✓	✓
	Hep B s Antibody (HBsAb)				✓	✓	✓
	Hep A Antibody (HAV IgG)				✓	✓	✓
	Hep C Antibody (HCV)					✓	✓
Tumour Marker Tests	Liver (AFP)				✓	✓	✓
	Stomach/Colon (CEA)			✓	✓	✓	✓
	Ovarian (CA125)				Female ✓	Female ✓	Female ✓
	Prostate (PSA)				Male ✓	Male ✓	Male ✓
	Pancreas (CA19.9)					✓	✓
	Nose & Throat (EBV)					Male ✓	Male ✓
	Breast (CA15.3)					Female ✓	Female ✓
	Germ Cell (Beta HCG)					✓	✓
Stool Analysis	Stool Occult Blood (Immunological)						Optional
Heart Screen	Marker for Heart Disease risk indicator (HSCRP)					✓	✓
	Apolipoprotein A, Apolipoprotein B and Apo A/B Ratio	Top \$65* for Basic Cardiac Screen					✓
Nutrition Deficiency Screen	Vitamin D			Top Up \$120* for Nutrition Deficiency Screen			✓
	Vitamin B12 + Folate +Iron +Total Iron Binding capacity + % Iron Saturation + Ferritin						✓
Post Screening Review by Doctor		NA	If necessary		✓	✓	✓
Lifestyle Counselling by Doctor		NA	If necessary		✓	✓	✓

Eye Screening

The Singapore National Eye Centre recommends that all adults should get a baseline eye screening from 40 years old.

Eye Test	Add-On Price (from Essential Package onwards)	Ala-carte Price
Fundus Photography or Tonometry	\$25 (\$27.25)	\$38 (\$41.42)
Basic Eye Screen: Fundus Photography + Tonometry	\$50 (\$54.50)	\$65 (\$70.85)
Complete Eye Screen: Fundus Photography + Tonometry + Visual Acuity (Far and Near) + Colour Vision	\$75 (\$81.75)	\$88 (\$95.92)

Details of eye screening tests:

Fundus Photography	This involves taking photographs of the retina (inner layer of the eye) using a special camera to detect abnormalities in the retina (such as detachment, swelling and bleeding), and eye conditions such as diabetic retinopathy, glaucoma and age-related macular degeneration. 
Tonometry	Tonometry is a safe and non-invasive procedure that measures eye pressure. Early detection and treatment of elevated eye pressure can help prevent or slow the progression of glaucoma and preserve your vision.
Visual Acuity (Far and Near)	Visual acuity refers to the clarity or sharpness of a person's vision. A person's visual acuity can be affected by a variety of factors, including age, refractive errors (such as myopia or hyperopia), and eye diseases (such as cataracts or macular degeneration).
Colour Vision	Colour vision refers to the ability to perceive and distinguish between different colours.

Clinical Test Package (A+B) - \$170 (\$185.30)

The clinical test package provides great value by combining tests from various categories at an economical price.
All tests are to be performed at ATA Medical Clinic.

(A) SELECT TWO FROM THE FOLLOWING:	
Fundus Imaging	This involves taking photographs of the retina using a special camera. Images obtained can be used to detect abnormalities in the retina, such as swelling and bleeding. Eye conditions such as diabetic retinopathy, glaucoma, age macular degeneration, and detached retina can be detected with retinal imaging.
Visual Acuity (Far and Near) + Colour Vision	Visual acuity refers to the clarity or sharpness of a person's vision. A person's visual acuity can be affected by a variety of factors, including age, refractive errors (such as myopia or hyperopia), and eye diseases (such as cataracts or macular degeneration). Colour vision refers to the ability to perceive and distinguish between different colours.
Tonometry	Tonometry is a safe and non-invasive procedure that is typically performed during a routine eye exam. Early detection and treatment of elevated IOP can help prevent or slow the progression of glaucoma and preserve your vision.
Bone Mineral Density (BMD)	A bone mineral density (BMD) test measures how much calcium and other types of minerals are in an area of your bone. This test helps your health care provider detect osteoporosis and predict your risk for bone fractures.
Chest X-Ray	A Chest X-ray evaluates the lungs, heart and surrounding anatomy for abnormalities or infection
ECG	An ECG detects heart diseases, abnormalities of the heart rhythm and heart enlargement.
(B) SELECT ONE FROM THE FOLLOWING:	
Stress Treadmill (+ \$40.00)	A stress treadmill test, also known as an exercise stress test, is a medical test used to evaluate the performance of the heart during physical activity. The test is designed to measure the heart's response to increasing levels of physical exertion and can be used to diagnose and evaluate a variety of heart conditions including early heart disease, heart failure, and abnormal heart rhythms. Each result is reviewed by our panel cardiologist.
Mammogram	A mammogram is for early detection of breast cancer. It is recommended for women over 40 years old.
Ultrasound Breast	An ultrasound of the breast tissue helps with early detection of specific breast lumps. It is recommended for women under 40 years old.
Ultrasound Pelvis	This scan enables visualisation of the women reproductive organs to exclude ovarian tumours, cyst and uterine fibroids
Ultrasound Hepatobiliary System (HBS)	A non-invasive imaging test used to examine the liver, gallbladder, bile ducts, and pancreas. It helps detect abnormalities such as gallstones, liver disease, bile duct obstructions, and tumors.
Ultrasound Kidney	A kidney ultrasound is a non-invasive diagnostic exam that produces images, which are used to assess the size, shape, and location of the kidneys. Ultrasound may also be used to assess blood flow to the kidneys.
Ultrasound Kidney, Ureters and Bladder (KUB) (+ \$40.00)	An ultrasound of the kidney, ureters, and bladder (KUB) may be performed to assess the abdominal area for causes of abdominal pain, or to assess the organs and structures of the urinary system.
Ultrasound Full Abdomen (+ \$40.00)	Ultrasound visualisation of intra-abdominal organs such as liver, gallbladder, pancreas, spleen and kidney allowing early detection of nodules, cyst, stones, and fatty liver disease.
Ultrasound Thyroid	A thyroid ultrasound is usually done when you have a growth on your thyroid gland. The exam can help tell the difference between a sac containing fluid (cyst) and abnormal tissue that may or may not be cancerous.
Ultrasound Prostate	A prostate ultrasound evaluates the prostate for abnormalities such as prostate enlargement or cancer.
Ultrasound Carotid Intima-Media Thickness	A thicker CIMT is generally associated with a higher risk of cardiovascular events, such as heart attack and stroke, and can be an early sign of atherosclerosis, a condition in which plaque builds up inside the arteries.

Individual Add-on Tests

You may choose any of the following tests as an add-on to your package:

Cancer Screening		
Liver (AFP)	Alpha-Fetoprotein is a protein to screen for liver cancer.	\$35 (\$38.15)
Stomach/ Colon (CEA)	Carcinoembryonic Antigen is a type of molecular protein which can be found in many different cells in our body. A rise in CEA level indicates progression or recurrence of the cancer.	\$35 (\$38.15)
Pancreas (CA19.9)	CA19.9 is a screen for pancreatic cancer. The pancreas produces enzymes to digest food and insulin to regulate blood sugar levels.	\$35 (\$38.15)
Nose & Throat (EBV)	Epstein-Barr Virus is a common virus which can potentially lead to several rare cancers such as Hodgkin's Lymphoma, Nasopharyngeal carcinoma etc.	\$35 (\$38.15)
Germ Cell (Beta HCG)	An elevated Beta Human Chorionic Gonadotropin level indicates abnormalities in the uterus, ovaries or testicles.	\$35 (\$38.15)
Stomach (Helicobacter Pylori)	Helicobacter Pylori is a bacterium that can be found in the stomach. This bacterium causes chronic inflammation which may lead to stomach ulcers, gastritis, and cancer.	\$35 (\$38.15)
Prostate (PSA) (Males only)	Prostate-Specific Antigen is a protein produced by cells of the prostate gland. It is elevated in some prostate disorders (e.g. enlargement, cancer)	\$35 (\$38.15)
Ovarian (CA125) (Females only)	CA125 is a protein found in women. It is relatively higher in women who have ovarian cancer.	\$35 (\$38.15)
Breast (CA15.3) (Females only)	CA 15.3 is used to monitor for breast cancer.	\$35 (\$38.15)
Pap Smear (Females only)	The pap smear detects abnormal cervical cells early before they develop into cervical cancer. This test is recommended for females 25-29 years old and should be repeated once every 3 years.	\$55 (\$59.95)
HPV (Females only)	The Human Papilloma Virus (HPV) test looks for cervical infection by high-risk types of HPV that are more likely to cause cancer of the cervix. It is to determine your risk of developing cervical cancer. This test is recommended for females 30 years old and above should be repeated once every 5 years.	\$150 (\$163.50)
Stool Occult Blood	Stool Occult Blood (Immunological) is a test that checks for occult (hidden) blood in the stool. Blood in the stool may be a sign of colorectal cancer or other problems such as polyps, ulcers, or haemorrhoids.	\$25 (\$27.25)
Ultra Low Dose CT Lung (Lung cancer screening)	A low-dose CT scan (LDCT) is a specialized imaging technique that uses a reduced amount of radiation to produce detailed lung images. It is superior to a basic chest X-ray and designed for early detection of lung cancer, particularly in high-risk individuals (non-smokers with a family history of lung cancer, smokers).	\$320 (\$348.80)
CT KUB	CT KUB, or Computed Tomography of Kidneys, Ureters, and Bladder, offers high-resolution imaging of the urinary tract, aiding in the detection of various conditions such as kidney stones, tumours, and infections. It is a quick, non-invasive procedure that provides detailed cross-sectional views, allowing for effective treatment planning and follow-up.	\$330 (\$359.70)

Heart Disease Screening		
Cardiac Screen 1	Evaluates key proteins - Apolipoprotein A (Apo A), Apolipoprotein B (Apo B), and the Apo B/A1 Ratio, which play crucial roles in lipid metabolism and cardiovascular health. Apo A and B reflect the balance between protective HDL and atherogenic LDL cholesterol. The Apo B/A1 Ratio further assesses the proportion of these lipoproteins, helping to predict the likelihood of plaque buildup, heart disease, and other cardiovascular events.	\$65 (\$70.85)
Cardiac Screen 2	The combination of High Sensitive C-Reactive Protein (hsCRP), Apo A, Apo B & Apo B/A1 Ratio provides valuable insights into inflammation, lipid metabolism, and cardiovascular risk. hsCRP is a marker of systemic inflammation.	\$85 (\$92.65)
Lipoprotein (a)	Lp(a) test screens for cardiovascular risk by measuring Lp(a) levels, which are linked to heart disease, stroke and atherosclerosis. Elevated Lp(a) can indicate a higher genetic risk of cardiovascular issues.	\$51 (\$55.59)
ECG	An ECG detects heart diseases, abnormalities of cardiac rhythm and heart enlargement.	\$30 (\$32.70)
Stress Treadmill	A stress treadmill test assesses heart function during exercise, helping diagnose conditions like coronary artery disease, heart failure, and arrhythmias. Results are reviewed by our cardiologist.	\$180 (\$196.20)
CT Coronary Calcium Score	A calcium score test is a quick, non-invasive CT scan that detects calcium buildup in heart arteries, helping assess heart attack risk. Recommended for those over 40 with risk factors like family history, smoking, high cholesterol, high blood pressure, diabetes, or a sedentary lifestyle.	\$300 (\$327.00)
CT Coronary Angiogram (including CT Calcium Scoring)	A CT Coronary Angiogram (CTCA) uses contrast dye to detect artery blockages and cholesterol buildup in the heart. It is recommended for high-risk individuals or those with symptoms like chest pain or abnormal stress test results.	\$1,160 (\$1,264.40)
Nutrition Deficiency		
Deficiency Screen	Checks for deficiencies in Vitamin D, B12, Folate, and Iron levels. Includes Total Iron Binding Capacity, % Iron Saturation, and Ferritin. <i><u>Vitamin B12, Folate (Vitamin B9) and Iron</u> are essential for production of red blood cells. A deficiency in Folate and Vitamin B12 can also result in mouth ulcers, hair loss, as well as nerve and memory problems.</i>	\$148 (\$161.32)
Comprehensive Deficiency / Hair Loss Screen	Assesses key nutrient deficiencies linked to hair loss and overall health. Includes Folate, Vitamin B12, Vitamin D, Iron, Zinc, Magnesium, Free T4, TSH, and more.	\$242 (\$263.78)
Hormone Testing		
Testosterone	This is the principal male sex hormone that plays key roles such as enhanced libido, energy, immune function and protection against bone loss. Testosterone levels decline gradually with age.	\$35 (\$38.15)
Anti-Müllerian Hormone (Ovarian Reserves)	Anti-Müllerian hormone (AMH) is a protein produced by cells in ovarian follicles, the structures in the ovaries that contain developing eggs. It's often used as a marker of ovarian reserve, which refers to the quantity and quality of a woman's remaining eggs.	\$112 (\$122.08)
Acne/Weight Gain Screen	Recommended for patients with suspected hormonal acne, ideally conducted on days 2-5 of the menstrual cycle. Includes: Testosterone, Estradiol, Progesterone, TSH, Cortisol, FSH, LH, Prolactin, DHEAS, and SHBG.	\$200 (\$218.00)
Female Fertility Profile	The profile consists of Estradiol, Progesterone, Follicular Stimulating Hormone, Luteinising Hormone, Prolactin. Hormones related fertility, menopause and period problems.	\$100 (\$109.00)
Male Fertility Profile	The profile consists of Testosterone, Follicular Stimulating Hormone, Luteinising Hormone, Prolactin. Hormones to further investigate the root of male infertility.	\$80 (\$87.20)

Infectious Diseases		
Hepatitis A and B Screen	The Hepatitis A and B screening tests for HBsAg, HBsAb, and HAV antibodies to detect past or current infections. It also assesses Hepatitis B immunity and the need for a booster. Since Hepatitis B increases liver cancer risk, staying protected is essential.	\$40 (\$43.60)
HIV Testing	HIV is a virus that weakens the immune system and can lead to acquired immunodeficiency syndrome (AIDS).	\$20 (\$21.80)
Safe Screen 1	Basic STD Screening via Blood Test for: HIV Ag/Ab Screen, Venereal Disease (Syphilis TP Ab), Hepatitis Bs Antigen (HBsAG)	\$53.21 (\$58.00)
Safe Screen 2	Essential STD Screening via Blood Test for: HIV Ag/Ab Screen, Venereal Disease* (Syphilis TP Ab), Herpes Simplex Virus Type I & II IgG	\$99.08 (\$108.00)
Safe Screen 3	Comprehensive STD Screening via Blood, Urine and Swab tests for: HIV Ag/Ab Screen, Venereal Disease* (Syphilis TP Ab), Herpes Simplex Virus Type I & II IgG, Chlamydia & Gonorrhoea PCR, Urine Bacteria Test	\$209.17 (\$228.00)
Safe Screen 4	Full STD Screening via Blood, Urine and Swab tests for: HIV Ag/Ab Screen, Venereal Disease* (Syphilis TP Ab), Herpes Simplex Virus Type I & II IgG, Chlamydia & Gonorrhoea PCR, Trichomonas, Gardnerella, Candida, Urine Bacteria Test <i>*If Syphilis is reactive, RPR & TPPA will be triggered</i>	\$328.44 (\$358.00)
Imaging (X-ray and Ultrasound): all performed at ATA Medical Clinic		
Chest X-Ray	A Chest X-ray evaluates the lungs, heart and surrounding anatomy for abnormalities or infection	\$35 (\$38.15)
Mammogram	Early detection of breast cancer - recommended for women above 40	\$150 (\$163.50)
Ultrasound Breast	Early detection of specific breast lumps – recommended for women below 40	\$120 (\$130.80)
Ultrasound Pelvis	This scan enables visualisation of the women reproductive organs to exclude ovarian tumours, cysts and uterine fibroids	\$145 (\$158.05)
Ultrasound Hepatobiliary System (HBS)	A non-invasive imaging test used to examine the liver, gallbladder, bile ducts, and pancreas. It helps detect abnormalities such as gallstones, liver disease, bile duct obstructions, and tumors.	\$120 (\$130.80)
Ultrasound Kidney	A kidney ultrasound is a non-invasive diagnostic exam that produces images, which are used to assess the size, shape, and location of the kidneys. Ultrasound may also be used to assess blood flow to the kidneys.	\$120 (\$130.80)
Ultrasound Kidney, Ureters and Bladder (KUB)	An ultrasound of the kidney, ureters, and bladder (KUB) may be performed to assess the abdominal area for causes of abdominal pain, or to assess the organs and structures of the urinary system.	\$150 (\$163.50)
Ultrasound Full Abdomen	Ultrasound visualisation of intra-abdominal organs such as liver, gall bladder, pancreas, spleen and kidney allowing early detection of nodules, cyst, stones, and fatty liver disease.	\$188 (\$204.92)
Ultrasound Thyroid	A thyroid ultrasound is usually done when you have a growth on your thyroid gland. The exam can help tell the difference between a sac containing fluid (cyst) and abnormal tissue that may or may not be cancerous.	\$130 (\$141.70)
Ultrasound Prostate	A prostate ultrasound evaluates the prostate for abnormalities such as prostate enlargement or cancer.	\$150 (\$163.50)
Bone Mineral Density (BMD)	A BMD test measures how much calcium and other types of minerals are in an area of your bone. This test helps your health care provider detect osteoporosis and predict your risk for bone fractures.	\$25 (\$27.25)
Ultrasound Carotid Intima Media Thickness	A thicker CIMT is generally associated with a higher risk of cardiovascular events, such as heart attack and stroke, and can be an early sign of atherosclerosis, a condition in which plaque builds up inside the arteries.	\$120 (\$130.80)

Cont. Individual Add-On Tests

CT Coronary Calcium Score	As cholesterol plaques accumulate in blood vessels, calcium is deposited, increasing the risk of heart disease and strokes. A calcium score test, a quick CT scan of the heart, detects calcium in the arteries to assess heart attack risk. This painless, non-invasive test is recommended for individuals over 40 with increased risk factors, such as a family history of heart disease, smoking, high cholesterol, high blood pressure, diabetes, obesity, or a sedentary lifestyle.	\$300 (\$327.00)
CT Coronary Angiogram (including CT Calcium Scoring)	A CT Coronary Angiogram (CTCA) is a specialised imaging test that involves the use of a contrast dye to examine for cholesterol build up and can assess the degree of blockage in the arteries of the heart. This test is recommended for those who are at very high risk of heart disease and/or have symptoms suggestive of heart disease such as chest pain or abnormal treadmill test.	\$1160 (\$1264.40)
Ultra Low Dose CT Lung (Lung cancer screening)	A low-dose CT scan (LDCT) is a specialized imaging technique that uses a reduced amount of radiation to produce detailed lung images. It is superior to a basic chest X-ray and designed for early detection of lung cancer, particularly in high-risk individuals (non-smokers with a family history of lung cancer, smokers).	\$320 (\$348.80)
CT KUB	CT KUB, or Computed Tomography of Kidneys, Ureters, and Bladder, offers high-resolution imaging of the urinary tract, aiding in the detection of various conditions such as kidney stones, tumors, and infections. It is a quick, non-invasive procedure that provides detailed cross-sectional views, allowing for effective treatment planning and follow-up.	\$330 (\$359.70)

Allergy Testing	Comprehensive 59 Panel (59 Allergens) (Click here for the full list of allergens)	\$610 (\$664.90)
	Inhalant Panel 1 (15 Allergens)	\$486 (\$529.74)
	Inhalant Panel 2 (5 Allergens)	\$225 (\$245.25)
	Seafood Panel 1 (8 Allergens)	\$324 (\$353.16)
	Seafood Panel 2 (8 Allergens)	\$324 (\$353.16)
	Nuts Panel (8 Allergens)	\$351 (\$382.59)
	Eczema Panel (11 Allergens)	\$414 (\$451.26)
	Asthma Panel (11 Allergens)	\$360 (\$392.40)
	Gastro Panel (6 Allergens)	\$270 (\$294.30)

Flu Vaccination	The influenza vaccine reduces the risk of getting the flu virus by between 40% to 60%. It reduces the severity of the flu by lowering the risk of death by 30%, reducing the risk of hospitalisation by 40%, and reducing the risk of ICU admission by 59%. Getting vaccinated protects you and the people around you!	\$28 (\$30.52)
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