



# TAKE CHARGE OF YOUR HEALTH HEALTH SCREENING PROGRAMMES



Singapore  
General Hospital  
SingHealth

HEALTH  
ASSESSMENT  
CENTRE

The **SGH Health Assessment Centre** is a one-stop centre that offers health screening programmes that are tailored to the health needs of each individual. Active screening helps to detect if you have a particular condition even if you feel perfectly well/healthy, without any symptoms or/and signs. Early detection through regular health screening, followed by appropriate treatment and good management can result in better outcomes, and lowers the risks of serious complications of conditions such as diabetes, hypertension, high blood pressure, which are silent killers that can trigger heart disease and stroke.




At the Health Assessment Centre, health checks are modelled on evidence-based medicine. Before embarking on a series of tests, the doctors will assess the patient's specific health needs and concerns, taking into account his or her age, gender, personal and family medical history and initial physical findings. Thereafter, the doctors will help the patient make an informed choice by advising him or her on his or her health risk, as well as the risk and benefits of the various recommended suite of tests.

*The health screening prices stated in this leaflet are applicable for Singaporeans and Permanent Residents only*

*For any enquires, email us at [healthsc@sgh.com.sg](mailto:healthsc@sgh.com.sg)*

All prices are NETT.

# General Assessment Tests for Adults

		
<p>Recommended for 18 years old and above</p>	<p>Recommended for 40 years old and above</p>	<p>Recommended for 50 years old and above</p>
<p><b>To assess for:</b> Obesity</p> <p><b>Assessment Test:</b> Body Mass Index (BMI) &amp; Waist Circumference</p> <p><b>Frequency:</b> Once a year</p>	<p><b>To assess for:</b> Diabetes mellitus</p> <p><b>Assessment Test:</b> Fasting blood glucose</p> <p><b>Frequency:</b> Once every three years or more frequently as advised by your doctor</p>	<p><b>To assess for:</b> Colorectal cancer</p> <p><b>Assessment Test:</b> Faecal immunochemical test(to test for blood in stools)</p> <p><b>Frequency:</b> Once a year</p> <p><i>OR</i></p> <p><b>Assessment Test:</b> Colonoscopy</p> <p><b>Frequency:</b> Once every ten years</p>
<p><b>To assess for:</b> Hypertension (High blood pressure)</p> <p><b>Assessment Test:</b> Blood pressure measurement</p> <p><b>Frequency:</b> Once every two years or more frequently as advised by your doctor.</p>	<p><b>To assess for:</b> Hyperlipidaemia (High blood cholesterol)</p> <p><b>Assessment Test:</b> Fasting lipids</p> <p><b>Frequency:</b> Once every three years or more frequently as advised by your doctor</p>	

# Additional Tests for Women

<p><b>Women aged 25-69 yrs, who have had sexual intercourse</b></p>	<p>Cervical cancer</p>	<p>Pap smear</p>	<p>Once every three years</p>
		<p>HPV test</p>	<p>Once every five years</p>
<p><b>Women aged 50-69 yrs</b></p>	<p>Breast cancer</p>	<p>Mammogram</p>	<p>Once every two years.</p>

Reference: The ABCs of Health Screening, HealthHub

Our packages encompasses on all 3 health condition recommendations from Health Promotion Board; Diabetes, Hypertension & High blood pressure.

# Health Assessment Module 1

S\$426.19

Consultation  
(Full history taking & complete physical examination)

Post screening review  
(Consultation with doctor on results, findings and health risk)

## Investigation includes:

### Diabetic Profile

- Fasting Blood Glucose

### Lipid Profile

- Total Cholesterol
- LDL Cholesterol
- HDL Cholesterol
- Triglycerides

### Renal Profile

- Urea
- Creatinine
- Sodium
- Potassium
- Chloride

### Liver profile

- SGOT/AST
- SGPT/ALT
- Gamma GT

### Virology

- Hepatitis Bs Antigen
- Hepatitis Bs Antibody
- Hepatitis A Ig Antibody

### Full Blood Count

### Urine FEME

### Stool Occult Blood

### Body Composition Analysis

### Chest X-ray

### ECG

### Visual Acuity

# Health Assessment Module 2

S\$877.45

Consultation

(Full history taking & complete physical examination)

Post screening review

(Consultation with doctor on results, findings and health risk)

## Investigation includes:

Diabetic Profile

- Fasting Blood Glucose
- HbA1c

Lipid Profile

- Total Cholesterol
- LDL Cholesterol
- HDL Cholesterol
- Triglycerides

Renal Profile

- Urea
- Creatinine
- Sodium
- Potassium
- Chloride

Liver profile

- SGOT/AST
- SGPT/ALT
- Gamma GT

Thyroid Profile

- Free T4
- TSH

Virology

- Hepatitis A IgG Antibody
- Hepatitis Bs Antigen
- Hepatitis Bs Antibody
- Hepatitis C Antibody

Full Blood Count

Uric Acid

Vitamin D

Urine FEME

Stool Occult Blood

Body Composition Analysis

Chest X-ray

ECG

Abdominal Ultrasound

Visual Acuity

# Heart Health Assessment

S\$493.99

Consultation

(Full history taking & physical examination)

Post screening review

(Consultation with doctor on results, findings and health risk)

## Investigation includes:

Chest X-ray

Cardiovascular Assessment

ECG

Fasting Blood Glucose

Lipid Profile

- Total Cholesterol
- LDL Cholesterol
- HDL Cholesterol
- Triglycerides



## Add-on Modules

Choose any of the packages below and add-on to either Health Assessment Package 1, 2 or Heart Health.

### Ladies Module

S\$406.46

Pelvic Ultrasound  
Mammogram

### Diabetes Mellitus Module

S\$337.80

HBA1C  
Urine Microalbumin / Creatinine Ratio  
Retinal Photography  
Diabetic Foot Screening

### Tumour Markers 1

S\$109.76

Alphafoeto Protein (AFP)  
Carcinoembryonic Antigen (CEA)  
CA 19-9  
CA125 (Females Only)  
Prostate Specific Antigen (PSA)(Males only)

### Tumour Markers 2

S\$159.48

Alphafoeto Protein (AFP)  
Carcinoembryonic Antigen (CEA)  
CA 19-9  
CA125 (Females Only)  
Prostate Specific Antigen (PSA)(Males only)  
EBV Serology

Important information:

Tumour markers may be elevated when certain cancers develop. However, this does not always happen. Therefore, normal levels of tumour markers do not necessarily mean absence of cancer or vice versa.

## Optional Individual Investigations

### Body Composition Analysis

S\$46.00

In addition to height & weight, it measures the fat and muscle components in the body.

### Cardiovascular Assessment

S\$411.26 / S\$384.16(10%)

Treadmill stress test helps to detect coronary artery disease.

### Abdominal Ultrasound

S\$263.13

Ultrasound visualization of intra-abdominal organs (liver, spleen, kidney, pancreas & gall bladder)

### Mammogram

S\$250.81

Low dose radiographic examination for early detection of breast cancer

### HPV

S\$110.96 /S\$144.25

### Pap Smear

S\$88.73/S\$115.34

Pelvic examination and cervical smear to detect human papillomavirus infection and cervical cancer.

### Pelvic Ultrasound

S\$263.13

Ultrasonic visualization of pelvic organs (uterus and ovaries)

### Hormonal Profile

S\$163.83/S\$212.98

To assess female hormonal status - Follicular Stimulating Hormone (FSH), Estradiol (E2)

### Anti-HIV Test

S\$53.96/S\$70.14

Identifies infection by the HIV virus



### **Health Assessment Centre**

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