



# EXECUTIVE HEALTH SCREENING

## Exclusive Preferred Rates for Mercer Clients

Asian Healthcare, Affordable & Accessible



**FULLERTON**  
HEALTH

# Bringing you the best in health screening in Singapore



## GOLD AWARD

### Best Corporate Healthcare Provider, 2015

*HR Vendors Of The Year 2015*



<b>Gold</b>	<b>Fullerton Healthcare Group</b>
<b>Silver</b>	Raffles Medical Group
<b>Bronze</b>	Parkway Shenton

## GOLD AWARD

### Best Corporate Healthcare Provider, 2016

*HR Vendors Of The Year 2016*



<b>Gold</b>	<b>Fullerton Healthcare Group</b>
<b>Silver</b>	Integrated Health Plans
<b>Bronze</b>	Raffles Medical Group

## BEST

### Corporate Health/Wellness Screening Provider 2016

*HRM Readers' Choice Awards 2016*



<b>1ST</b>	<b>Fullerton Healthcare Group</b>
<b>2ND</b>	Integrated Health Plans
<b>3RD</b>	AsiaMedic Limited

# Executive Health Screening Centres

## Fullerton Healthcare Screening Centre @ Ngee Ann City

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

## Fullerton Healthcare @ Ocean Financial Centre\*

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



*Ngee Ann City Level 26 Reception*



*Ngee Ann City  
Level 26 VIP Lounge*

- ✓ Private rooms for privacy and comfort
- ✓ Dedicated Executive Lounges for female and male guests
- ✓ Completion of tests in a single location
- ✓ Complimentary Breakfast
- ✓ Medical Review with Doctor after date of screening

*\*Mammogram is not available at Ocean Financial Centre*

# Our Equipment and Facilities



*Mammogram*



*Treadmill*



*Private Room*



*Ultrasound*

# Preferred Rates for Mercer Clients

**FOR BRAND NEW CONTRACTS / CLIENTS ONLY**

**Complimentary Flu Vaccine worth S\$38  
for all health screenings in 2017 and 2018\***

## Executive Health Screening Packages

**Cost per examinee  
(before GST)**

- |  |                                      |
|--|--------------------------------------|
| ▪ Mercer-Fuller Health Corporate Scan A Plus | <u>U.P. <del>\$438</del> SGD 250</u> |
| ▪ Mercer-Fuller Health Corporate Scan B Plus | <u>U.P. <del>\$638</del> SGD 360</u> |
| ▪ Mercer-Fuller Health Corporate Scan C Plus | <u>U.P. <del>\$838</del> SGD 495</u> |

All packages include soft copy of health screening report which will be emailed to the employee.  
An additional \$10 per report will be charged for physical copies upon request

\*Terms and conditions apply.



# Overview of Mercer Fuller EHS Packages

MERCER FULLER PACKAGES	A PLUS	B PLUS	C PLUS
PRICE	\$250	\$360	\$495
Physical Examination by Doctor*	✓	✓	✓
Cardiac Risk Assessment	✓	✓	✓
Resting Electrocardiogram (ECG)	✓	✓	✓
Medical Report and Review	✓	✓	✓
Tonometry	✓	✓	✓
Spirometry		✓	✓
<b>Choice of Tests</b>			
Stress ECG	<b>N.A.</b>	<b>Choice of 1 test</b>	<b>Choice of 2 tests</b>
Ultrasound Liver			
Ultrasound Breast (ladies only)			
Mammogram^ (ladies only)			
Ultrasound Abdomen			
Ultrasound Prostate (men only)			
Ultrasound Pelvis			

Blood & Urine Investigations	
Lipid Screen	✓
Liver Screen	✓
Kidney Screen	✓
Cardiac Risk Screen	✓
Diabetic Mellitus Screen	✓
Bone & Joint Screen	✓
Tumour Markers Screen	✓
Thyroid Screen	✓
Hepatitis Screen	✓
Haematology	✓
Urinalysis	✓
Stool Screen	✓
Pap Smear (ladies only)	✓

## Physical Examination includes:

Examination of Heart, Lungs and Abdomen | Neurological and Musculoskeletal Examination | Height and Weight Measurements | Body Mass Index (BMI) | Visual Acuity and Colour Blindness Tests | Blood Pressure Reading

# Executive Health Screening

NEW PACKAGE

## Mercer-Fuller Health Corporate Scan A Plus – \$250 (U.P. \$438)

### 1. Physical Examination by Doctor

Examination of Heart, Lungs and Abdomen | Neurological and Musculoskeletal Examination | Height and Weight Measurements | Body Mass Index (BMI) & Body Fat Analysis | Visual Acuity and Colour Blindness Tests | Blood Pressure Reading

### 2. Cardiac Risk Assessment

### 3. Resting Electrocardiogram (ECG)

### 4. Tonometry (Eye Pressure)

### 5. Chest X-Ray

### 6. Medical Report and Medical Review

### 7. Blood and Urine Investigations:

#### Lipid Screen

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

#### Liver Screen

Bilirubin, Total  
Alkaline Phosphatase  
SGGT  
SGPT (ALT)  
SGOT (AST)  
Total Protein  
Albumin  
Globulin  
Albumin/ Globulin Ratio

#### Kidney Screen

Urea  
Creatinine  
Bicarbonate  
Potassium  
Sodium  
Chloride  
eGFR

#### Cardiac Risk Screen

HsCRP

#### Diabetic Mellitus Screen

Fasting Blood Sugar  
HbA1C

#### Bone & Joint Screen

Calcium  
Phosphates  
Uric Acid  
RA Factor

#### Tumour Markers Screen

AFP (Liver)  
CEA (Colon)  
PSA (Prostate) – For Men  
CA125 (Ovaries) – For Ladies

#### Thyroid Screen

Free T4  
TSH

#### Hepatitis Screen

Hepatitis Bs Antigen  
Hepatitis Bs 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

#### Pap Smear

Pap Smear (for ladies only)

Complimentary Flu Vaccine  
worth S\$38\*

*\*Terms & Conditions apply  
Prices are before GST*

# Executive Health Screening

NEW PACKAGE

## Mercer-Fuller Health Corporate Scan B Plus – \$360 (~~U.P. \$638~~)

### 1. Physical Examination by Doctor

Examination of Heart, Lungs and Abdomen | Neurological and Musculoskeletal Examination | Height and Weight Measurements | Body Mass Index (BMI) & Body Fat Analysis | Visual Acuity and Colour Blindness Tests | Blood Pressure Reading

### 2. Cardiac Risk Assessment

### 3. Resting Electrocardiogram (ECG)

### 4. Tonometry (Eye Pressure)

### 5. Spirometry (Lungs)

### 6. Chest X-Ray

### 7. Medical Report and Medical Review

### 8. Blood and Urine Investigations

#### + Choice of **1 out of 7** of the following tests:

#### 1. Stress ECG (Treadmill)

#### 2. Ultrasound Liver

#### 3. Ultrasound Abdomen

#### 4. Ultrasound Prostate (for Men only)

#### 5. Ultrasound Pelvis (For Ladies only)

#### 6. Ultrasound Breast (For Ladies only)

#### 7. Mammogram (For Ladies only)\*\*

**Complimentary Flu Vaccine  
worth S\$38\***

*\*\*Mammogram is only  
available at Ngee Ann City.*

#### Lipid Screen

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

#### Liver Screen

Bilirubin, Total  
Alkaline Phosphatase  
SGGT  
SGPT (ALT)  
SGOT (AST)  
Total Protein  
Albumin  
Globulin  
Albumin/ Globulin Ratio

#### Kidney Screen

Urea  
Creatinine  
Bicarbonate  
Potassium  
Sodium  
Chloride  
eGFR

#### Cardiac Risk Screen

HsCRP

#### Diabetic Mellitus Screen

Fasting Blood Sugar  
HbA1C

#### Bone & Joint Screen

Calcium  
Phosphates  
Uric Acid  
RA Factor

#### Tumour Markers Screen

AFP (Liver)  
CEA (Colon)  
PSA (Prostate) – For Men  
CA125 (Ovaries) – For Ladies

#### Thyroid Screen

Free T4  
TSH

#### Hepatitis Screen

Hepatitis Bs Antigen  
Hepatitis Bs 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

#### Pap Smear

Pap Smear (for ladies only)

*\*Terms & Conditions apply  
Prices are before GST*



# Executive Health Screening

NEW PACKAGE

## Mercer-Fuller Health Corporate Scan C Plus – \$495 (U.P. \$838)

### 1. Physical Examination by Doctor

Examination of Heart, Lungs and Abdomen | Neurological and Musculoskeletal Examination | Height and Weight Measurements | Body Mass Index (BMI) & Body Fat Analysis | Visual Acuity and Colour Blindness Tests | Blood Pressure Reading

### 2. Cardiac Risk Assessment

### 3. Resting Electrocardiogram (ECG)

### 4. Tonometry (Eye Pressure)

### 5. Spirometry (Lungs)

### 6. Chest X-Ray

### 7. Medical Report and Medical Review

### 8. Blood and Urine Investigations

### + Choice of **2 out of 7** of the following tests:

#### 1. Stress ECG (Treadmill)

#### 2. Ultrasound Liver

#### 3. Ultrasound Abdomen

#### 4. Ultrasound Prostate (for Men only)

#### 5. Ultrasound Pelvis (For Ladies only)

#### 6. Ultrasound Breast (For Ladies only)

#### 7. Mammogram (For Ladies only)\*\*

**Complimentary Flu Vaccine  
worth S\$38\***

*\*\*Mammogram is only  
available at Ngee Ann City.*

#### Lipid Screen

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

#### Liver Screen

Bilirubin, Total  
Alkaline Phosphatase  
SGGT  
SGPT (ALT)  
SGOT (AST)  
Total Protein  
Albumin  
Globulin  
Albumin/ Globulin Ratio

#### Kidney Screen

Urea  
Creatinine  
Bicarbonate  
Potassium  
Sodium  
Chloride  
eGFR

#### Cardiac Risk Screen

HsCRP

#### Diabetic Mellitus Screen

Fasting Blood Sugar  
HbA1C

#### Bone & Joint Screen

Calcium  
Phosphates  
Uric Acid  
RA Factor

#### Tumour Markers Screen

AFP (Liver)  
CEA (Colon)  
PSA (Prostate) – For Men  
CA125 (Ovaries) – For Ladies

#### Thyroid Screen

Free T4  
TSH

#### Hepatitis Screen

Hepatitis Bs Antigen  
Hepatitis Bs 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

#### Pap Smear

Pap Smear (for ladies only)

*\*Terms & Conditions apply  
Prices are before GST*

# Executive Health Screening

## Optional Blood Tests – Cancer Screening

### Cancer Package (Ladies) – \$ 85

- Breast
- Pancreas
- Nose

### Cancer Package (Men) – \$ 85

- Pancreas
- Nose
- Testicular



# Executive Health Screening

## Optional Blood Tests – Hormone Screening

### Hormone Package (Ladies) - \$80

- FSH
- LH
- Estradiol
- Prolactin

This panel of female hormones influences menstrual cycles, bone mass, mood and fertility. Assessing the balance of these hormones plays a vital role in female health and well-being.

### Hormone Package (Men) - \$80

- Testosterone
- DHEAS

Testosterone and its parent hormone, DHEAS, influence male traits including muscle bulk, bone mass, physical strength and fertility. It tends to decrease with age.



# Terms & Conditions

- An account opening form or addendum to the original contract is to be signed with Fullerton Health before the rates can be activated and applied to the company, during the contract period
- Employees are to present their staff pass and a photo ID (NRIC/FIN/Employment Pass/Passport) during registration at the health screening centre so as to enjoy the preferred rates
- For companies which do not have staff passes, a signed and authorised medical chit from HR is required both for employees and their dependents / family, stating clearly their names and if the charges are to be billed to the company or paid by the employee. A photo ID is still required together with the medical chit.
- The complimentary flu vaccine is offered to all clients of Mercer who undergo the health screening at Fullerton Health in 2017. It is to be administered on the same day, within the same session as the health screening appointment. Prior request is to be made during the appointment booking (via call centre, online booking by quoting 'Mercer free flu vaccine' in "Additional Comments") to ensure we have ample stock at the clinic, subject to availability.
- The complimentary flu vaccine is administered subject to the employee or dependent's suitability upon signing the health declaration form, and availability at the health screening centres. It is not transferrable, deductible or replaceable for any other test or procedure, even if not consumed.
- Charges are subject to GST.



# Health Screening Appointment



# Schedule Health Screening Appointment

Appointment can be scheduled via our corporate website or hotline.

## **Health Screening Appointment**

### ➤ **Morning Session**

(Monday to Saturday, excluding Public Holidays)

### **Earliest Slot**

**7.30am**

Fast from midnight

### **Latest Slot**

**10.30am**

Fast from 2.30am

### ➤ **Afternoon Session**

(Monday to Friday, excluding Public Holidays)

**2.00pm**

Fast from 6.00am

**3.30pm**

Fast from 7.30am

## ▪ **Via Website**

Visit our website at <http://www.fullertonhealth.com/book-appointment.html>

An email confirmation will be sent immediately upon successful submission of the appointment booking form.

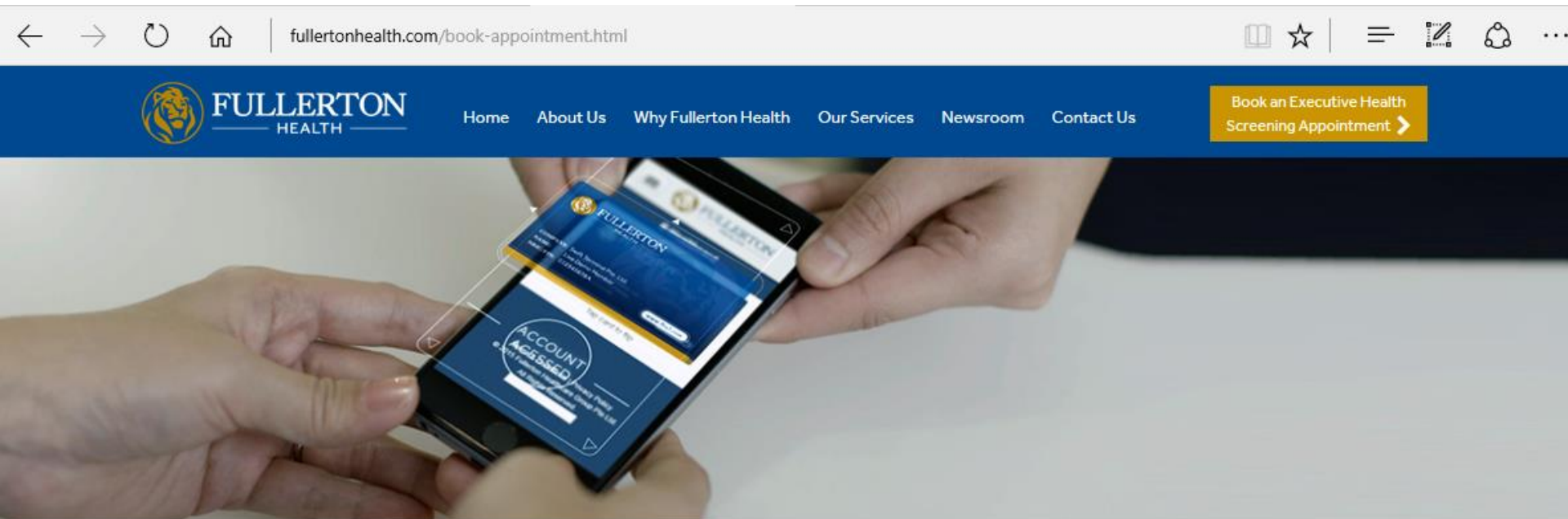
***Note: Mammogram is only available at Ngee Ann City.***



# Online Booking for Health Screening Appointment

Book or change your appointment at

<http://www.fullertonhealth.com/book-appointment.html>



## Book an Executive Health Screening Appointment



# Health Screening Pre-Screening Advisory

<http://www.fullertonhealth.com/ehs-faqs.html>



# Pre-Screening Advisory

<http://www.fullertonhealth.com/ehs-faqs.html>

## Do I need to fast?

You will need to fast 6 hours prior to your scheduled appointment. This means you should avoid consuming any food or beverages with the exception of plain water. The purpose of fasting is to achieve accurate results for your blood test.

## What do I need to bring?

- NRIC / Passport
- As we will be testing your vision, please remember to bring along your glasses / contact lenses for distant and near vision test.
- In addition, you are strongly encouraged to bring along your most recent health screen result or report and films as our physicians may use that result to check on your health history and progress.

## Am I allowed to consume any medications prior to this health screening?

Please postpone taking any morning medication, unless otherwise advised by your physician, until / after your health screening.

## Will I be given any stool / urine bottle for my scheduled health screening?

Your urine specimen will be collected on the day of your appointment. Stool and urine containers will be provided on your health screening appointment day.

# Pre-Screening Advisory

<http://www.fullertonhealth.com/ehs-faqs.html>

## **What if I'm having my menstrual period on the day of my scheduled health screening?**

You can still do your health screening, but it is advisable to book your appointment around day 10-14, after your last menstrual period. Please inform the nurses or doctor if you're menstruating on the day of your appointment.

## **What is the estimated time taken for this health screening process?**

The entire screening can be completed in one morning or afternoon.

## **Will I be given any stool / urine bottle for my scheduled health screening?**

Your urine specimen will be collected on the day of your appointment. Stool and urine containers will be provided on your health screening appointment day

# Pre-Screening Advisory

<http://www.fullertonhealth.com/ehs-faqs.html>

## Instructions for Ultrasounds

- **For Ultrasound Abdomen / Liver**

NO FOOD OR FLUIDS at least 6 hours before the examination

- **For Mammogram / Ultrasound Breast**

Refrain from applying perfume, powder or deodorant on the breast or armpits area. Please avoid this examination if you are, or suspect that you are pregnant. ***Note: Mammograms are only available at Ngee Ann City.***

- **For Ultrasound Pelvis / Prostate**

You are encouraged to drink 4 - 8 glasses of plain water one hour before the test. DO NOT empty your bladder until the test is done.

# Influenza (Flu) Vaccination Advisory

## Health Declaration Form

Employees who have opted for the flu vaccine are required to fill up a health declaration form to assess their suitability.

## Why should people get vaccinated against flu?

Influenza is a serious disease that can lead to hospitalisation and even death for the very young and very old. For the healthy working population, influenza accounts for roughly half of all acute respiratory illnesses. Flu season usually starts late September and runs for 2-3 months. Outbreaks usually originate from children in childcare centres and schools, then to working adults at home, and finally to the elderly and infirm.

## How do flu vaccines work?

Flu vaccines cause antibodies to develop in the body about two weeks after vaccination. These antibodies provide protection against infection with the viruses that are in the vaccine.

The flu vaccine protects against influenza viruses that research indicates will be most common during the upcoming season. The trivalent flu vaccine covers three kinds of influenza viruses comprising the most prevalent strains of clinical significance affecting people – 2 of A (H3N2 and H1N1) and 1 of B (Brisbane), and the quadrivalent vaccine covers an additional B (Phuket) strain.

## Does the flu vaccine work right away?

No. It takes about two weeks after vaccination for antibodies to develop in the body and provide protection against influenza virus infection. In the meantime, you are still at risk for getting the flu. That's why it's better to get vaccinated early in the fall, before the flu season really gets under way.



# Influenza (Flu) Vaccination Advisory

## What kinds of flu vaccines are available?

Seasonal flu vaccines protect against either three influenza viruses (trivalent) or four (quadrivalent) that research indicates will be most common during the upcoming season. The viruses in the vaccine can change each year based on international surveillance and scientists' estimations about which types and strains of viruses will circulate in a given year. The complimentary flu vaccine provided by Fullerton Health is the trivalent flu vaccine.

## Why do I need a flu vaccine every year?

A flu vaccine is needed every year because flu viruses are perpetually mutating. Vaccination for previous years may not work as effectively for the current year in preventing infection or limiting the severity of symptoms. In healthy persons, post vaccination responses (immunity gained) are in excess of 95%. Some may argue that flu in the working population is rarely fatal. However, we must also remember that the working population is also mainly responsible in passing the virus to the most vulnerable groups, which are our loved ones - the very young and very old.

## Vaccine Side Effects (What to Expect)

The viruses in the flu shot are killed (inactivated), so you cannot get the flu from a flu shot. Some minor side effects that could occur are:

- Soreness, redness, or swelling where the shot was given
- Fever (low grade)
- Aches

# Thank You



For enquiries, please contact:

Yi Lin, Pae  
Account Manager  
[yilin.pae@fullertonhealth.com](mailto:yilin.pae@fullertonhealth.com)  
9119 6907

Asian Healthcare, Affordable & Accessible



**FULLERTON**  
HEALTH