

HEALTH FOR LIFE



Cancer, stroke, diabetes and kidney failures are among the top killers in Singapore. These illnesses are silent killers, which are generally lifestyle-related and can be avoided if detected early. Health screening can help you minimize your chances of being burdened with these life-threatening diseases with early medication intervention.

JMC's Health for Life Centre offers various health screening packages to suit your needs. Our dedicated team of doctors and nurses at the Centre will assist you through the screening in a comfortable and private setting.



IMPORTANT REMINDERS



All Packages

- Please fast 8 hours prior to your appointment, ie do not eat or drink. Plain water is allowed. This will ensure better accuracy in your cholesterol and sugar results.
- Light refreshments will be provided after your blood specimens are taken.
- Please bring along your
 - o NRIC / Passport / Employment Pass / Work Permit
 - o Any past medical records, X-ray films and current medications
 - o Company letter and / or staff identification for corporate accounts.

Stool Analysis

- 3 days before the appointment, avoid meat such as Beef, Pork, Duck, Chicken, Turkey and Mutton. Avoid iron supplements. This will help improve the accuracy of your stool test results.
- Collect your stool sample (about 1 teaspoon) 1 day before or on the morning of your appointment. Put it into a small, clean plastic container and label it with your name.

Treadmill Stress ECG

- Please avoid medications that slow down the heart rate, such as atenolol and diltiazem. These should be stopped 24-48 hours prior to the test. Please check with your doctor.
- Please bring a set of sports attire.

Urine Analysis

- Please schedule your appointment at least 3 days after your last day of menstruation.

Mammogram

- Please avoid this examination if you are pregnant.
- Schedule your appointment about 1 week after your last day of menstruation.
- On the day of the appointment, do not use talcum powder, deodorant or body lotion on the chest, as these will be reflected on the X-rays. A blouse with a skirt or slacks will be more convenient for you than a dress.

Pap smear

Please schedule your appointment at least 1 week after your last day of menstruation.

Tonometry

This test is performed without contact lenses on. If you need to wear contact lenses, kindly bring along your contact lens case to deposit the lenses during the eye test.

OTHER SERVICES



- Weight Management Programme
- Occupational & Industrial Screening
- Pre-employment Screening
- Work Permit & Employment Pass Screening
- Vaccination and Travel Health
- Hormonal Analysis

- Corporate Workplace Health Promotion Programme
 - o Chronic Disease Management Programme
 - o Cholesterol Management Programme
 - o Eat for Health Programme
 - o Fitness Screening & Workshop
 - o Health Talks
 - o On-Site Health Screening / Vaccinations
 - o Smoking Cessation Programme
 - o Stress Management Programme
 - o Weight Management Programme

WHAT DO THE TESTS MEAN?

Bone Mineral Density Test — To check bone mass for the prevention of osteoporosis.

Chest X-ray — To detect tuberculosis & other lung diseases.

Cholesterol test — To assess risk of coronary disease & stroke caused by a block in the blood vessels.

Colonoscopy — This allows the specialist to look directly at the lining of the colon and rectum to determine if disease (such as ulceration, inflammation, bleeding, growth or blockage) is present.

Electrocardiogram (ECG) — To detect for abnormalities of heart rhythm.

Frequency Doubling Perimetry — A non-invasive screening test for the detection of early glaucoma with abnormalities in the field of vision.

Fundus Photography — Colour photography of the back of your eyes to detect eye conditions that affect your optic nerve, macula and retina. Common eye diseases that can be detected include age-related macular degeneration and diabetic eye disease.

Gastroscopy — Allows the specialist to look directly at the lining of the gullet, stomach and small intestine to determine if disease (such as ulceration, inflammation, bleeding, growth or blockage) is present.

Mammogram — To detect breast tumors & early breast cancer.

Pap Smear — To detect early cervical cancer

Stool Occult Blood Test — To detect early cancer of large intestine and possible presence of parasite.

Tonometry — Checks the eye pressure using a non-contact device to screen for glaucoma.

Treadmill Stress ECG — To detect early heart disease especially Ischaemic Heart Disease.

Uric acid — To test for risk for gout.

Urine analysis — To detect infection, sugar and protein in urine.

Ultrasound Pelvis (ladies) — To detect early cancer of cervix and growths in womb.

Ultrasound Breast — Complements mammography to detect early breast cancers.

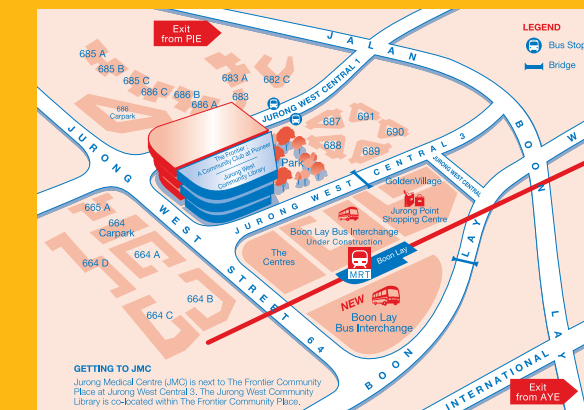
Contact Information

Jurong Medical Centre
60 Jurong West Central 3
Singapore 648346
Tel: (65) 6551 7888 Fax: (65) 6551 7999

Appointment Centre: (65) 6379 3899

www.jurongmedicalcentre.com.sg

Location Map



Getting There

- By Car** : The Pan-island Expressway (PIE) is the nearest expressway (highway) leading to JMC.
Where to Park?
a) at JMC Carpark
b) at the HDB Multistorey Carpark Blk 686, Jurong West Central 3 (located opposite JMC)
- By Taxi** : Please alight along Jurong West Central 1.
- By Foot** : Cross the road at the traffic lights behind Jurong Point to Jurong West Community Library. JMC is left to the library.
- Nearest MRT Station & Bus Interchange: Boon Lay**
- By Buses** : SBS 30, 79, 154, 157, 174, 179, 182, 192, 193, 194, 198, 199, 405, 502, 507
: SMRT 178, 180, 187
- Feeder Services** : SBS 240, 242, 243, 246, 249, 250, 251, 252, 253, 254, 255, 257

The information in this brochure is correct at the time of printing and subject to revisions without further notice.

Printed in November 2007



General Package

\$158



The health screening consists of:

- 1) Interview on medical history by doctor
- 2) Comprehensive physical examination by doctor
- 3) Full Blood Count
- 4) Cholesterol test -Total/HDL/LDL/Ratio, Triglycerides
- 5) Blood Sugar
- 6) Calcium, Albumin & Phosphate
- 7) Kidney function - Creatinine, Potassium, Sodium, Urea
- 8) Urine analysis – FEME
- 9) Stool Occult Blood Test
- 10) Electrocardiogram (ECG)
- 11) Chest X-ray
- 12) Medical Report
- 13) Medical review by doctor

Couple Package

(\$418 for a couple)

\$228



The health screening consists of:

- 1) Interview on medical history by doctor
- 2) Comprehensive physical examination by doctor
- 3) Osteoporosis Self-Test for Asians (OSTA)
- 4) Full Blood Count
- 5) Erthrocyte Sedimentation Rate (ESR)
- 6) Cholesterol test -Total/HDL/LDL/Ratio, Triglycerides
- 7) Blood Sugar
- 8) Calcium, Phosphate & Albumin
- 9) Kidney function - Creatinine, Potassium, Sodium, Urea
- 10) Hepatitis B screening - HbsAg, Anti-Hbs
- 11) Syphilis screening
- 12) Rubella antibody (for female)
- 13) HIV test
- 14) Urine analysis – FEME
- 15) Stool Occult Blood Test
- 16) Electrocardiogram (ECG)
- 17) Chest X-ray
- 18) Medical Report
- 19) Medical review by doctor

Evergreen Package

(\$498 for a couple)

\$288



The health screening consists of:

- 1) Interview on medical history by doctor
- 2) Comprehensive physical examination by doctor
- 3) Osteoporosis Self-Test for Asians (OSTA)
- 4) Full Blood Count
- 5) Erthrocyte Sedimentation Rate (ESR)
- 6) Cholesterol test -Total/HDL/LDL/Ratio, Triglycerides
- 7) Blood Sugar
- 8) Calcium, Phosphate & Albumin
- 9) Kidney function - Creatinine, Potassium, Sodium, Urea
- 10) Hepatitis B screening - HbsAg, Anti-Hbs
- 11) Liver function - Albumin, Alkaline Phosphate, ALT, AST, GGT, Total Bilirubin, Total Protein
- 12) Uric acid
- 13) Thyroid function - FT4, TSH
- 14) Urine analysis – FEME
- 15) Stool Occult Blood Test
- 16) Electrocardiogram (ECG)
- 17) Chest X-ray
- 18) Tonometry
- 19) Medical Report
- 20) Medical review by doctor

Ladies Wellness

\$328



The health screening consists of:

- 1) Interview on medical history by doctor
- 2) Comprehensive physical examination by doctor
- 3) Osteoporosis Self-Test for Asians (OSTA)
- 4) Full Blood Count
- 5) Erthrocyte Sedimentation Rate (ESR)
- 6) Cholesterol test -Total/HDL/LDL/Ratio, Triglycerides
- 7) Blood Sugar
- 8) Calcium, Phosphate & Albumin
- 9) Kidney function - Creatinine, Potassium, Sodium, Urea
- 10) Hepatitis B screening - HbsAg, Anti-Hbs
- 11) Syphilis screening
- 12) Urine analysis – FEME
- 13) Stool Occult Blood Test
- 14) Electrocardiogram (ECG)
- 15) Chest X-ray
- 16) Mammogram
- 17) Pap Smear
- 18) Medical Report
- 19) Medical review by doctor

Executive Package

\$498



The health screening consists of:

- 1) Interview on medical history by doctor
- 2) Comprehensive physical examination by doctor
- 3) Osteoporosis Self-Test for Asians (OSTA)
- 4) Full Blood Count
- 5) Erthrocyte Sedimentation Rate (ESR)
- 6) Cholesterol test -Total/HDL/LDL/Ratio, Triglycerides
- 7) Blood Sugar
- 8) Calcium, Phosphate & Albumin
- 9) Kidney function - Creatinine, Potassium, Sodium, Urea
- 10) Hepatitis B screening - HbsAg, Anti-Hbs
- 11) Syphilis screening
- 12) Liver function - Albumin, Alkaline Phosphate, ALT, AST, GGT, Total Bilirubin, Total Protein
- 13) Uric acid
- 14) Thyroid function - FT4, TSH
- 15) Urine analysis – FEME
- 16) Stool Occult Blood Test
- 17) Electrocardiogram (ECG)
- 18) Chest X-ray
- 19) Tonometry
- 20) Treadmill Stress ECG
- 20) Medical Report
- 20) Medical review by doctor

Optional Tests



Complement your health screening with the optional tests at special rates:

- \$75 Bone Mineral Density Test
- \$12 Blood Grouping
- \$36 Cancer Marker for large intestine (CEA)
- \$18 Cancer Marker for liver (AFP)
- \$36 Cancer Marker for Prostate Specific Antigen (PSA, for male)
- \$44 Cancer Marker for ovary (CA125, for female)
- \$900 Colonoscopy
- \$490 Gastroscopy
- \$16 HIV test
- \$12 Rheumatoid Arthritis Test
- \$50 Thalessemia Screening
- \$29 Hepatitis C
- \$12 Fungus Photography
- \$25 Frequency Doubling Perimetry
- \$80 Mammogram
- \$20 Pap Smear
- \$150 Treadmill Stress ECG
- \$80 Ultrasound Pelvis (for Female)
- \$80 Ultrasound Breast