

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.

Jurong Medical Centre'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 10 hours prior to your appointment, that is, 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

- 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.
- If you have received the welcome package, please refer to instructions provided in SOBT guide for stool collection.

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?

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.

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

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.

Contact Information

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Location Map



Getting There

Jurong Medical Centre (JMC) is next to The Frontier Community Club at Jurong West Central 3. The Jurong West Community Library is co-located within The Frontier Community Club.

By Car : The Pan-Island Expressway (Exit 36 from 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 : Alight along Jurong West Central 1.

By Foot : Use the exit near Berth B17 (Bus No. 174e) located in Boon Lay Bus Interchange. Cross the traffic lights and JMC is on your left, facing the garden.

Nearest MRT Station & Bus Interchange: Boon Lay

By Bus : SBS 30, 79, 154, 157, 174, 174e, 179, 179A, 181, 182, 182M, 192, 193, 194, 198, 199, 240, 241, 242, 243W/G, 246, 249, 251, 252, 254, 255, 257, 405
SMRT 172, 178, 180, 187

The information in this brochure is correct at the time of print and subjected to revision without further notice.
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HEALTH FOR LIFE

Clinic

Health Screening Packages

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) Full Blood Count
- 4) Cholesterol test -Total/HDL/LDL/Ratio, Triglycerides
- 5) Blood Sugar
- 6) Calcium, Phosphate & Albumin
- 7) Kidney function - Creatinine, Potassium, Sodium, Urea
- 8) Hepatitis B screening - HbsAg, Anti-Hbs
- 9) Syphilis screening
- 10) Rubella antibody (for female)
- 11) HIV test
- 12) Urine analysis – FEME
- 13) Stool Occult Blood Test
- 14) Electrocardiogram (ECG)
- 15) Chest X-ray
- 16) Medical Report
- 17) 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) Full Blood Count
- 4) Cholesterol test -Total/HDL/LDL/Ratio, Triglycerides
- 5) Blood Sugar
- 6) Calcium, Phosphate & Albumin
- 7) Kidney function - Creatinine, Potassium, Sodium, Urea
- 8) Hepatitis B screening - HbsAg, Anti-Hbs
- 9) Liver function - Albumin, Alkaline Phosphate, ALT, AST, GGT, Total Bilirubin, Total Protein
- 10) Uric acid
- 11) Thyroid function - FT4, TSH
- 12) Urine analysis – FEME
- 13) Stool Occult Blood Test
- 14) Electrocardiogram (ECG)
- 15) Chest X-ray
- 16) Tonometry
- 17) Medical Report
- 18) 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) Full Blood Count
- 4) Cholesterol test -Total/HDL/LDL/Ratio, Triglycerides
- 5) Blood Sugar
- 6) Calcium, Phosphate & Albumin
- 7) Kidney function - Creatinine, Potassium, Sodium, Urea
- 8) Hepatitis B screening - HbsAg, Anti-Hbs
- 9) Syphilis screening
- 10) Urine analysis – FEME
- 11) Stool Occult Blood Test
- 12) Electrocardiogram (ECG)
- 13) Chest X-ray
- 14) Mammogram
- 15) Pap Smear
- 16) Medical Report
- 17) 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) Full Blood Count
- 4) Cholesterol test -Total/HDL/LDL/Ratio, Triglycerides
- 5) Blood Sugar
- 6) Calcium, Phosphate & Albumin
- 7) Kidney function - Creatinine, Potassium, Sodium, Urea
- 8) Hepatitis B screening - HbsAg, Anti-Hbs
- 9) Syphilis screening
- 10) Liver function - Albumin, Alkaline Phosphate, ALT, AST, GGT, Total Bilirubin, Total Protein
- 11) Uric acid
- 12) Thyroid function - FT4, TSH
- 13) Urine analysis – FEME
- 14) Stool Occult Blood Test
- 15) Electrocardiogram (ECG)
- 16) Chest X-ray
- 17) Tonometry
- 18) Treadmill Stress ECG
- 19) Medical Report
- 20) Medical review by doctor

Optional Tests



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

- \$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)
- \$16 HIV test
- \$12 Rheumatoid Arthritis Test
- \$50 Thalessemia Screening
- \$29 Hepatitis C
- \$80 Mammogram
- \$20 Pap Smear
- \$150 Treadmill Stress ECG