

Chronic Disease Management **\$420**

This package is targeted at patients who have or are at high risk of chronic diseases such as diabetes mellitus and hypertension. It aims to identify areas that can be managed early on; early management of unhealthy habits and lifestyle can help to prevent severe illnesses in the later years.

Example:

Mr. Peter Tan is a 56 years old man with diabetes, high cholesterol and high blood pressure on follow-up with his family doctor. He wants to see if his diseases are well-controlled and also to check for any complications that he might have.

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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

Laboratory Investigations

- Full Blood Count
- Lipid (Cholesterol) Profile
- Kidney Function
- Liver Function
- Diabetic Screen (Glucose & HbA1c)
- Urine Analysis

Other Investigations

- Tonometry (Glaucoma Screening)
- Electrocardiogram (ECG)

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 Oct 2017 and subject to revision without prior notice.