

## PREMIER WELLNESS

Estimated Screening Time: 4 hours

- Physical Exam & Consultation by Wellness Doctor
- Lab Tests for Blood & Urine (> 50 test parameters)\*
- Diabetes Screening – Fasting Glucose & HbA1c
- Stool for Occult Blood
- Chest X-ray
- Ultrasound of Upper Abdomen
- Stress ECG \*\*
- Health Risk Appraisal (HRA) which includes:-
  - Lifestyle Evaluation & Aerobic Fitness Evaluation
  - Diet Recall & Consultation
  - Body Fat Analysis & Flexibility Test

**RM 690**

# One Complimentary Meal / Bakery Voucher

\*\* All ECG will be evaluated by the Cardiologist  
All prices and specifications are subject to change without prior notice.

## WAW EXECUTIVE

Estimated time:  
5 hours in 5 separate sessions -  
based on your convenience.

Want to take charge of your health?

Here's one for you:

- One-on-one personal consult with our Lifestyle Intervention Specialist
  - Learn all about nutrition, healthy eating, exercise, stress management, addiction from our expert
  - Boost confidence in managing your health
- Manage or prevent chronic diseases
  - Obesity
  - Diabetes
  - Hypercholesterolemia
  - Hypertension
  - Fatty liver
  - And many more...

**RM 899**



## GOLD WELLNESS

Estimated Screening Time: 5-6 hours

- Physical Exam & Consultation by Wellness Doctor
- Lab Tests for Blood & Urine (> 50 test parameters)\*
- Diabetes Screening – Fasting Glucose & HbA1c
- Stool for Occult Blood
- Chest X-ray
- Ultrasound of Upper Abdomen
- **ECG (Stress or Resting)\*\***
- Health Risk Appraisal (HRA) includes:-
  - Lifestyle Evaluation & Aerobic Fitness Evaluation
  - Diet Recall & Consultation
  - Body Fat Analysis & Flexibility Test
- Lung Function Test
- Glaucoma Test (Eye Pressure)
- DEXA Hip & Spine (Osteoporosis Screen)
- Helicobacter Pylori IGG
- CEA (Tumour Marker – Colon)

**RM 980**  
**RM 1130**

### Additional Tests included for:

- Men:** PSA (Tumour Marker -Prostate)  
Ultrasound of Pelvis/Lower Abdomen
- Ladies:** Mammogram (Breast X-ray) OR Ultrasound Breasts  
CA 125 (Tumour Marker – Ovaries)  
Ultrasound of Pelvis/ Lower Abdomen  
Pap Smear & Pelvic Exam by Wellness Doctor

# One Complimentary Meal / Bakery Voucher

NOTE:  
Ladies found to have dense breasts after a Mammogram, are recommended to undergo an Ultrasound Breast Scan. This additional test will be charged separately.



## SUPREME WELLNESS

Estimated Screening Time: 5-6 hours

- Physical Exam & Consultation by Wellness Doctor
- Lab Tests for Blood & Urine (> 50 test parameters)\*
- Diabetes Screening – Fasting Glucose & HbA1c
- Stool for Occult Blood
- Chest X-ray
- Stress ECG \*\*
- Health Risk Appraisal (HRA) includes:-
  - Lifestyle Evaluation & Aerobic Fitness Evaluation
  - Diet Recall & Consultation
  - Body Fat Analysis & Flexibility Test
- Lung Function Test
- Glaucoma Test (Eye Pressure)
- Audiometry (Hearing Test)
- DEXA Hip & Spine (Osteoporosis Screen)
- MRI Abdomen & Pelvis (without Contrast)
- Helicobacter Pylori IGG
- Hepatitis A Antibodies – IGG & IGM
- Hepatitis C
- Heart Screening (Blood Test)
  - High Sensitive C-Reactive Protein
  - Homocysteine

**RM 2190**  
**RM 2290**

### Additional Tests included for:

- Men:** Male Cancer Profile:  
PSA (Tumour Marker –Prostate)  
CEA (Tumour Marker - Colon)  
CA19.9 (Tumour Marker – Pancreas)

- Ladies:** Female Cancer Profile:  
CA19.9 (Tumour Marker – Pancreas)  
CA15.3 (Tumour Marker – Breast)  
CA125 (Tumour Marker – Ovaries)  
CEA (Tumour Marker – Colon)

Mammogram (Breasts X-ray)  
Pap Smear & Pelvic Exam by Wellness Doctor

# One Complimentary Meal / Bakery Voucher

NOTE:  
Ladies found to have dense breasts after a Mammogram, are recommended to undergo an Ultrasound Breast Scan. This additional test will be charged separately.