

PSPL/YL/ADOBE/4822

Health Screening Information Booklet Adobe Systems Pte Ltd

Customised Health Screening packages are available to Adobe Systems's employees at Parkway designated health screening centres. Click on the following links for details:

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Be in control of your Health.
Sign up for Health Screening today.

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B. Health Screening Eligibility Criteria and Preferential Rates

Executive Health Screening packages at preferential rates for eligible Adobe Systems employees:

Package and Prices	Recommended for Age Group
Core Package (Male) at \$198	Males aged below 40 years old
Core Package (Female) at \$218	Females aged below 40 years old
Core Package (Male) + treadmill at \$298	Males aged below 40 years old
Core Package (Female) + treadmill at \$318	Females aged below 40 years old
Core Package + Supplementary (Male) at \$388	Males aged 40 years old and above
Core Package + Supplementary (Female) at \$408	Females aged 40 years old and above

*All permanent full and part-time Adobe Systems's employees

Please refer to **Appendix A** for more information on each package

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C. Appointment Booking Instructions



For appointment booking, please contact our Executive Health Screening Hotline at +65 6280 0090 or email ehs.customerservice@parkwaypantai.com to book your appointment today.

Details to be provided when scheduling an appointment include:

- Employee/ Dependent* Full Name:
- NRIC Number:
- Date of Birth:
- Gender:
- Employee/ Dependent* Contact Number (HP):
- Preferred Dates
 - 1st choice
 - 2nd choice
- Clinic Location
 - 1st choice
 - 2nd choice
- Remarks : e.g. request for only female doctors

**If Applicable*

Email Confirmation & SMS Reminder will be sent to patient upon confirmation of health screening appointment within 2 working days.

SMS Reminder will be sent 2 working days before the day of health screening.

Employees are to bring along the Staff Pass on day of health screening in order to enjoy the preferential rates. *For dependents, they are to bring along a photocopy of the Staff Pass.

**If Applicable*

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D. Clinic Locations

Packages	Clinic	Address	Operating Hours
All packages	Executive Health Screening at The Arcade	11 Collyer Quay # 18-01 The Arcade Singapore 049317	Mon to Fri: 8.30am – 1.00pm 2.00pm – 4.30pm Saturday: 8.30am to 12.30pm
All packages	Executive Health Screening at Parkway East Hospital	321 Joo Chiat Place Level One Parkway East Hospital Singapore 427990	
All packages	Executive Health Screening at Paragon	290 Orchard Road #07-07/08 Paragon Singapore 238859	

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E. Pre-Screening Preparations



INSTRUCTIONS FOR HEALTH SCREENING



- Kindly present the necessary documents (e.g. identification card, passport, company's letter or staff pass) for verification upon registration.
- As some tests require you to fast (e.g. blood test and ultrasound abdomen), please abstain from food and drinks for at least 10 hours before your scheduled appointment. Sips of plain water are allowed.
- Please do not take insulin for diabetes in the morning of the scheduled appointment.
- Regular medicine for high blood pressure and heart can be continued.
- Please bring your past medical reports, films and medication.
- As we will be testing your vision, please bring your glasses for distant and near vision tests. Please do not put on your contact lenses on the appointment day.
- For your comfort and convenience of medical examination, you are advised to wear a two-piece outfit.
- If you are undergoing the Cardiac Treadmill Stress ECG test, you may bring your sports attire. Alternatively, we provide sports attire including shoes and socks at our centres.
- Containers will be provided for collection of urine and stool specimens on the day of screening.
- (For ladies only) Urine, stool and Pap smear tests are preferably done at least 5 days before the start of menstruation or 5 days after the end of menstruation.
- The entire screening will be completed in one morning. Lockers will be provided.

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F. Radiology Preparations (If required)

- **Ultrasound Abdomen / Liver**
Fasting is required at least 6 hours before the examination.
- **Ultrasound Pelvis / Prostate**
Patient to drink at least four to six glasses of water one hour before the examination. Patient is not to empty the bladder until the test is done. A full bladder forms an acoustic window for the ultrasonic waves to detect the size and shape of the pelvic organs.
- **Ultrasound Breasts / Mammogram**
At the clinic, you may be asked to change into an x-ray gown and to remove jewellery or ornaments which may obscure the region that is being scanned.

Please refrain from applying perfume, powder or deodorant on the breast or armpits area.

For female patients taking Mammogram, they will be asked to certify that they are not pregnant. If there is any possibility of pregnancy, this should be brought to the attention of the physician or radiographer or nurse attending to you.



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Frequently Asked Questions

1. How are Parkway's Corporate Scans different from other health screening packages available in the market?

The Corporate Scans are packaged exclusively for Adobe Systems's employees and provide greater value than the generic health screening packages available in the market. Parkway also has the largest Executive Health Screening network in Singapore.

2. How well in advance should I book my appointment?

For Off-Peak period (January to July), you can book your appointment 7 working days ahead of your preferred date. For Peak period (August to December), you are encouraged to book your appointment 1 month ahead of your preferred date.

3. What identification document do I have to present on appointment day?

Please present your personal identification document and staff pass for registration on appointment day. For dependents, please bring along a photocopy of the staff pass.

4. Do I have to make any payment on the day of appointment?

Yes, employees and dependents can make payment on the day of appointment for the package selected as well as any optional tests done.

5. How would Parkway know my medical history?

In the course of the health screening process and consultation, your medical history will be discussed. You are encouraged to share your last medical report and x-rays to facilitate historical medical review.

6. Who is eligible for the preferential rates of Scan Packages?

All Adobe Systems's permanent and full time employees are eligible for the preferential rates of Scan Packages

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Appendix A**G. Health Screening Plans and Optional Add on Tests*****For Employees aged below 40 years old***

Scan caters to the health concerns of busy executives. In addition to screening for risk factors such as diabetes, high cholesterol (hyperlipidemia), hypertension and overweight problems, screening for kidney, liver, thyroid and haematological system ensure subtle asymptomatic conditions such as chronic hepatitis, subclinical anemia, thyroid disorders and early kidney diseases are picked up early for timely intervention and focused preventive care. Gender focus screening such as pap smear for cervical cancer forms part of a holistic women's healthcare programme.

- Core Package for Male < 40 years old at SGD 198 per examinee
- Core Package for Female < 40 years old at SGD 218 per examinee
- Core Package + Treadmill for Male < 40 years old at SGD 298 per examinee
- Core Package + Treadmill for Female < 40 years old at SGD 318 per examinee

For Employees aged 40 years old and above

A comprehensive package for matured executives where the focus shifts towards chronic conditions and its complications. For example, uncontrolled diabetes causes complications such as stroke, heart disease, kidney disease and eye disease. We provide gender specific screening for conditions such as prostate enlargement, hypertrophy and cancer to the males, and breast and ovarian cancer for females. Screening for degenerative orthopaedic disease, arthritis and ergonomic conditions are also relevant for the more senior employees, allowing for optimized preventive care to maintain an active aging lifestyle.

- Core Package + Supplementary for Male \geq 40 years old at SGD 388 per examinee
- Core Package + Supplementary for Female \geq 40 years old at SGD 408 per examinee

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Core Package for Male < 40 years old
@ SGD 198 excluding GST**General Health Status**

Medical Consultation

- Detailed Medical History

Clinical Examination

- Examination of Heart, Lungs & Abdomen
- Rectal Examination
- Measurement of Blood Pressure
- Neurological & Musculoskeletal Examination

Body Composition Analysis

- Height & Weight
- Body Mass Index
- Muscle Mass
- Body Fat Measurement

Eye

Visual Acuity Test

Colour Vision Test

Cardiac

Lipid (Fats) Profile

- Total Cholesterol
- Triglycerides
- HDL Cholesterol
- LDL Cholesterol
- CHO/HDL Ratio

Electrocardiogram (ECG)

Gastrointestinal/ Liver

Full Liver Profile

- Protein, Total
- Albumin
- Globulin
- A/G Ratio
- Bilirubin, Total
- Alkaline Phosphatase
- Aspartate Aminotransferase (AST)
- Alanine Aminotransferase (ALT)
- Gamma-Glutamyltransferase (GGT)

Kidney

Full Kidney Profile

- Creatinine
- Urea
- Potassium
- Sodium
- Chloride
- Bicarbonate
- eGFR

Urine FEME

Diabetes

Glucose

Haematological System

Haemogram

- Haemoglobin
- Red Blood Cell Count
- Packed Cell Volume (HCT)
- Red Cell Indices (MCV, MCH, MCHC)
- Red Cell Distribution Width (RDW)
- Mean Platelet Volume (MPV)
- Platelet Count
- White Blood Cell Count

Differential Count

Sedimentation Rate (ESR)

Peripheral Blood Film

Thyroid

Free Thyroxine (T4)

Thyroid Stimulating Hormone (TSH)

Bone/Joint

Uric Acid

Calcium

Phosphate

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Core Package for Female < 40 years old
@ SGD 218 excluding GST**General Health Status**

Medical Consultation

- Detailed Medical History

Clinical Examination

- Examination of Heart, Lungs & Abdomen
- Rectal Examination
- Measurement of Blood Pressure
- Neurological & Musculoskeletal Examination

Body Composition Analysis

- Height & Weight
- Body Mass Index
- Muscle Mass
- Body Fat Measurement

Eye

Visual Acuity Test

Colour Vision Test

Cardiac

Lipid (Fats) Profile

- Total Cholesterol
- Triglycerides
- HDL Cholesterol
- LDL Cholesterol
- CHO/HDL Ratio

Electrocardiogram (ECG)

Gastrointestinal/ Liver

Full Liver Profile

- Protein, Total
- Albumin
- Globulin
- A/G Ratio
- Bilirubin, Total
- Alkaline Phosphatase
- Aspartate Aminotransferase (AST)
- Alanine Aminotransferase (ALT)
- Gamma-Glutamyltransferase (GGT)

Kidney

Full Kidney Profile

- Creatinine
- Urea
- Potassium
- Sodium
- Chloride
- Bicarbonate
- eGFR

Urine FEME

Diabetes

Glucose

Haematological System

Haemogram

- Haemoglobin
- Red Blood Cell Count
- Packed Cell Volume (HCT)
- Red Cell Indices (MCV, MCH, MCHC)
- Red Cell Distribution Width (RDW)
- Mean Platelet Volume (MPV)
- Platelet Count
- White Blood Cell Count

Differential Count

Sedimentation Rate (ESR)

Peripheral Blood Film

Thyroid

Free Thyroxine (T4)

Thyroid Stimulating Hormone (TSH)

Bone/Joint

Uric Acid

Calcium

Phosphate

Women's Health

Pap smear

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**Core Package for Male < 40 years old + Treadmill
@ SGD 298 excluding GST****General Health Status**

Medical Consultation

- Detailed Medical History

Clinical Examination

- Examination of Heart, Lungs & Abdomen
- Rectal Examination
- Measurement of Blood Pressure
- Neurological & Musculoskeletal Examination

Body Composition Analysis

- Height & Weight
- Body Mass Index
- Muscle Mass
- Body Fat Measurement

Eye

Visual Acuity Test

Colour Vision Test

Cardiac

Lipid (Fats) Profile

- Total Cholesterol
- Triglycerides
- HDL Cholesterol
- LDL Cholesterol
- CHO/HDL Ratio

Electrocardiogram (ECG)

Cardiac Stress Test (Treadmill)

Gastrointestinal/ Liver

Full Liver Profile

- Protein, Total
- Albumin
- Globulin
- A/G Ratio
- Bilirubin, Total
- Alkaline Phosphatase
- Aspartate Aminotransferase (AST)
- Alanine Aminotransferase (ALT)
- Gamma-Glutamyltransferase (GGT)

Kidney

Full Kidney Profile

- Creatinine
- Urea
- Potassium
- Sodium
- Chloride
- Bicarbonate
- eGFR

Urine FEME

Diabetes

Glucose

Haematological System

Haemogram

- Haemoglobin
- Red Blood Cell Count
- Packed Cell Volume (HCT)
- Red Cell Indices (MCV, MCH, MCHC)
- Red Cell Distribution Width (RDW)
- Mean Platelet Volume (MPV)
- Platelet Count
- White Blood Cell Count

Differential Count

Sedimentation Rate (ESR)

Peripheral Blood Film

Thyroid

Free Thyroxine (T4)

Thyroid Stimulating Hormone (TSH)

Bone/Joint

Uric Acid

Calcium

Phosphate

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**Core Package for Female < 40 years old + Treadmill
@ SGD 318 excluding GST****General Health Status**

Medical Consultation

- Detailed Medical History

Clinical Examination

- Examination of Heart, Lungs & Abdomen
- Rectal Examination
- Measurement of Blood Pressure
- Neurological & Musculoskeletal Examination

Body Composition Analysis

- Height & Weight
- Body Mass Index
- Muscle Mass
- Body Fat Measurement

Eye

Visual Acuity Test

Colour Vision Test

Cardiac

Lipid (Fats) Profile

- Total Cholesterol
- Triglycerides
- HDL Cholesterol
- LDL Cholesterol
- CHO/HDL Ratio

Electrocardiogram (ECG)

Cardiac Stress Test (Treadmill)

Gastrointestinal/ Liver

Full Liver Profile

- Protein, Total
- Albumin
- Globulin
- A/G Ratio
- Bilirubin, Total
- Alkaline Phosphatase
- Aspartate Aminotransferase (AST)
- Alanine Aminotransferase (ALT)
- Gamma-Glutamyltransferase (GGT)

Kidney

Full Kidney Profile

- Creatinine
- Urea
- Potassium
- Sodium
- Chloride
- Bicarbonate

- eGFR

Urine FEME

Diabetes

Glucose

Haematological System

Haemogram

- Haemoglobin
- Red Blood Cell Count
- Packed Cell Volume (HCT)
- Red Cell Indices (MCV, MCH, MCHC)
- Red Cell Distribution Width (RDW)
- Mean Platelet Volume (MPV)
- Platelet Count
- White Blood Cell Count

Differential Count

Sedimentation Rate (ESR)

Peripheral Blood Film

Thyroid

Free Thyroxine (T4)

Thyroid Stimulating Hormone (TSH)

Bone/Joint

Uric Acid

Calcium

Phosphate

Women's Health

Pap smear

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Core + Supplementary Package for Male ≥ 40 years old
@ SGD 388 excluding GST**General Health Status**

Medical Consultation

- Detailed Medical History

Clinical Examination

- Examination of Heart, Lungs & Abdomen
- Rectal Examination
- Measurement of Blood Pressure
- Neurological & Musculoskeletal Examination

Body Composition Analysis

- Height & Weight
- Body Mass Index
- Muscle Mass
- Body Fat Measurement

Eye

Visual Acuity Test

Colour Vision Test

Tonometry

Cardiac

Lipid (Fats) Profile

- Total Cholesterol
- Triglycerides
- HDL Cholesterol
- LDL Cholesterol
- CHO/HDL Ratio

Electrocardiogram (ECG)

Cardiac Stress Test (Treadmill)

Gastrointestinal/ Liver

Full Liver Profile

- Protein, Total
- Albumin
- Globulin
- A/G Ratio
- Bilirubin, Total
- Alkaline Phosphatase
- Aspartate Aminotransferase (AST)
- Alanine Aminotransferase (ALT)
- Gamma-Glutamyltransferase (GGT)

Kidney

Full Kidney Profile

- Creatinine
- Urea
- Potassium
- Sodium
- Chloride
- Bicarbonate
- eGFR

Urine FEME

Diabetes

Glucose

Haematological System

Haemogram

- Haemoglobin
- Red Blood Cell Count
- Packed Cell Volume (HCT)
- Red Cell Indices (MCV, MCH, MCHC)
- Red Cell Distribution Width (RDW)
- Mean Platelet Volume (MPV)
- Platelet Count
- White Blood Cell Count

Differential Count

Sedimentation Rate (ESR)

Peripheral Blood Film

Thyroid

Free Thyroxine (T4)

Thyroid Stimulating Hormone (TSH)

Bone/Joint

Uric Acid

Calcium

Phosphate

Men's Health

Tumour Marker Studies (PSA)

Uroflowmetry & Bladder Scan

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**Core + Supplementary Package for Female ≥ 40 years old
@ SGD 408 excluding GST****General Health Status**

Medical Consultation

- Detailed Medical History

Clinical Examination

- Examination of Heart, Lungs & Abdomen
- Rectal Examination
- Measurement of Blood Pressure
- Neurological & Musculoskeletal Examination

Body Composition Analysis

- Height & Weight
- Body Mass Index
- Muscle Mass
- Body Fat Measurement

Eye

Visual Acuity Test

Colour Vision Test

Tonometry

Urine FEME

Diabetes

Glucose

Cardiac

Lipid (Fats) Profile

- Total Cholesterol
- Triglycerides
- HDL Cholesterol
- LDL Cholesterol
- CHO/HDL Ratio

Electrocardiogram (ECG)

Cardiac Stress Test (Treadmill)

Haematological System**Haemogram**

- Haemoglobin
- Red Blood Cell Count
- Packed Cell Volume (HCT)
- Red Cell Indices (MCV, MCH, MCHC)
- Red Cell Distribution Width (RDW)
- Mean Platelet Volume (MPV)
- Platelet Count
- White Blood Cell Count

Differential Count

Sedimentation Rate (ESR)

Peripheral Blood Film

Gastrointestinal/ Liver

Full Liver Profile

- Protein, Total
- Albumin
- Globulin
- A/G Ratio
- Bilirubin, Total
- Alkaline Phosphatase
- Aspartate Aminotransferase (AST)
- Alanine Aminotransferase (ALT)
- Gamma-Glutamyltransferase (GGT)

Thyroid

Free Thyroxine (T4)

Thyroid Stimulating Hormone (TSH)

Kidney

Full Kidney Profile

- Creatinine
- Urea
- Potassium
- Sodium
- Chloride
- Bicarbonate
- eGFR

Bone/Joint

Uric Acid

Calcium

Phosphate

Women's Health

Pap smear

Tumour Marker Studies (CA125)

Mammogram with Ultrasound Breast