

# Basic Screening

# \$260

***This is a basic screening package that aims to identify areas that can be managed to prevent diseases like diabetes mellitus, high cholesterol, hypertension and obesity and their predisposing factors.***

Example:

*Mr. George Wellington is a 45-year-old man. He doesn't smoke but enjoys alcohol with his friends on weekends. He is slightly over-weight and does not have time to exercise. He wishes to find out if his health is fine with his current lifestyle.*

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This package is conducted over ONE visit to the NUH Wellness Centre:

## 1) Comprehensive Medical History & Physical Examination (15 mins)

- Present complaints (if any)
- Full history-taking including past medical, family, social & drug history
- Review of entire body system

## 2) Biometrics Parameters

- Blood Pressure
- Body Mass Index (BMI)
- Height & Weight
- Visual Acuity

## 3) Laboratory & Other Investigations

- Lipid (Cholesterol) Profile
- Diabetic Screen (Glucose)
- Urine Analysis

## 4) Medical Review & Counselling (15 mins)

- Discussion and interpretation of physical findings and laboratory results
- Recommendations and health education by our Doctor
- Medical follow-up and direct referrals to other specialists' services within NUH (if necessary)

*Price quoted is in Singapore dollars and subject to prevailing government taxes.*

*Information is correct as at Aug 2021 and subject to revision without prior notice.*

**NUH Wellness Centre • Tel: (65) 6772 4461 / 4462 • Email: [wellness@nuhs.edu.sg](mailto:wellness@nuhs.edu.sg)**

## Pre Health Screening Information - For Basic Screening

### **Before Your Health Screening Appointment**

- **10 hours fasting** is required prior to your appointment.
- No food and beverages are allowed during the fast. Please have only sips of plain water to ensure better accuracy for your cholesterol and sugar results.
- **An hour** before your health screening appointment, please drink slightly more plain water so that you will have sufficient urine sample for urine analysis.
- If you are taking antibiotics, please arrange for your health screening appointment 7 days after you have completed the medication.
- You are also advised to postpone any routine morning medication until your blood sample is taken. But you **must** bring along your medication for consumption (especially high-blood pressure medication) AFTER all tests are completed.

### **For Ladies:**

- It is advisable to book your appointment either one week after your last day of menstruation or before the next menstruation cycle (around **Day 10-14** of your menstrual cycle).
- If you are menstruating on the day of your appointment, please inform the nurses on arrival. You will not be able to do your urine and stool tests, as well as the Pap smear test, as the presence of blood in these tests would produce inaccurate results.

### **Other Information**

- The total duration of your health screening is **ONE full day**.
- The medical review will be scheduled on the same working day in the afternoon, between 2.00pm – 4.30pm, depending on the availability of your health screening results.
- Other **ADDITIONAL** requests or tests are subject to availability and results may not be available on the day of your health screening.
- The written medical report and/or any pending result/s will be emailed to your registered email address 2 - 3 weeks from the date of your screening.
- **Please bring along your own interpreter if you have difficulty speaking or understanding English / Chinese. If you need our assistance to engage an external interpreter, please do not hesitate to contact us at least 3 working days in advance. The interpreter's fee applies and you will be required to pay directly to the interpreter.**

#### **On EACH Day of Your Health Screening, please bring along:**

- **NRIC**
- **Passport / Employment Pass / Work Permit (for non-Singaporeans)**
- **You may bring along your past medical records (up to 3 years ago) and current medications/ vitamin supplements to discuss during the medical review.**

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