

Because everyone is  
*Unique.*

Tailor-made health  
screening services  
specially for you.



Screen for  
High Vitality



Screen for  
Awareness



Screen for a  
Peace of Mind



## Benefits

*Preventive health screening  
starts early  
and continues  
throughout life.*

At Parkway Shenton, we tailor health screening packages based on your age, gender, medical history, risk factors, lifestyle factors, family history and health concerns.



Enjoy peace of mind with delivery of screening results in the form of **customised reports** via MyHealth360 app.



Create health trends and **keep track of your tests results** over time.



Benefit from a **full, targeted review** that includes lifestyle recommendations and health advice.



We provide a **one-stop experience** with direct access to our specialists, facilities and additional medical services under the IHH Singapore network, if you require medical intervention.

# Screen Classic

For the young  
professionals.

For Men  
**\$585**  
(with GST)

For Women  
**\$625**  
(with GST)

## Medical Consultation

## Clinical Examination

Vital Signs and Physical Examination  
Body Composition Analysis  
Eye Check  

- Visual Acuity
- Colour Vision

## Blood Tests: Essentials

Full Blood Count	Liver Function
Anaemia studies	Thyroid Function
<ul style="list-style-type: none"> <li>• Iron serum</li> <li>• Serum folic acid</li> <li>• Vitamin B12</li> <li>• Ferritin</li> </ul>	Vitamin and Mineral Screen <ul style="list-style-type: none"> <li>• Uric Acid</li> <li>• Calcium</li> <li>• Phosphate</li> <li>• Vitamin D level</li> </ul>
Cholesterol Profile	
Kidney Function	

## Blood Tests: Disease Screen

Diabetes Screen  
Blood Glucose  
HbA1c  
Hepatitis A and B Screen

## Urine Analysis

Urine Microscopic Examination

## Stool Occult Blood Test (Immunological)

## Cardiac Screen

Resting ECG

## Tests (For Women) ThinPrep Pap Smear

## Optional Tests with Top-Up

Cognitive brain function screen  
HPV DNA (cervical cancer screen)  
Musculoskeletal (MSK) assessment  
Treadmill test (stress ECG)  
Ultrasound abdomen  
Ultrasound thyroid  
Ultrasound pelvis

## Supplementary Options

### Vaccinations\*

\* Please consult our doctor to determine the appropriate vaccinations for you.

# Screen Elite

Advance through life worry-free.

For Men  
**\$958**  
(with GST)

For Women  
**\$998**  
(with GST)

## Medical Consultation

## Clinical Examination

Vital Signs and Physical Examination  
Body Composition Analysis  
Eye Check  
Visual Acuity  
Colour Vision  
Tonometry (Glaucoma Screen)

## Blood Tests: Essentials

Full Blood Count	Liver Function
Anaemia studies	Thyroid Function
• Iron serum	Vitamin and Mineral Screen
• Serum folic acid	• Uric Acid
• Vitamin B12	• Calcium
• Ferritin	• Phosphate
Cholesterol Profile	• Vitamin D Level
Kidney Function	

## Blood Tests: Disease Screen

Diabetes Screen  
Blood Glucose  
HbA1c  
Hepatitis A, B and C Screen

## Blood Tests: Tumour Markers

Colon (CEA)  
Liver (AFP)  
Prostate (PSA)  
Ovary (CA125)

## Urine Analysis

Urine Microscopic Examination  
Urine Microalbumin / Creatinine Ratio

## Stool Occult Blood Test (Immunological)

## Cardiac Screen

Resting ECG

## Tests (For Women)

ThinPrep Pap Smear

## Additional Tests

Choose 1:

HPV DNA (cervical cancer screen)  
Treadmill test (stress ECG)  
Ultrasound hepatobiliary  
Ultrasound kidneys  
Ultrasound thyroid  
Ultrasound pelvis  
Mammogram  
Uroflowmetry and bladder scan  
Ultrasound abdomen (includes liver, gallbladder, pancreas, spleen, kidneys) (top-up applies)

## Supplementary Options

Vaccinations\*

\* Please consult our doctor to determine the appropriate vaccinations for you.

Price is inclusive of GST, at prevailing rate.



# Screen Exclusive

Vitality and health  
in your prime.

For Men

**\$1,700**

(with GST)

For Women

**\$1,740**

(with GST)



## Medical Consultation



## Clinical Examination

Vital Signs and Physical Examination  
Body Composition Analysis  
Eye Check  
Visual Acuity  
Colour Vision  
Tonometry (Glaucoma Screen)  
Retinal Photography



## Blood Tests: Essentials

Full Blood Count	Liver Function
Anaemia studies	Thyroid Function
• Iron serum	Vitamin and Mineral Screen
• Serum folic acid	• Uric Acid
• Vitamin B12	• Calcium
• Ferritin	• Phosphate
Cholesterol Profile	• Vitamin D Level
Kidney Function	



## Blood Tests: Disease Screen

Diabetes Screen  
Blood Glucose  
HbA1c  
Hepatitis A, B and  
C Screen



## Urine Analysis

Urine Microscopic  
Examination  
Urine Microalbumin /  
Creatinine Ratio



## Stool Occult Blood Test (Immunological)



## Cardiac Screen

Resting ECG  
Treadmill Test  
(Stress ECG)



## Tests (Women) ThinPrep Pap Smear

## Additional Tests

Choose 2 tests out of the following:

Cognitive brain function screen  
HPV DNA (cervical cancer screen)  
Mammogram  
Musculoskeletal (MSK) assessment  
Ultrasound hepatobiliary  
Ultrasound prostate  
Ultrasound pelvis  
Ultrasound kidneys  
Ultrasound thyroid  
Ultrasound abdomen (includes liver,  
gallbladder, pancreas, spleen, kidneys) (top-up applies)  
Uroflowmetry & bladder scan

## Supplementary Options

### Vaccinations\*

\* Please consult our doctor to determine the appropriate vaccinations for you.

Price is inclusive of GST, at prevailing rate.

# Screen Signature

Vigilance at the peak of your career.



For Men  
\$2,688  
(with GST)

For Women  
\$2,728  
(with GST)

## Medical Consultation

## Clinical Examination

Vital Signs and Physical Examination  
Body Composition Analysis  
Eye Check  
Visual Acuity  
Colour Vision  
Tonometry (Glaucoma Screen)  
Retinal Photography

## Blood Tests: Essentials

Full Blood Count	Kidney Function
Anaemia Studies	Liver Function
Iron Serum	Thyroid Function
Total Iron	Vitamin and Mineral Screen
Binding Capacity	Uric Acid
Serum Folic Acid	Calcium
Vitamin B12	Phosphate
Ferritin	Vitamin D Level
Cholesterol Profile	

## Blood Tests: Disease Screen

Diabetes Screen  
Blood Glucose  
HbA1c  
Hepatitis A, B and C Screen

## Blood Tests: Tumour Markers

Colon (CEA)  
Liver (AFP)  
Nasopharynx / Nose (EBV Serology)  
Pancreas (CA19.9)  
GASTROClear  
Prostate (PSA)  
Testis (THCG)  
Breast (CA15.3)  
Ovary (CA125)

## Stool Occult Blood Test (Immunological)

## Cardiac Screen

Resting ECG  
Treadmill Test (Stress ECG)

## Imaging Tests

Ultrasound Abdomen  
– Includes Liver, Gallbladder, Pancreas, Spleen, Kidneys

## Tests (Women)

ThinPrep Pap Smear

## Urine Analysis

Urine Microscopic Examination  
Urine Microalbumin / Creatinine Ratio

## Additional Tests

### Group A: Imaging Tests (Choose 2)

Bone Mineral Densitometry (BMD)  
Mammogram  
Ultrasound pelvis  
Ultrasound thyroid  
Ultrasound carotid (stroke screen)  
Ultrasound prostate  
Uroflowmetry and bladder scan

### Group B: Advanced health and vitality tests (choose 1):

Blood Test: Biomarkers of ageing<sup>\*</sup>  
Cognitive brain function screen  
CT lung screen  
CT coronary calcium score  
Musculoskeletal (MSK) assessment

## Supplementary Options

Vaccinations\*

Price is inclusive of GST, at prevailing rate.

<sup>\*</sup> Biomarkers of ageing = adrenal function test, pituitary function test, sex hormones.

\* Please consult our doctor to determine the appropriate vaccinations for you.

# Screen Premier

Accomplish more  
with peace of mind.



For Men  
**\$4,000**  
(with GST)

For Women  
**\$4,040**  
(with GST)

## Medical Consultation

## Clinical Examination

Vital Signs and Physical Examination  
Body Composition Analysis  
Eye Check  
Visual Acuity  
Colour Vision  
Tonometry (Glaucoma Screen)  
Retinal Photography

## Blood Tests: Essentials

Full Blood Count	Thyroid Function
Anaemia Studies	Vitamin and Mineral Screen
Iron Serum	Uric Acid
Total Iron	Calcium
Binding Capacity	Phosphate
Serum Folic Acid	Vitamin D Level
Vitamin B12	Biomarkers of Ageing
Ferritin	Adrenal Function Test
Cholesterol Profile	Pituitary Function Test
Kidney Function	Sex Hormones
Liver Function	

Price is inclusive of GST, at prevailing rate.

## Blood Tests: Disease Screen

Diabetes Screen  
Blood Glucose  
HbA1c  
Hepatitis A, B and  
C Screen

## Blood Tests: Tumour Markers

Colon (CEA)  
Liver (AFP)  
Nasopharynx / Nose  
(EBV Serology)  
Pancreas (CA19.9)  
GASTROClear  
Prostate (PSA)  
Testis (THCG)  
Breast (CA15.3)  
Ovary (CA125)

## Stool Occult Blood Test (Immunological)

## Cardiac Screen

Resting ECG  
Treadmill Test  
(Stress ECG)  
2D Echocardiogram

## Imaging Tests

Ultrasound Abdomen  
– Includes Liver,  
Gallbladder, Pancreas,  
Spleen, Kidneys

## Tests (Women)

ThinPrep Pap Smear

## Urine Analysis

Urine Microscopic  
Examination  
Urine Microalbumin /  
Creatinine Ratio

## Additional Tests

Choose 2 tests out of the following:

Bone Mineral Densitometry (BMD)  
Cognitive brain function screen  
CT coronary calcium score  
Mammogram  
Musculoskeletal (MSK) assessment  
Ultrasound pelvis  
Ultrasound prostate  
Ultrasound thyroid  
Ultrasound carotid (stroke screen)  
Uroflowmetry and bladder scan

## Supplementary Options

Vaccinations\*

\* Please consult our doctor to determine the appropriate vaccinations for you.

# Screen Prestige

Comprehensive suite of tests for maximum reassurance.



For Men  
**\$6,388**  
(with GST)

For Women  
**\$6,428**  
(with GST)



## Medical Consultation



## Clinical Examination

Vital Signs and Physical Examination  
Body Composition Analysis  
Eye Check  
Visual Acuity  
Colour Vision  
Tonometry (Glaucoma Screen)  
Retinal Photography



## Blood Tests: Essentials

Full Blood Count	Thyroid Function
Anaemia Studies	Vitamin and Mineral Screen
Iron Serum	Uric Acid
Total Iron	Calcium
Binding Capacity	Phosphate
Serum Folic Acid	Vitamin D Level
Vitamin B12	Biomarkers of Ageing
Ferritin	Adrenal Function Test
Cholesterol Profile	Pituitary Function Test
Kidney Function	Sex Hormones
Liver Function	



## Blood Tests: Disease Screen

Diabetes Screen  
Blood Glucose  
HbA1c  
Hepatitis A, B and C Screen



## Blood Tests: Tumour Markers

Colon (CEA)  
Liver (AFP)  
Nasopharynx / Nose (EBV Serology)  
Pancreas (CA19.9)  
Prostate (PSA)  
Testis (THCG)  
Breast (CA15.3)  
Ovary (CA125)



## Urine Analysis

Urine Microscopic Examination  
Urine Microalbumin / Creatinine Ratio



## Stool Occult Blood Test (Immunological)



## Cardiac Screen

Resting ECG  
Treadmill Test (Stress ECG)  
2D Echocardiogram



## Nasoendoscopy



## Imaging Tests

Ultrasound Abdomen – Includes Liver, Gallbladder, Pancreas, Spleen, Kidneys



## Tests (Women)

Pap Smear  
HPV DNA (cervical cancer screen)

## Additional Tests

### Group A: Imaging Tests (Choose 2)

Bone Mineral Densitometry (BMD)  
Mammogram  
Ultrasound carotid (stroke screen)  
Ultrasound prostate  
Ultrasound pelvis  
Ultrasound thyroid  
Uroflowmetry and bladder scan

### Group B: MRI Tests (Choose 1)

MRI Stroke Screen  
MRI Cervical Spine  
MRI Lumbar Spine  
MRI Elastography

### Group C: Gastroenterology Specialists Tests ^

Gastroscopy (Stomach Scope)  
Colonoscopy (Bowel Scope) (Top-up applies)  
Gastroscopy + Colonoscopy (Top-up applies)

## Supplementary Options

Vaccinations\*

^MRI scans are conducted at our affiliated hospitals. Our staff will advise you on available appointment slots and provide more details.

\*Pre-booking is required.

\*Please consult our doctor to determine the appropriate vaccinations for you.

Price is inclusive of GST, at prevailing rate.

# Summary Table

	Screen Classic	Screen Elite	Screen Exclusive	Screen Signature	Screen Premier	Screen Prestige	Comprehensive Lifescreen
Vital Signs and Physical Examination	●	●	●	●	●	●	●
Eye Check - Visual Acuity and Colour Vision	●	●	●	●	●	●	●
Eye Check - Tonometry (Glaucoma Screen)		●	●	●	●	●	
Eye Check - Retinal Photography			●	●	●	●	
Lab Tests							
Base Lab Tests*	●	●	●	●	●	●	●
Anaemia Studies	●	●	●	●	●	●	
Vitamin D Level	●	●	●	●	●	●	
Biomarkers of Ageing				●	●	●	
GASTROClear				●	●		
Tumour Markers - Liver, Colon, Prostate / Ovary		●	●	●	●	●	●
Tumour Markers - Pancreas, Testis / Breast			●	●	●	●	●
Tumour Markers - Nasopharynx (EBV Serology)			●	●	●	●	●
Urine Microalbumin / Creatinine Ratio	●	●	●	●	●	●	
Procedures and Other Screens							
Pap Smear	●	●	●	●	●	●	●
HPV		○	○			●	●
Uroflowmetry and Bladder Scan		○	○	○	○	○	
Resting ECG	●	●	●	●	●	●	
Treadmill Test (Stress ECG)		○	●	●	●	●	
2D Echocardiogram					●	●	
Nasoendoscopy						●	
Gastroscopy (Stomach Scope)						○	
Colonoscopy (Bowel Scope)						○	
Imaging Tests							
Ultrasound Kidneys		○	○				
Ultrasound Thyroid		○	○	○	○	○	
Ultrasound Hepatobiliary		○	○				
Ultrasound Pelvis		○	○	○	○	○	●
Mammogram		○	○	○	○	○	●
Ultrasound Prostate			○	○	○	○	●
Ultrasound Abdomen		○	○	○	○	○	
Ultrasound Carotid				○	○	○	
Bone Mineral Densitometry (BMD)				○	○	○	
MRI Stroke Screen						○	
MRI Cervical Spine						○	
MRI Elastography						○	
MRI Lumbar Spine						○	
CT Lung Screen				○			
CT Calcium Score				○	○		
MSK Assessment			○	○	○		
Cognitive Brain Function Screen			○	○	○		
Price (excluding top-up required from selected options)	\$585	\$958	\$1,700	\$2,688	\$4,000	\$6,388	\$558
	\$625	\$998	\$1,740	\$2,728	\$4,040	\$6,428	\$698

\* Base lab tests includes Full Blood Count, Peripheral Blood Film (PBF), Cholesterol Profile, Kidney Function, Liver Function, Thyroid Function, Mineral Screen, Hepatitis A and B Screen, Diabetes Screen, Urine Microscopic Examination, Stool Occult Blood Test (Immunological).



# Cancer Screening Comprehensive LifeScreen

Make the good  
times with  
your loved  
ones last.



For Men  
**\$558**  
(with GST)

For Women  
**\$698**  
(with GST)

 **Medical Consultation**

 **Clinical Examination**

Vital Signs and Physical Examination  
Body Composition Analysis  
Eye Check  
Visual Acuity  
Colour Vision

 **Urine Analysis**

Urine Full Examination and Microscopic  
Examination (U FEME)

 **Blood Tests: Essentials**

Full Blood Count  
Bone / Joint Profile  
Cholesterol Profile  
Fasting Glucose  
Kidney Function  
Liver Function

 **Blood Tests: Tumour Markers**

Liver: Alphafoeto Protein (AFP)  
Colon: Carcinoembryonic Antigen (CEA)  
Pancreas (CA19.9)  
Nasopharynx / Nose (EBV Serology)  
Prostate (PSA)  
Breast (CA15.3)  
Ovary (CA125)

 **Colorectal Cancer Screening**

Occult Blood Immunological (OBI)

 **Tests (Men)**

Ultrasound prostate

 **Tests (Women)**

Breast Mammogram or ultrasound pelvis  
Cervical Pap Smear and HPV Test

 **Post Medical Review**

## Optional Tests with top-up

Lung cancer screen: Low-dose CT Scan

Stomach cancer screen: GASTROClear

Nasopharyngeal carcinoma marker – NPC Gold

Multi-Cancer Early Detection Screen - Lucence Insight

Price is inclusive of GST, at prevailing rate.

# Add-on Tests

Enhanced tests and services available upon request – do enquire with our clinics.



## *Vaccinations*

- Influenza Vaccine
- Hepatitis Vaccine
- Human Papillomavirus (HPV) Vaccine
- Pneumococcal Vaccine
- Shingles Vaccine
- Respiratory syncytial virus (RSV) Vaccine
- Others



## *Advanced Imaging Modalities*

- Low Dose CT Lung Screen
- CT Calcium Scoring
- CT Coronary Angiogram
- MRI Stroke Screen
- MRI Lumbar / Cervical Spine
- MRI Liver Elastography



## *Blood Tests*

- Allergy Tests (Food and Inhalant)
- Genetic Testing (Cancer Risk)\*
- Tumour Marker for Stomach (GASTROClear)

\* Offered in collaboration with partner laboratories



## *Immunology and Serology Tests*

- STDs e.g. Syphilis, Anti-HIV
- Mumps, Measles, Rubella
- Varicella-Zoster Virus (Chicken Pox / Shingles)



## *Specialist Tests*

- 2D Echocardiogram
- Gastroscopy and Colonoscopy
- Nasoendoscopy



## *Others*

- Audiometry (selected Executive Health Screeners)
- Digital Brain Function Scan
- Musculoskeletal (MSK) assessment
- Spirometry

The above list is not exhaustive and may be subject to change. Please scan the QR code for more information on the test items.



# Pre-screening Guidelines

In order for us to serve you better, please secure your preferred timing by booking an appointment in advance.



As some tests require fasting (e.g. blood tests and ultrasound abdomen), please **abstain from food and drinks for at least 8 hours** before your scheduled appointment. Drinking plain water is allowed during the fasting period. Light refreshments will be provided after your fasting tests.



Please be **punctual** for your appointment to avoid a longer waiting time.



**Urine and stool sample kits** are available for collection before your appointment at any of our Executive Health Screeners clinics. Alternatively, the kits will be provided on the day of your screening.



**Tests that require prior specialist and facility booking** are subjected to availability on the screening date.



**Colonoscopy requires additional preparation** and will be performed after screening date.



**Gastroscopy and Colonoscopy may incur additional charges** for removal and diagnosis of polyps. These charges apply even if the endoscopy is included as part of the screening package.



Our doctors are happy to provide a **detailed explanation of your screening results and health advice** on a review appointment. Your report will be sent to you digitally via MyHealth360 mobile app and email.

# Medical Advisory

- 1** Fast overnight for at least 8-10 hours (sips of water is allowed) before coming for your health screen.

Fasting allows our medical team to test the fasting blood sugar and the fasting serum triglyceride levels and allows us to compare with past results if any. Without proper fasting, food in the stomach may obscure organs during the ultrasound study of the abdomen.

- 2** For High Blood Pressure patients

## A) Beta blockers

If you are taking a Beta-Blocker, stop this drug for 1-2 days. If you are uncertain what a beta-blocker is, consult your doctor. Common Beta Blockers (pharmacological names) are *Atenolol*, *Metoprolol*, *Propranolol*, *Carvedilol*, *Sotalol*, *Bisoprolol* (Concor) and *Nebivolol* (Nebilet) or in combination drugs containing *Atenolol* or *Bisoprolol*.

## B) Other drugs that are not beta blockers

If you are taking your medications at night, continue to take at night.

If you are taking your medications in the morning, please continue taking them with plain water. This will enable us to check if your blood pressure is under control with the medication and also allows for us to proceed with the treadmill stress test if required.

C) Should your blood pressure exceed 150 / 90 mmHg on the day of treadmill stress test, the test will have to be postponed until the blood pressure is under the maximum limit.

- 3** For Diabetic patients

You may stop your diabetes and / or other medications on the day of your health screen. However, if you have Type 1 diabetes mellitus and are on insulin injections, please first consult your doctor or contact us for further advice.

- 4** Caffeinated drinks

Do not drink caffeinated drinks (coffee, tea) before test or eat heavily before the treadmill stress test.

- 5** CT / MRI Scan

If you are allergic to any radio-contrast material or have impaired kidney function, please inform your doctor as the CT Scan / MRI Scan with contrast may not be performed. If you have metallic objects in or on your body, please inform your doctor as the MRI may not be done. Titanium implants are allowed.

- 6** Gastroscopy / Colonoscopy

If you are on blood thinners and are going for Endoscopy – stomach or colon, please consult your Cardiologist / GP early regarding stopping your medication prior to the procedure. This is to prevent any excessive bleeding when polyps are removed or biopsies are taken.

- 7** Females

Urine and stool and pap smear tests should be done at least 5 days after your period to avoid contamination. Tumour markers should not be done during menstruation.

- 8** Urea Breath Test

Complete antibiotics treatment 4 weeks before test date.

Stop taking gastric medications (e.g. proton pump inhibitors such as Omeprazole, or H2 receptor blockers such as Famotidine, or Bismuth) for at least 2 weeks before the test date.

Antacids and other medications with acid neutralizing effect should be avoided on the day of test.

## Disclaimers

Health screening may have both false positive and false negative results and may not pick up all occult diseases. Any abnormal finding may need further investigations or a referral to a Specialist.



# Checklist

Please remember the following to maximise your experience at our health screening centre.



Bring all past medical reports, scans and medications.



Bring your identification documents for registration (i.e. NRIC, passport, company letter or staff pass).



Bring your spectacles for the vision tests. Do not wear contact lenses.



Wear a two-piece outfit (for women).



Bring sports attire for the treadmill test. We will provide sports shoes and socks upon request.







Parkway Shenton

Our personalised Executive Health  
Screening Packages are available at:

*Mount Elizabeth  
Hospital*

3 Mount Elizabeth  
#01-04/05

Mount Elizabeth  
Medical Centre  
Singapore 228510

*Mount Elizabeth  
Novena Hospital*

38 Irrawaddy Road  
#01-18

Mount Elizabeth  
Novena Hospital  
Singapore 329563

*Gleneagles Hospital*

6A Napier Road #02-36  
Gleneagles Hospital  
Annexe Block  
Singapore 258500

*Bedok Central*

Block 210 New Upper  
Changi Road  
#02-707  
Singapore 460210

*Paragon*

290 Orchard Road  
#07-07/08  
Paragon  
Singapore 238859

*Republic Plaza*

9 Raffles Place  
#02-06/09  
Republic Plaza  
Singapore 048619

*Parkway MediCentre  
(Woodleigh)*

11 Bidadari Park Drive  
The Woodleigh Mall  
#02-25/26/27  
Singapore 367803

*Book your personalised experience at*

 +65 6280 0090

 [ehs.customerservice@ihhhealthcare.com](mailto:ehs.customerservice@ihhhealthcare.com)

To view our screening  
packages online, please  
scan the QR code.

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