

Fuller Life

FULLERTON
HEALTH

MercerMarsh
Benefits

EXECUTIVE HEALTH SCREENING

For: ADOBE SYSTEMS PTE. LTD.
Valid from 1st January 2025



FULLERTON
HEALTH

Importance of Health Screening



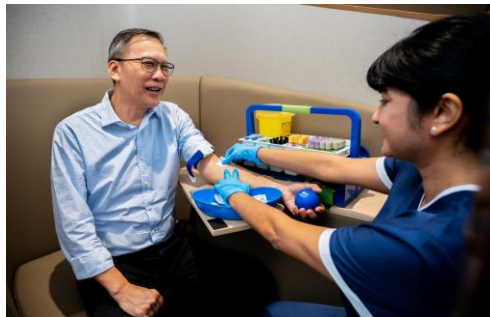
Why should I go for health screening?

- Health screening enables you to find out if you have a particular disease or condition even if you do not have any symptoms and/or signs of disease.
- **Early detection**, followed by treatment and good control of the condition can result in better outcomes and lowers the risk of serious complications.

What is health screening?

- Health screening is important to everyone.
- It involves the use of tests, physical examinations or other procedures to detect disease early in people who look or feel well.
- This is different from diagnostic tests which are done when someone is already showing signs and/or symptoms of a disease.
- Regular screening is recommended as screening only detects health conditions that are present at the time of screening.

Fullerton Executive Health Screening Centres



Award-Winning



WINNER
Patient Care Initiative of the Year
Facilities Improvement Initiative of the Year
Healthcare Asia Awards 2018 – 2021



WINNER
Best Corporate Healthcare Provider
Best Corporate Wellness Provider
HR Vendors of the Year 2015 – 2022



WINNER
Best Corporate Health /
Wellness Screening Provider
HRM Readers' Choice Awards 2016, 2018



Revolutionary Health Screening Pod



Privacy

Relax in a comfortable pod, with adjustable table



Medical Professionals

Group of Medical Professionals for all Health Screening Visits



Convenience

Tests are conducted in a single location by experienced doctors and nurses



Security

Personal locker to store your belongings during your screening



Connectivity

Leverage our free Wi-Fi, wireless charging and available USB ports to stay connected



Refreshments

Light snacks will be served to you once you have completed your fast

Fullerton Executive Health Screening

Award-Winning Health Screening Pod

LOCATIONS



Ngee Ann City, Level 26

#26-02
391B Orchard Road
Ngee Ann City Tower B
Singapore 238874



Ocean Financial Centre, Level 3

#03-08
10 Collyer Quay
Ocean Financial Centre
Singapore 049315



Novena Square, Level 5

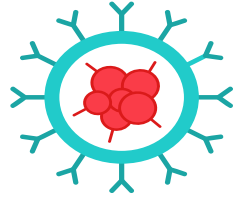
#05-01 to 08
238B Thomson Road
Novena Square Tower B
Singapore 307685



Key considerations driving the package enhancements



Aging population +
extended retirement
age



Cancer continues to
pose a significant
health threat



To empower
individuals to take
control of their own
health

Unhealthy
Lifestyles in the
areas of :
Sleep, diet,
physical activities,
social etc



Chronic disease is
on a rise



Convenient and
easily accessible
screenings

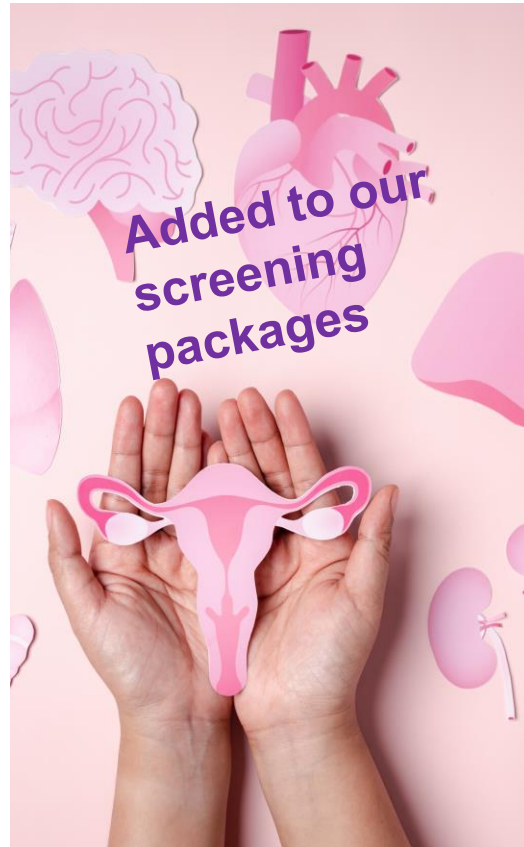
BMI OFFERS ONLY A PARTIAL UNDERSTANDING OF HEALTH

Let's deep dive into a comprehensive body composition analysis, which includes:
Height, Weight, Body Mass Index, Body Fat%, Water%, Muscle Mass%, Visceral Fat% and Bone Mass.

With these information, you can:

- Personalize Fitness Plans.
- Monitor Health Progress.
- Provide Nutritional Guidance.
- Enable Early Detection of Health Issues.
- Improve Overall Well-being: Enhance overall health by understanding and addressing body composition factors comprehensively.

WHO: Cervical cancer is the fourth most common cancer in women globally



- Cervical cancer is highly preventable with routine screening.
- Cervical cancer screening is recommended for people at average risk ages 21 through 65.
- Symptoms of cervical cancer don't usually appear until the cancer progresses, but screening can detect precancerous cells before symptoms start.
- ThinPrep Pap is now complimentary in all 4 new packages.

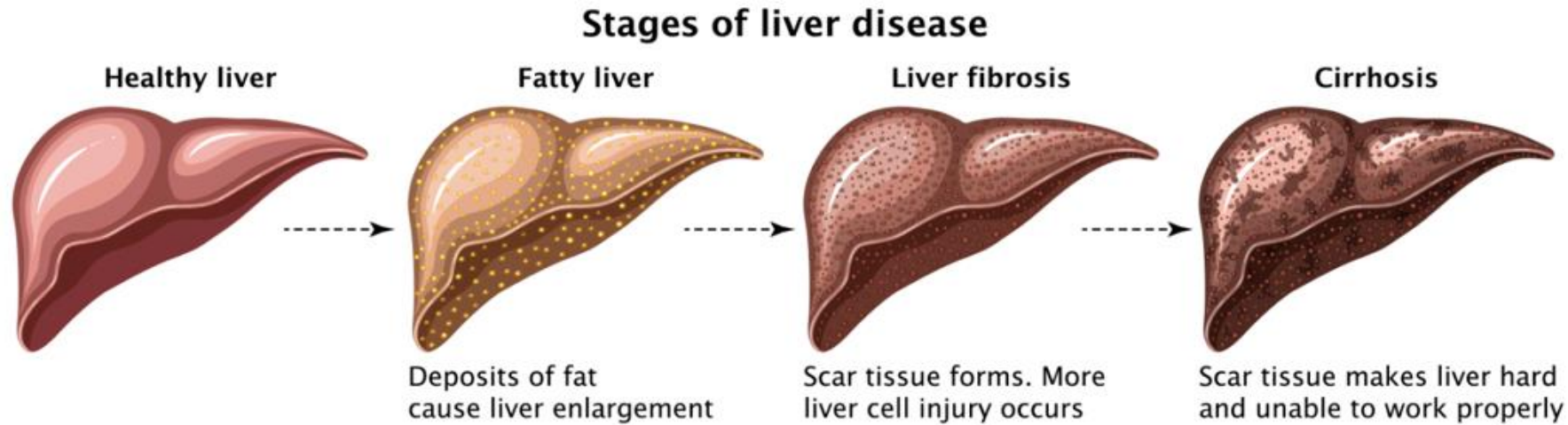
No more Additional Blood Draw



Further testing will be conducted on the same blood sample if LDL levels exceed the threshold. This approach will save time, money, and reduce discomfort.

**applicable to Fuller Life Gold, Sapphire & Platinum only*

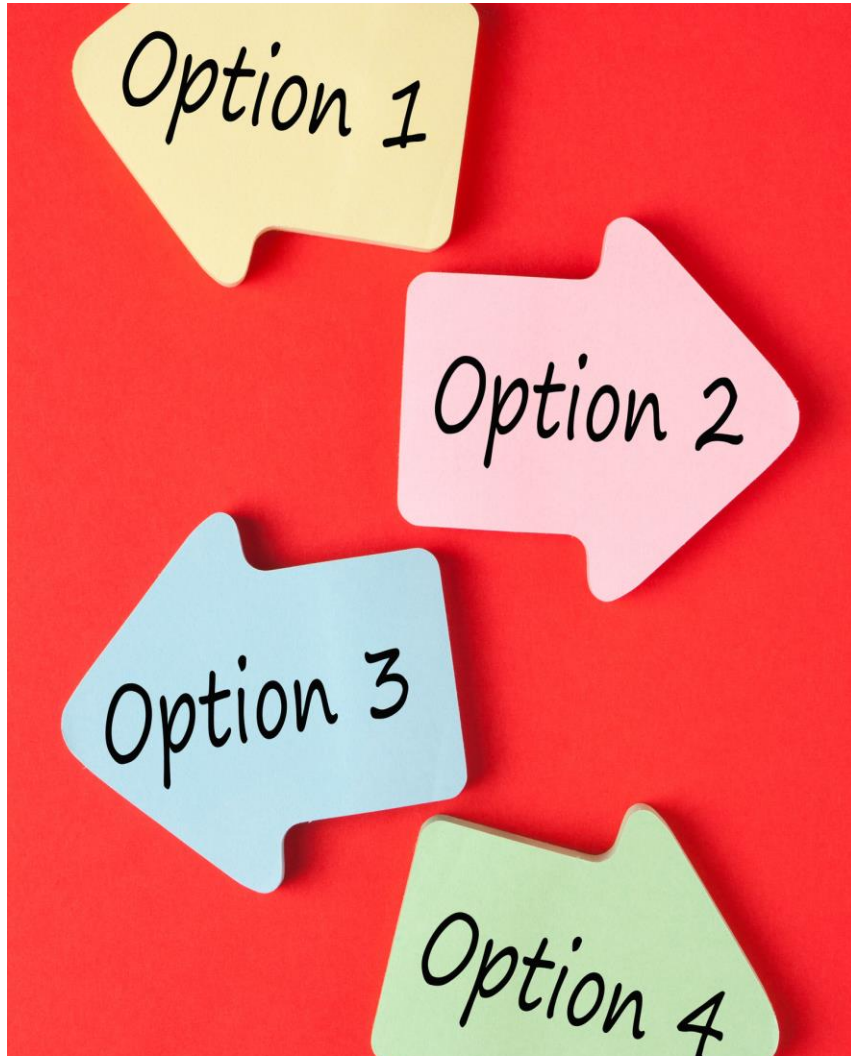
FIB-4 Index for Liver Fibrosis



The Fibrosis-4 score helps to estimate the amount of scarring in the liver.

Diagnosing and treating fibrosis in its early stages can greatly improve a person's chance of making a full recovery.

More Screening Options



- Cervical Cancer Screening – HPV DNA
- Urea Breath Test (Helicobacter Pylori infection for stomach ulcers)
- Bone Mass Density
- C Spine X-Ray (for neck strain)
- Gastro Clear (Gastric Cancer Screen)
- CT Renal Colic Screen (Kidney Scan)

Now You Can Opt NOT To Fast and ENJOY:

The convenience and flexible scheduling of your health screening appointment, reducing risk and discomfort for some patients.

Non Fasting Quick Notes!

- Light breakfast only
- No anaemia or high cholesterol or on high cholesterol meds
- Not opting for ultrasound liver or urea breath test.
- To quote “NF” upon booking

To note: If the HbA1C blood test is borderline or triglyceride level is extremely elevated, doctor may advise for additional fasting blood test



Executive Health Screening

CORPORATE EXCLUSIVE

Mercer ♥ Fuller Life Premium Scan \$328.00 before GST (U.P ~~\$498.00~~)

1. Physical Examination by Doctor

Examination of Heart, Lungs and Abdomen | Neurological and Musculoskeletal Examination | Blood Pressure Reading

2. Clinical Measurements: Height, Weight, Body Mass Index, Body Fat%, Water%, Muscles Mass%, Visceral Fat % & Bone Mass | Visual Acuity Resting

3. Resting Electrocardiogram (ECG)

4. Blood and Urine Investigations

5. FIB-4 Score (for age 36 & above)

6. Medical Report and Medical Review*

* Only 1 medical review is included in the package.
Consultation charges apply for further reviews.

Note: Health screenings are strictly by appointment only.

Lipid Screen

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

Liver Screen

Bilirubin, Total
Alkaline Phosphatase
GGT
SGPT (ALT)
SGOT (AST)
Total Protein
Albumin
Globulin
Albumin/ Globulin Ratio
FIB-4

Kidney Screen

Urea
Creatinine
Bicarbonate
Potassium
Sodium
Chloride
eGFR

Cardiac Risk Screen

hs-CRP

Diabetic Mellitus Screen

Fasting Blood Sugar
HbA1C

Bone and Joint Screen

Calcium
Phosphates
Uric Acid
RA Factor

Tumour Markers Screen

AFP (Liver)
CEA (Colon)
PSA (Prostate) – Male
CA125 (Ovaries) – Female

Thyroid Screen

Free T4
TSH

Hepatitis Screen

Hepatitis A Antibody
Hepatitis B Antigen and Antibody

Haematology

White Blood Count
Red Blood Count
Haemoglobin
PCV (HCT)
Platelet
MCV, MCH, MCHC
Differential Count
Peripheral Blood Film

Urinalysis

Urine FEME

Stool Screen

Stool Occult Blood

ThinPrep Pap

ThinPrep Pap TPREP
(for female only)
Complimentary

Executive Health Screening

CORPORATE EXCLUSIVE

Mercer ♥ Fuller Life Gold Scan \$488.00 before GST (~~U.P \$688.00~~)

1. Physical Examination by Doctor

Examination of Heart, Lungs and Abdomen | Neurological and Musculoskeletal Examination | Blood Pressure Reading

2. Clinical Measurements: Height, Weight, Body Mass Index, Body Fat%, Water%, Muscles Mass%, Visceral Fat % & Bone Mass | Visual Acuity Resting

3. Resting Electrocardiogram (ECG)

4. Tonometry

5. FIB-4 Score (for age 36 & above)

6. Blood and Urine Investigations

7. Medical Report and Medical Review*

+ Choice of 1 of the following tests:

1. Ultrasound Pelvis – Female
2. Ultrasound Breast – Female
3. Mammogram** – Female
4. Cervical Cancer Screening, HPV DNA - Female
5. Ultrasound Prostate – Male
6. Stress ECG (Treadmill)
7. Ultrasound Liver - Fasting
8. Ultrasound Kidney, Ureters and Bladder (KUB)
9. Ultrasound Thyroid
10. Urea Breath Test - Fasting
11. Bone Mass Density (Radlink Paragon)
12. Cervical Spine X-Ray (2 views)

* Only 1 medical review is included in the package.
Consultation charges apply for further reviews.

Note: Health screenings are strictly by appointment only.

**Available at Ngee Ann City and Novena Square only

Lipid Screen

Total Cholesterol
HDL-Cholesterol
Total/HDL Cholesterol Ratio
Triglycerides
LDL-Cholesterol
*Reflex Test if
LDL-C > 130
Lipoprotein A
HS Troponin T*

Liver Screen

Bilirubin, Total
Alkaline Phosphatase
GGT
SGPT (ALT)
SGOT (AST)
Total Protein
Albumin
Globulin
Albumin/ Globulin Ratio
FIB-4

Kidney Screen

Urea
Creatinine
Bicarbonate
Potassium
Sodium
Chloride
eGFR

Cardiac Risk Screen

hs-CRP

Diabetic Mellitus Screen

Fasting Blood Sugar
HbA1C

Bone and Joint Screen

Calcium
Phosphates
Uric Acid
RA Factor

Tumour Markers Screen

AFP (Liver)
CEA (Colon)
PSA (Prostate) – Male
CA125 (Ovaries) – Female

Thyroid Screen

Free T4
TSH

Hepatitis Screen

Hepatitis A Antibody
Hepatitis B Antigen and Antibody

Haematology

White Blood Count
Red Blood Count
Haemoglobin
PCV (HCT)
Platelet
MCV, MCH, MCHC
Differential Count
Peripheral Blood Film

Urinalysis

Urine FEME
Urine Microalbumin
Urine Creatinine
Urine Microalbumin /
Creatinine Ratio

Stool Screen

Stool Occult Blood

ThinPrep Pap

ThinPrep Pap TPREP
Female
Complimentary

Executive Health Screening

CORPORATE EXCLUSIVE

Mercer ♥ Fuller Life Sapphire Scan \$728.00 before GST (U.P ~~\$928.00~~)

1. Physical Examination by Doctor

Examination of Heart, Lungs and Abdomen | Neurological and Musculoskeletal Examination | Blood Pressure Reading

2. Clinical Measurements: Height, Weight, Body Mass Index, Body Fat%, Water%, Muscles Mass%, Visceral Fat % & Bone Mass | Visual Acuity Resting

3. Resting Electrocardiogram (ECG)

4. Tonometry

5. Spirometry

6. FIB-4 Score (for age 36 & above)

7. Blood and Urine Investigations

8. Medical Report and Medical Review*

+ Choice of 2 of the following tests:

1. Ultrasound Pelvis – Female
2. Ultrasound Breast – Female
3. Mammogram** – Female
4. Cervical Cancer Screening, HPV DNA - Female
5. Ultrasound Prostate – Male
6. Stress ECG (Treadmill)
7. Ultrasound Liver - Fasting
8. Ultrasound Kidney, Ureters and Bladder (KUB)
9. Ultrasound Thyroid
10. Urea Breath Test - Fasting
11. Bone Mass Density (Radlink Paragon)
12. Cervical Spine X-Ray (2 views)

* Only 1 medical review is included in the package.
Consultation charges apply for further reviews.

Note: Health screenings are strictly by appointment only.

**Available at Ngee Ann City and Novena Square only

Lipid Screen

Total Cholesterol
HDL-Cholesterol
Total/HDL Cholesterol Ratio
Triglycerides
LDL-Cholesterol
*Reflex Test if
LDL-C > 130
Lipoprotein A
HS Troponin T*

Liver Screen

Bilirubin, Total
Alkaline Phosphatase
GGT
SGPT (ALT)
SGOT (AST)
Total Protein
Albumin
Globulin
Albumin/ Globulin Ratio
FIB-4

Kidney Screen

Urea
Creatinine
Bicarbonate
Potassium
Sodium
Chloride
eGFR

Cardiac Risk Screen

hs-CRP

Diabetic Mellitus Screen

Fasting Blood Sugar
HbA1C

Bone and Joint Screen

Calcium
Phosphates
Uric Acid
RA Factor

Tumour Markers Screen

AFP (Liver)
CEA (Colon)
PSA (Prostate) – Male
CA125 (Ovaries) – Female

Thyroid Screen

Free T4
TSH

Hepatitis Screen

Hepatitis A Antibody
Hepatitis B Antigen and Antibody

Haematology

White Blood Count
Red Blood Count
Haemoglobin
PCV (HCT)
Platelet
MCV, MCH, MCHC
Differential Count
Peripheral Blood Film

Urinalysis

Urine FEME
Urine Microalbumin
Urine Creatinine
Urine Microalbumin / Creatinine Ratio

Stool Screen

Stool Occult Blood

ThinPrep Pap

ThinPrep Pap TPREP
Female
Complimentary

Executive Health Screening

CORPORATE EXCLUSIVE

Mercer ♥ Fuller Life Platinum Scan \$1,188.00 before GST (U.P ~~\$1,698.00~~)

1. Physical Examination by Doctor

Examination of Heart, Lungs and Abdomen | Neurological and Musculoskeletal Examination | Blood Pressure Reading

2. Clinical Measurements: Height, Weight, Body Mass Index, Body Fat%, Water%, Muscles Mass%, Visceral Fat % & Bone Mass | Visual Acuity Resting

3. Resting Electrocardiogram (ECG)

4. Tonometry

5. Spirometry

6. FIB-4 Score (for age 36 & above)

7. Blood and Urine Investigations

8. Medical Report and Medical Review*

+ Choice of 2 of the following tests:

1. Ultrasound Pelvis – Female
2. Ultrasound Breast – Female
3. Mammogram** – Female
4. Cervical Cancer Screening, HPV DNA - Female
5. Ultrasound Prostate – Male
6. Stress ECG (Treadmill)
7. Ultrasound Liver - Fasting
8. Ultrasound Kidney, Ureters and Bladder (KUB)
9. Ultrasound Thyroid
10. Urea Breath Test - Fasting
11. Bone Mass Density (Radlink Paragon)
12. Cervical Spine X-Ray (2 views)

+ Choice of 1 of the following tests:

1. Heart Scan – CT Cardiac Calcium Score***
[no caffeine or alcoholic intake, can eat lightly]
2. CT Lung Screen***
3. Osteoporosis Screening – Bone Density (BMD)**** + Vitamin D Total
4. Gastro Clear: Gastric Cancer Screening blood test
5. Kidney Scan: CT Renal Colic Screen (KUB)***

**Available at Ngee Ann City and Novena Square only

*** Conducted at RadLink Paragon/ Novena

**** Conducted at RadLink Paragon only

* Only 1 medical review is included in the package. Consultation charges apply for further reviews.

Note: Health screenings are strictly by appointment only.

Lipid Screen

Total Cholesterol
HDL-Cholesterol
Total/HDL Cholesterol Ratio
Triglycerides
LDL-Cholesterol
*Reflex Test if LDL-C > 130
Lipoprotein A
HS Troponin T*

Liver Screen

Bilirubin, Total
Alkaline Phosphatase
GGT
SGPT (ALT)
SGOT (AST)
Total Protein
Albumin
Globulin
Albumin/ Globulin Ratio
FIB-4

Kidney Screen

Urea
Creatinine
Bicarbonate
Potassium
Sodium
Chloride
eGFR

Cardiac Risk Screen

hs-CRP

Diabetic Mellitus Screen

Fasting Blood Sugar
HbA1C

Bone and Joint Screen

Calcium
Phosphates
Uric Acid
RA Factor

Tumour Markers Screen

AFP (Liver)
CEA (Colon)
PSA (Prostate) – Male
CA125 (Ovaries) – Female
CA 15-3 (Breast) – Female
CA 19-9 (Pancreas)
EBV EA IgA (Nose)

Thyroid Screen

Free T4
TSH

Hepatitis Screen

Hepatitis A Antibody
Hepatitis B Antigen and Antibody
Hepatitis C Antibody

Haematology

White Blood Count
Red Blood Count
Haemoglobin
PCV (HCT)
Platelet
MCV, MCH, MCHC
Differential Count
Peripheral Blood Film

Urinalysis

Urine FEME
Urine Microalbumin
Urine Creatinine
Urine Microalbumin / Creatinine Ratio

Stool Screen

Stool Occult Blood

Auto-immune

Disease Screen

Anti Nuclear Antibody

ThinPrep Pap

ThinPrep Pap TPREP

Female

Complimentary

Executive Health Screening

Fuller Life

Physical Examination by Doctor

Examination of Heart, Lungs and Abdomen | Neurological and Musculoskeletal Examination

Resting Electrocardiogram (ECG)

Body Composition

Height, Weight, Body Mass Index, Body Fat%, Water%, Muscles Mass%, Visceral Fat% & Bone Mass

Kidney Screen

Urea
Creatinine
Bicarbonate
Potassium
Sodium
Chloride
eGFR

Haematology

White Blood Count
Red Blood Count
Haemoglobin
PCV (HCT)
Platelet
MCV, MCH,
MCHC
Differential Count
Peripheral Blood
Film

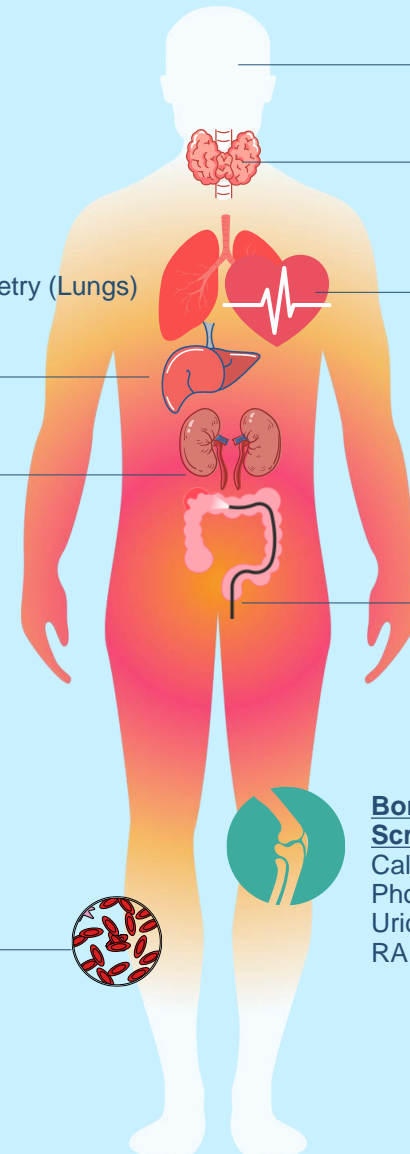
Liver Screen

Bilirubin, Total
Alkaline
Phosphatase
SGGT
SGPT (ALT)
SGOT (AST)
Total Protein
Albumin
Globulin
Albumin/
Globulin Ratio
FIB-4 Score (for
age 36 & above)

Hepatitis Screen

Hepatitis A
Antibody
Hepatitis B
Antigen and
Antibody

Spirometry (Lungs)



Eye Screen
Visual Acuity
Tonometry

Thyroid Screen

Free T4
TSH

Cardiac Risk Screen

HsCRP



Blood Pressure Reading



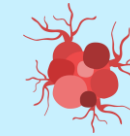
Stool Screen
Stool Occult
Blood



Reflex test for high LDL
Lipoprotein A & HS Troponin T



Urinalysis
Urine FEME
Urine Microalbumin
Urine Creatinine
Urine Microalbumin / Creatinine Ratio



Tumour Markers Screen

AFP (Liver)
CEA (Colon)
PSA (Prostate) – Male
CA125 (Ovaries) – Female
CA19-9 (Pancreas)
EBV EA IgA (Nose)
CA 15-3 (Breast) – Female



Auto-immune Disease Screen
Anti Nuclear
Antibody



ThinPrep Pap - Female



Diabetic Mellitus Screen
Fasting Blood Sugar
HbA1C

Book an Appointment

Health screenings are strictly by appointment only.

NGEE ANN CITY LEVEL 26	Available timings
Mon-Fri	<input type="button" value="7:30 am"/> <input type="button" value="10:00 am"/> <input type="button" value="12:30 pm"/> <input type="button" value="2:30 pm"/>
Sat	<input type="button" value="7:30 am"/> <input type="button" value="10:00 am"/>
Sun (Level 26 only)	<input type="button" value="7:30 am"/> <input type="button" value="10:00 am"/>
PH	Closed

OCEAN FINANCIAL CENTRE/ NOVENA SQUARE	Available timings
Mon-Fri	<input type="button" value="7:30 am"/> <input type="button" value="10:00 am"/> <input type="button" value="12:30 pm"/> <input type="button" value="2:30 pm"/>
Sat	<input type="button" value="7:30 am"/> <input type="button" value="10:00 am"/>
Sun	Closed
PH	Closed

Book an Appointment

Health screenings are strictly by appointment only.

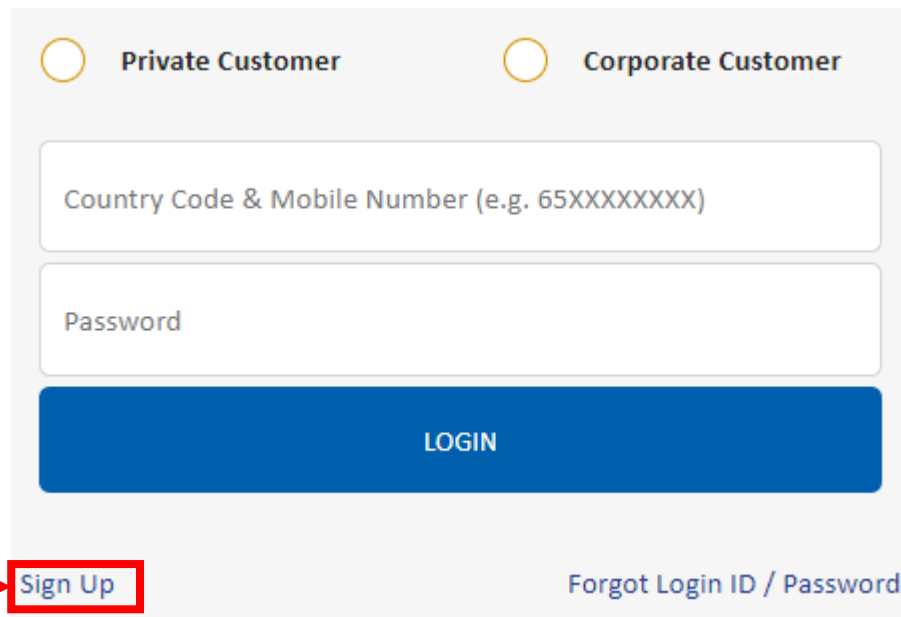
BOOK AN APPOINTMENT / ENQUIRIES	
Website	https://www.fullertonhealth.com/book-an-appointment
Email	ehs@fullertonhealth.com
Hotline	+65 6333 3636 (Option 3) <i>Operating Hours</i> 8:00am-6:00pm (Monday – Friday) 8:00am-1:00pm (Saturday) Closed (Sunday and Public Holidays)
QR Code	 Scan me

Appointment Booking System

<https://www.fullertonhealth.com/book-an-appointment>

The appointment booking system is compatible with Google Chrome, Mozilla Firefox, Microsoft Edge, and Apple Safari. Please use one of these browsers to sign up.

Step 1: Sign up as a new user



The screenshot shows a sign-up form with two radio buttons at the top: "Private Customer" (selected) and "Corporate Customer". Below the radio buttons are two input fields: "Country Code & Mobile Number (e.g. 65XXXXXXXX)" and "Password". A blue "LOGIN" button is positioned below the password field. At the bottom left, a "Sign Up" button is highlighted with a red box and a red arrow pointing to it. At the bottom right, there is a link for "Forgot Login ID / Password".

Appointment Booking System

Step 2: Fill in your particulars

Sign Up ✕

Identification Type	NRIC / FIN ▼ *	Postal Code	Postal code *
NRIC / FIN	NRIC / FIN *	Address	Block / House No *
Full Name	Mr ▼ Full Name *		Street *
Date of Birth	DD/MM/YYYY 📅 *		Building Number / Name
Gender	Male ▼ *		Level - Unit
Mobile Number (Login ID)	65 ▼ Mobile Number *	Nationality	Singaporean ▼ *
Email Address	Email Address *	Company	Company *
Confirm Email Address	Confirm Email Address *		

I consent to Fullerton Health Group collecting, using and disclosing my personal data as defined in with the Personal Data Protection Act for the purpose of providing me with the services that I have requested for and other related purposes as well as in accordance with Fullerton Health Group's Privacy Policy (www.fullertonhealth.com/privacy-policy).

Ensure that your Date of Birth is accurate to facilitate your first login.

Sign Up Close

Ensure to fill in the correct company name to avail the corporate packages.

Note that this is a drop-down menu. Type the first three letters of your company and choose from the list.

Appointment Booking System

Step 3: Verify your mobile number

Sign Up ✕

Identification Type	NRIC / FIN ▼ *	Postal Code	Postal code *
NRIC / FIN	NRIC / FIN *	Address	Block / House No *
Full Name	Ms ▼ Full Name *	Street	Street *
Date of Birth	01/01/2020 📅 *	Building Number / Name	
Gender	Female ▼ *	Level	- Unit
Mobile Number (Login ID)	65 ▼ Mobile Number *	Nationality	Singaporean ▼ *
	<input type="text" value="Resend OTP (valid for 2 mins)"/> 🕒	Company	Company
	<input type="text" value="Verification Code"/> <input type="button" value="verify"/>		
Email Address	<input type="text" value="Email Address"/> *		
Confirm Email Address	<input type="text" value="Confirm Email Address"/> *		

I consent to Fullerton Health Group collecting, using and disclosing my personal data as defined in with the Personal Data Protection Act for the purpose of providing me with the services that I have requested for and other related purposes as well as in accordance with Fullerton Health Group's Privacy Policy (www.fullertonhealth.com/privacy-policy).

Once you enter your mobile number, a One-Time Password (OTP) will be sent via text message (SMS). Enter the 6-digit code and click 'Verify'

Sample:
Your SMS OTP is 123456. Use it within 2 minutes before it expires. Sent: 01/01/2020 6:00:00 PM [S*****12A]

Enter a valid email address to facilitate your first login.

Appointment Booking System

Step 4: Receive your login details



Dear ,

Thank you for signing up with Fullerton Health.

Please [sign in](#) on our website to make an appointment. Your Login ID is your mobile number with country code (e.g. 65xxxxxx), and your temporary password has been set to your Date of Birth (DDMMYYYY).

This is a computer generated email. Please do not reply to this email.

Best Regards,

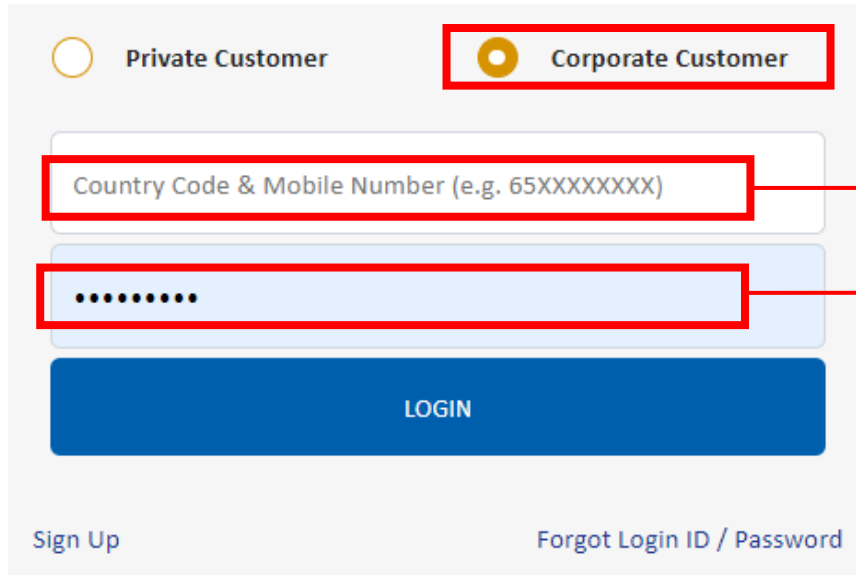
Fullerton Health

www.fullertonhealth.com

Book an Appointment as a Corporate Customer

Go to: <https://www.fullertonhealth.com/book-an-appointment>

Step 1: Login as Corporate Customer



The screenshot shows a login form for a corporate customer. At the top, there are two radio buttons: 'Private Customer' (unselected) and 'Corporate Customer' (selected and highlighted with a red box). Below this are two input fields: the first is labeled 'Country Code & Mobile Number (e.g. 65XXXXXXXX)' and is highlighted with a red box; the second is a password field with masked characters and is also highlighted with a red box. A blue 'LOGIN' button is positioned below the input fields. At the bottom left, there is a 'Sign Up' link, and at the bottom right, there is a 'Forgot Login ID / Password' link.

Your Login ID is your mobile number with country code (e.g. 65XXXXXXXX). Please do not include '+' in the login field.

For first login, your temporary password was provided to you via email. You will be prompted to change your password after logging in.

Book an Appointment as a Corporate Customer

Step 2: Select the Appointment Type, who you are booking for, and your preferred package.

[Book an Appointment](#) [My Appointments](#) [Profile](#) [Dependents](#) [Change Password](#) [Logout](#)

Choose Appointment Type & Package

Appointment Type *

Booking For Self Dependent

Package *

Package Details

EXAMPLE

Package includes:

1. Physical Examination by Doctor
Examination of Heart, Lungs and Abdomen | Neurological and Musculoskeletal Examination | Height

Step 3: Select your preferred Location and Date & Time.

[Book an Appointment](#) [My Appointments](#) [Profile](#) [Dependents](#) [Change Password](#) [Logout](#)

Choose Location & Schedule

Location

Date & Time

Additional Comments

Booking availability Available Fully booked

In the 'Additional Comments' field, you may indicate your selected tests or request add on tests (if any). Add on tests are subject to availability and may incur additional charges.

Book an Appointment as a Corporate Customer

Appointment confirmation will be sent to you via email and SMS.

Please bring along your NRIC/FIN/Passport during your health screening appointment so that our clinic team can verify the validity of your appointment upon arrival.

Appointment Confirmed ✕

Your appointment has been booked successfully and a confirmation email and SMS will be sent to you.

OK

Book an Appointment for your Dependant

Step 1: Click the 'Dependents' tab and fill in your dependant's particulars. Click Submit once done.

Book an Appointment My Appointments Profile **Dependents** Change Password Logout

New Dependent Dependent List

Identification Type NRIC / FIN *

NRIC / FIN NRIC / FIN *

Full Name Mr Full Name *

Date of Birth 09/03/2020 *

Gender Male *

Relationship Father *

Submit Clear

Book an Appointment for your Dependant

Step 2: Click the 'Book an Appointment' tab and complete the necessary.

The screenshot shows a web interface for booking an appointment. At the top, there is a navigation bar with the following items: 'Book an Appointment' (highlighted with a red box), 'My Appointments', 'Profile', 'Dependents', 'Change Password', and 'Logout'. Below the navigation bar, the main content area is titled 'Choose Appointment Type & Package'. It contains four form fields: 'Appointment Type' (dropdown menu with 'Executive Health Screening' selected), 'Booking For' (radio buttons for 'Self' and 'Dependent', with 'Dependent' selected), 'Choose Dependent Name' (dropdown menu with 'Please Choose' selected), and 'Package' (dropdown menu with 'Please Choose' selected). A red box highlights the 'Appointment Type', 'Booking For', 'Choose Dependent Name', and 'Package' fields. A red arrow points from the 'Choose Dependent Name' dropdown to the text 'Choose the relevant Dependent Name from the dropdown list.' Below the form fields is a blue 'Next' button.

Choose Appointment Type & Package

Appointment Type: Executive Health Screening *

Booking For: Self Dependent

Choose Dependent Name: Please Choose *

Package: Please Choose *

Next

Select the Appointment Type and who you are booking for (Dependent).

Choose the relevant Dependent Name from the dropdown list.

Select your preferred package type.

Note: Dependent must be accompanied by eligible employee on the day of health screening to avail the corporate rate.

EXECUTIVE HEALTH SCREENING GUIDE



Thank you for choosing Fullerton Health for your health screening needs.

Please take your time to read through this easy to follow guide. It provides all the useful information to know before, during and after your health screening.

At Fullerton Health, our team of trained professionals is dedicated to providing you with the best possible experience, highest quality care and service.

Bring along:

- Singapore NRIC/ Passport/ Employment Pass/ Work Permit
- Your company letter, Letter of Guarantee, Authorisation letter or staff pass where applicable
- Completed Health Screening Questionnaire that is found in the appointment confirmation email
- Medical Reports or Radiology films from last health screening



Medication & Supplements

- Regular medication for the heart & high blood pressure are allowed
- Delay other routine medication/ supplements until you have completed the tests that require fasting, e.g. insulin for diabetes



USEFUL INFORMATION

Fasting

- Please fast for at least 8 hours before your health screening appointment. Plain water is allowed
- Refrain from alcohol, smoking, and exercise for 8-12 hours before your blood test.

Non-fasting (NF)

- Avoid heavy meals before your appointment.
- Plain water is allowed
- Refrain from alcohol, smoking, and exercise for 8-12 hours before your blood test.

DURING HEALTH SCREENING

COVID-19 Vaccination Advisory

- Mammogram/ Ultrasound Breast/ Vaccines (Hep A, B, Flu etc.) are recommended either before your Covid-19 vaccination or at least 6 weeks after your 2nd or booster dose

Eye Examination

- It is advisable to wear spectacles on the day of your health screening. Otherwise, you will be required to remove your contact lenses at least 30 mins before the eye test

Stool Test*

- Prior to your appointment, you may collect a specimen container from any Fullerton Health clinic
- If the stool is not available on the day of the health screening, we will provide you with a specimen container. Submission is (only acceptable) strictly before 3pm on weekdays and before 11am on Saturday at any Fullerton Health clinics
- Avoid red meat & iron supplements 3 days before collecting the sample

Urine Test*

- Collect the urine, midstream directly into the container (half full)
- It is advisable to do it (Preferably done) 10 days after the last day of your period or 2 weeks before the first day of your next period
- If you are having your period on the day of your appointment, please inform the clinic team who will arrange a separate appointment for the urine collection

Xray

- Not for pregnant women
- Consult our doctor if test was done within the preceding 6 months

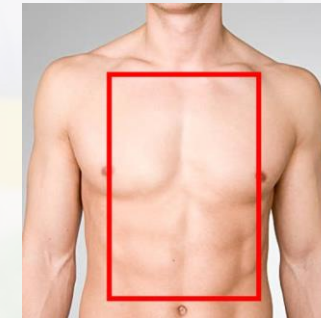
Note: *There is a validity of 2 months for deferment of tests

Thinprep*

- At least 48 hours before your appointment, avoid sexual intercourse & the use of spermicides, vaginal creams, lubricant jelly, vaginal medications or tampons

Treadmill

- Consult your doctor prior to stopping any beta-blocker medication (e.g. atenolol, propranolol) 3 days before your health screening
- Bring your sports attire: T-shirt, running shorts and running sports shoes (no sneakers allowed)
- **Your chest (between your collarbone and navel) should be shaven to allow the electrodes to adhere to your skin**
- Avoid caffeinated food and drinks before the test



Mammogram

- Not for pregnant women
- Avoid applying moisturizers, perfume or powder on chest or under arms
- It is recommended to be done at least 1 week after the last day of your menstruation

Ultrasound Scans

- Refrain from smoking on the day of your appointment
- Fast for at least 8 hours for Ultrasound Abdomen/ Liver/ HBS. Plain water is allowed
- Full bladder is required for Ultrasound pelvis, prostate, kidney, ureter, bladder (KUB). Drink at least 5-6 glasses of water and avoid urinating an hour before the scan

WHAT TO EXPECT AFTER YOUR HEALTH SCREENING?



We hope this information is useful to you.
Prevention is better than cure. Having a health screening is the first step towards a healthier you.

Health Screening Report

- Your Health screening report will be sent to you via email within 14 days. Hard copy report will not be provided.

Doctor Review

- Your package includes a free medical review within 4 months from the date of your health screening
- For any additional review, a consultation charge will apply
- For the booking of your medical review appointment, you may:
 - ✓ Book a telemedicine review via the LiveFuller app
 - ✓ Contact us at 6333 3636 (Option 3) or Email us at ehs@fullertonhealth.com for an in-person review

Glossary

Term	Definition
Resting Electrocardiogram	A measurement of the electrical activity of your heart, while at rest, to determine whether there is abnormal activity attributed to certain heart conditions
Stress Electrocardiogram	A measurement to detect how your heart activity responds to exercise. You will be asked to walk/jog on a treadmill while heart activity is monitored.
Spirometry	A test that measures lung function by measuring the amount of air inhaled and exhaled. It is commonly used to help diagnose asthma, chronic obstructive pulmonary disease (COPD) and conditions that affect breathing capacity.
Tonometry	A test that measures the pressure inside your eye to check if you are at risk of glaucoma
Lipid Screen	Measures cholesterol and fat levels to assess one's risk for cardiovascular disease
Liver Screen	Measures levels of liver enzymes and proteins in your blood to assess liver function
Kidney Screen	Measures levels of minerals and proteins in blood to assess kidney function
Cardiac Risk Screen	Measures levels of high sensitivity C-reactive protein (hsCRP) will help assess one's risk of developing cardiovascular disease
Diabetic Mellitus Screen	Measures blood glucose levels in the bloodstream to detect risk for diabetes
Bone and Joint Screen	Measures levels of minerals involved in bone remodelling (breakdown and formation) to assess for metabolic bone diseases
Tumour Markers Screen	Tests for tumour markers in the bloodstream that may be produced by cancer cells
Thyroid Screen	Measures hormones produced by the thyroid to help determine hypothyroidism or hyperthyroidism that affects one's metabolism
Hepatitis Screen	Tests for the presence of hepatitis antigen and antibodies in the bloodstream
Haematology	Blood test that is used to determine one's overall health and screen for blood disorders.
Urinalysis	Microscopic examination of urine contents to detect urinary tract infections and kidney diseases
Stool Screen	Tests for hidden traces of blood in the stool that may be indicative of polyps in the colon or rectum or colon cancer

Glossary

Term	Definition
ThinPrep Smear	Screens for potential precancerous or cancerous cells on the cervix
Auto-Immune Disease Screen	Tests for autoimmune disorders by detecting the presence of antibodies produced one's own immune system that may react with the body's healthy cells
Ultrasound	Ultrasound is a non-invasive technique used to image soft tissues structure
Mammogram	A mammogram is one of the most reliable screening tool for breast cancer involving x-rays
CT Cardiac Calcium Score	This score calculates the amount of calcified plaque in your coronary arteries and determines your risk of developing Coronary Artery Disease (CAD).
CT Lung Screen	CT Lung Screen is an examination of one's lungs, to diagnose lung cancer at a very early stage
BMD + Vitamin D Total	Measurement of Bone Mineral Density (BMD) + Vitamin D Total levels helps determine risk for osteoporosis (bone disease in which bones become weak)
Urea Breath Test	The urea breath test is used to detect Helicobacter pylori (H. pylori), a type of bacteria that may infect the stomach and is a main cause of ulcers in both the stomach and duodenum. 6 hours of fasting required
Cervical Spine X-Ray (2 views)	Cervical spine x-ray detects the cause of neck, shoulder, upper back or arm pain, as well as tingling, numbness or weakness in the arm or hand.
Cervical Cancer Screening – HPV DNA	HPV DNA is a screening test for cervical cancer. The HPV test analyses a small amount of cells taken from the cervix to detect the presence of the human papillomavirus, a virus that can lead to the development of genital warts, abnormal cervical cells or cervical cancer. The sampling procedure for a HPV test is carried out in the same way as a Pap test
Gastro Clear	Simplifies Stomach Cancer detection by using a blood test to assess stomach cancer risk before symptoms appear
Kidney Scan: CT Renal Colic Screen (KUB)	CT renal colic screen is an examination of suspected kidney stone, which provides the location and size of the stone
Fibrosis-4 (FIB-4) Score	The Fibrosis-4 score helps to estimate the amount of scarring in the liver. Diagnosing and treating fibrosis in its early stages can greatly improve a person's chance of making a full recovery
Lipoprotein (a)	Lipoprotein (a) - This assay measures Lipoprotein (a) in serum and plasma to assist in evaluating lipid metabolism disorders and assessing atherosclerotic cardiovascular disease, complementing clinical evaluation and other lipoprotein tests.
Troponin T	Troponin T - This assay quantifies cardiac troponin T in serum and plasma to aid in diagnosing acute coronary syndrome, risk stratification, and guiding treatment decisions for patients with suspected cardiac events or chronic renal failure.