EXECUTIVE HEALTH SCREENING
Exclusive Preferred Rates for Mercer Clients

Asian Healthcare, Affordable & Accessible
Bringing you the best in health screening in Singapore

**GOLD AWARD**
Best Corporate Healthcare Provider, 2015
HR Vendors Of The Year 2015

Gold
Fullerton Healthcare Group
Silver
Integrated Health Plans
Bronze
Raffles Medical Group

**GOLD AWARD**
Best Corporate Healthcare Provider, 2016
HR Vendors Of The Year 2016

Gold
Fullerton Healthcare Group
Silver
Raffles Medical Group
Bronze
Parkway Shenton

**BEST**
Corporate Health/Wellness Screening Provider 2016
HRM Readers’ Choice Awards 2016

1ST
Fullerton Healthcare Group
2ND
Integrated Health Plans
3RD
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

✓ 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

<table>
<thead>
<tr>
<th>Executive Health Screening Packages</th>
<th>Cost per examinee (before GST)</th>
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<tr>
<td>▪ Mercer-Fuller Health Corporate Scan A Plus</td>
<td>U.P. $438 SGD 250</td>
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<tr>
<td>▪ Mercer-Fuller Health Corporate Scan B Plus</td>
<td>U.P. $638 SGD 360</td>
</tr>
<tr>
<td>▪ Mercer-Fuller Health Corporate Scan C Plus</td>
<td>U.P. $838 SGD 495</td>
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</tbody>
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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.

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

*Terms and conditions apply.
## Overview of Mercer Fuller EHS Packages

<table>
<thead>
<tr>
<th>MERCER FULLER PACKAGES</th>
<th>A PLUS</th>
<th>B PLUS</th>
<th>C PLUS</th>
<th>Blood &amp; Urine Investigations</th>
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<tbody>
<tr>
<td><strong>PRICE</strong></td>
<td>$250</td>
<td>$360</td>
<td>$495</td>
<td></td>
</tr>
<tr>
<td>Physical Examination by Doctor*</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>Lipid Screen</td>
</tr>
<tr>
<td>Cardiac Risk Assessment</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>Liver Screen</td>
</tr>
<tr>
<td>Resting Electrocardiogram (ECG)</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>Kidney Screen</td>
</tr>
<tr>
<td>Medical Report and Review</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>Cardiac Risk Screen</td>
</tr>
<tr>
<td>Tonometry</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>Diabetic Mellitus Screen</td>
</tr>
<tr>
<td>Spirometry</td>
<td></td>
<td>✓</td>
<td>✓</td>
<td>Bone &amp; Joint Screen</td>
</tr>
<tr>
<td><strong>Choice of Tests</strong></td>
<td></td>
<td></td>
<td></td>
<td>Tumour Markers Screen</td>
</tr>
<tr>
<td>Stress ECG</td>
<td></td>
<td></td>
<td></td>
<td>Thyroid Screen</td>
</tr>
<tr>
<td>Ultrasound Liver</td>
<td></td>
<td></td>
<td></td>
<td>Hepatitis Screen</td>
</tr>
<tr>
<td>Ultrasound Breast (ladies only)</td>
<td>N.A.</td>
<td>Choice of 1 test</td>
<td>Choice of 2 tests</td>
<td>Haematology</td>
</tr>
<tr>
<td>Mammogram^ (ladies only)</td>
<td></td>
<td></td>
<td></td>
<td>Urinalysis</td>
</tr>
<tr>
<td>Ultrasound Abdomen</td>
<td></td>
<td></td>
<td></td>
<td>Stool Screen</td>
</tr>
<tr>
<td>Ultrasound Prostate (men only)</td>
<td></td>
<td></td>
<td></td>
<td>Pap Smear (ladies only)</td>
</tr>
<tr>
<td>Ultrasound Pelvis</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**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

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

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)**

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

Cardiac Risk Screen
- HsCRP

Diabetic Mellitus Screen
- Fasting Blood Sugar
- HbA1C

Bone & Joint Screen
- Calcium
- Phosphates
- Uric Acid
- RA Factor

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

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***

**Mammogram is only available at Ngee Ann City.

*Terms & Conditions apply
Prices are before GST
Executive Health Screening

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.

*Terms & Conditions apply
Prices are before GST

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

Cardiac Risk Screen
- HsCRP

Diabetic Mellitus Screen
- Fasting Blood Sugar
- HbA1C

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

Bone & Joint Screen
- Calcium
- Phosphates
- Uric Acid
- RA Factor

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

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)
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.

<table>
<thead>
<tr>
<th>Health Screening Appointment</th>
<th>Earliest Slot</th>
<th>Latest Slot</th>
</tr>
</thead>
<tbody>
<tr>
<td>➢ Morning Session</td>
<td>7.30am</td>
<td>10.30am</td>
</tr>
<tr>
<td>(Monday to Saturday, excluding Public Holidays)</td>
<td>Fast from midnight</td>
<td>Fast from 2.30am</td>
</tr>
<tr>
<td>➢ Afternoon Session</td>
<td>2.00pm</td>
<td>3.30pm</td>
</tr>
<tr>
<td>(Monday to Friday, excluding Public Holidays)</td>
<td>Fast from 6.00am</td>
<td>Fast from 7.30am</td>
</tr>
</tbody>
</table>

- **Via Website**


  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
Health Screening
Pre-Screening Advisory

Pre-Screening Advisory

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.
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


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
9119 6907

Asian Healthcare, Affordable & Accessible