

OPTIONAL TEST

Blood Test:

| | |
|---|--------|
| • Vitamin D Deficiency Test | RM 63 |
| • Vitamin B12 Deficiency Test | RM 70 |
| • FT3 & FT4 – Thyroid Hormone Test | RM 78 |
| • CEA (Tumour Marker - Colon) | RM 56 |
| • CA 19.9 (Tumour Marker - Pancreas) | RM 88 |
| • PSA (Tumour Marker - Prostate) (Men age above 40) | RM 73 |
| • Hepatitis A Antibodies | RM 73 |
| • Hepatitis C | RM 72 |
| • HIV (AIDS) Antibodies I & II | RM 52 |
| • Helicobacter Pylori IGG with CIM | RM 38 |
| • EBV VCA - Ig A (Tumour Marker - Nose) | RM 150 |
| • EBV EA - Ig A (Tumour Marker - Nose) | RM 150 |
| • Urine albumin - microalbumin (For diabetes patient only) | RM 34 |

Diagnostic Imaging:

| | |
|---|--------|
| • DEXA Hip OR Spine (1 region) – Bone Density | RM 105 |
| • DEXA Hip & Spine (2 region) – Bone Density | RM 179 |
| • Ultrasound Lower Abdomen | RM 105 |
| • CT Lung - LDCT (For smoker) | RM 309 |
| • CT Coronary Artery Calcium Scoring (CAC) | RM 567 |

**Advanced booking needed for all CT & MRI services.*

Others:

| | |
|-------------------------------------|--------|
| • Glaucoma Test (Eye Pressure Test) | RM 25 |
| • Lung Function Test | RM 28 |
| • Urea Breath Test | RM 240 |



Clinic Hours

Monday - Thursday : 8.00 a.m. - 5.00 p.m.
 Friday & Sunday : 8.00 a.m. - 1.00 p.m.
 Break Time : 1.00 p.m. - 2.00 p.m.
 Saturday & Public holidays closed

For more information, contact
Adventist Lifestyle Centre
 Tel: (+604) 222 7779/ 7732
 Fax: (+604) 228 3276
 E-mail: wellness@pah.com.my



PENANG ADVENTIST HOSPITAL 檳安醫院

Operated by Adventist Hospital & Clinic Services (M) (Reg. No. 199301000960)

465, Jalan Burma, 10350 Penang, Malaysia

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Website: www.pah.com.my

Facebook: fb.com/pahpg



Wellness
**HEALTH
 SCREENING
 Packages**

MALE

PREMIER WELLNESS

- Physical Exam & Consultation by Wellness Doctor
- Lab Tests for Blood & Urine (> 50 test parameters)

Blood Group (A, B, AB, O & Rh)

Full Blood Examination (Haemoglobin, PCV, Total White Blood Cell - Neutrophils, Lymphocytes, Monocytes, Eosinophils, Basophils, Red Blood Cell Index - Total Red Blood Cell, MCV, MCH, MCHC, Platelet count)

ESR

Lipids Profile (Total Chol, HDL, LDL, Trig, Tol Chol/ HDL)

Hep Bs Antibody (AbsAb) & Antigen (AbsAg)

TSH (Thyroid)

RA Factor (Rheumatoid Arthritis)

AFP (Alpha Feto Protein)

Kidney Function [Urine FEME, Sodium, Potassium (K+), Chloride, Carbon Dioxide, Calcium (CA ++), Creatinine, Phosphate (PO4)]

Uric Acid (Urate)

Liver Function [Total Bilirubin, Total Protein, Albumin, Globulin, Alkaline Phosphatase, AST (SGOT), ALT (SGPT) & GGT]

- Diabetes Screening - Fasting Glucose & HbA1c
- Stool for Occult Blood
- Chest X-ray
- Ultrasound of Upper Abdomen
- Stress ECG/ Resting ECG **
- Health Risk Appraisal (HRA) which includes:-
 - Lifestyle & Healthy Eating Evaluation
 - Aerobic Fitness Evaluation
 - Body Fat Analysis & Flexibility Test

GOLD WELLNESS

Includes all tests in
PREMIER WELLNESS



- Lung Function Test
- Glaucoma Test (Eye Pressure)
- DEXA Hip & Spine (Osteoporosis Screen)
- Helicobacter Pylori IGG with CIM - Blood Test
- CEA (Tumor Marker Colon) - Blood Test
- Ultrasound of Lower Abdomen

• Vitamin D Deficiency Test (Blood Test)

OR

• PSA (Tumour Marker Prostate) (age above 40)

SUPREME WELLNESS

(Limited MRI slot. Please call to confirm MRI slot availability)

Includes all tests in
GOLD WELLNESS



- Audiometry (Hearing Test)
- MRI Abdomen & Pelvis (without Contrast)
 - To replace Ultrasound for Upper and Lower Abdomen
- Hepatitis A Antibodies - IGG & IGM
- Hepatitis C
- Heart Screening (Blood Test)
 - High Sensitive C-Reactive Protein
 - Homocysteine
- CA 19.9 (Tumour Marker - Pancreas)
- Vitamin D Deficiency Test (Blood Test)
- PSA (Tumour Marker Prostate) (age above 40)

*All packages need advanced booking.

**All Stress ECG will be evaluated by Cardiologist.

One Complimentary Meal/ Bakery Voucher.

All prices and specifications are subject to change without prior notice.

MALE

RM **730**

Estimated Time: 4-5 hours

MALE

RM **1,030**

Estimated Time: 5-6 hours

MALE

RM **2,320**

Estimated Time: 5-6 hours

TES OPSI

Tes Darah:

| | |
|--|--------|
| • Tes Kekurangan Vitamin D | RM 63 |
| • Tes Kekurangan Vitamin B12 | RM 70 |
| • FT3 & FT4 - Tes Hormon Tiroid | RM 78 |
| • CEA - (Tes Tanda Tumor - Usus Besar) | RM 56 |
| • CA 19.9 - (Tes Tanda Tumor - Pankreas) | RM 88 |
| • PSA - (Tes Tanda Tumor - Prostat) (Pria umur atas 40) | RM 73 |
| • Antibodi Hepatitis A | RM 73 |
| • Hepatitis C | RM 72 |
| • Antibodi I & II HIV (AIDS) | RM 52 |
| • Helikobakter Piloni IGG dengan CIM | RM 38 |
| • EBV VCA - Ig A (Tes Tanda Tumor - Hidung) | RM 150 |
| • EBV EA - Ig A (Tes Tanda Tumor - Hidung) | RM 150 |
| • Albumin Air Seni - Mikroalbumin (Hanya untuk pasien diabetes) | RM 34 |

Pencitraan Diagnostik:

| | |
|--|--------|
| • DEXA Tes Tulang Punggung ATAU Tulang Belakang | RM 105 |
| • DEXA Tes Tulang Punggung DAN Tulang Belakang | RM 179 |
| • USG Prostat | RM 105 |
| • CT Paru-paru - LDCT (Untuk perokok) | RM 309 |
| • CT Penilaian Kalsium Arteri Jantung (CAC) | RM 567 |

**Semua pemeriksaan CT & MRI diperlukan pemesanan lebih awal.*

Lainnya:

| | |
|-----------------------------------|--------|
| • Tes Glaucoma (Tes Tekanan Mata) | RM 25 |
| • Tes Fungsi Paru-paru | RM 28 |
| • Tes Urea Pernafasan | RM 240 |



Waktu Klinik

| | |
|-------------------------|---------------------------|
| Senin - Kamis | : 8.00 pagi - 5.00 sore |
| Jumat & Ahad | : 8.00 pagi - 1.00 siang |
| Istirahat Makan | : 1.00 siang - 2.00 siang |
| Sabtu & Hari Libur Umum | Tutup |

Untuk info lanjut, hubungi
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Paket
**PEMERIKSAAN
KESIHATAN**
Wellness

PRIA

PREMIER WELLNESS

- Pemeriksaan Tubuh dan Konsultasi dengan Dokter Wellness
- Tes Air Seni dan Darah (> 50 jenis tes)

Golongan Darah (A, B, AB, O & Rh)

Pemeriksaan Darah Lengkap (Haemoglobin, PCV, Total Butir Darah Putih - Neutrofil, Limfositis, Monositis, Eosinofil, Basofil, Indeks Butir Darah Merah - Total Butir Darah Merah, MCV, MCH, MCHC, Jumlah Platelet)

ESR

Profil Lipids (Total Chol, HDL, LDL, Trig, Total Chol/ HDL)

Antibodi Hep Bs (AbsAb) & Antigen (AbsAg)

TSH (Tiroid)

Faktor RA (Rheumatoid Arthritis)

AFP (Alpha Feto Protein)

Fungsi Ginjal [Urine FEME, Sodium, Potasium (K+), Klorid, Karbon Dioksida, Kalsium (CA ++), Kreatinin, Fosfate (PO4)],

Asam Urat (Urate)

Fungsi Hati [Total Bilirubin, Total Protein, Albumin, Globulin, Alkalin Fosfatase, AST (SGOT), ALT (SGPT) & GGT]

- Tes Diabetes - Glukosa dan HbA1c
- Tes Tinja (Pendarahan dalam usus)
- Ronsen Paru-paru dan Jantung
- USG Organ-organ Perut Atas
- Elektrografi Jantung (Lari di atas Treadmill)**
- Evaluasi Resiko terhadap Kesehatan termasuk:-
 - Nasehat Gaya Hidup Sehat dan Makan Sehat
 - Evaluasi Senam Aerobik
 - Analisa Kegemukan dan Tes Kelenturan

GOLD WELLNESS

Termasuk semua paket dalam
PREMIER WELLNESS



- Tes Fungsi Paru-paru
- Tes Glaucoma (Tes Tekanan Mata)
- DEXA Tes Tulang Punggung DAN Tulang Belakang (Tes Kerapuhan Tulang)
- Helikobakter Piloni IGG dengan CIM
- CEA (Tes Tanda Tumor - Usus Besar)
- USG Prostat

• Tes Kekurangan Vitamin D

ATAU

• PSA Tes Tanda Tumor Prostat (umur atas 40)

SUPREME WELLNESS

(Slot MRI terbatas. Hubungi kami untuk kepastian slot MRI)

Termasuk semua paket dalam
GOLD WELLNESS



- Audiometri (Tes Pendengaran)
- MRI Organ-organ Perut dan Rahim/ Prostat (Tanpa Kontras)
 - Tanpa USG organ-organ perut
- Antibodi Hepatitis A - IGG & IGM
- Hepatitis C
- Tes Jantung - melalui Tes Darah
 - C-Reaktif Protein Sensitif Tinggi
 - Homosistin
- CA 19.9 - (Tes Tanda Tumor - Pankreas)
- Tes Kekurangan Vitamin D
- PSA (Tes Tanda Tumor - Prostat) (umur atas 40)

*Semua paket diperlukan pemesanan lebih awal.

**Semua Hasil Elektrografi Jantung akan dievaluasi oleh Spesialis Jantung.

Gratis satu kupon untuk set makan atau roti.

Semua harga dan spesifikasi dapat berubah tanpa pemberitahuan sebelumnya.

PRIA

RM **730**

Waktu: 4-5 jam

PRIA

RM **1,030**

Waktu: 5-6 jam

PRIA

RM **2,320**

Waktu: 5-6 jam

选择性检验

血液检验:

| | |
|--|--------|
| • 维生素D检测 | RM 63 |
| • 维生素B12检测 | RM 70 |
| • 甲状腺荷尔蒙 - FT3 & FT4 | RM 78 |
| • 胚胎性癌抗原 - 肠癌 (CEA) | RM 56 |
| • 肿瘤标志 - 胰脏癌 (CA 19.9) | RM 88 |
| • 前列腺特定抗原 - 摄护腺 (PSA) (建议于男士 > 40岁) | RM 73 |
| • A型肝炎抗体 | RM 73 |
| • C型肝炎抗体 | RM 72 |
| • 爱滋病 I & II 型抗体 | RM 52 |
| • 幽门螺杆菌 | RM 38 |
| • 鼻咽癌肿瘤标志物 (EB病毒 VCA - Ig A) | RM 150 |
| • 鼻咽癌肿瘤标志物 (EB病毒 EA - Ig A) | RM 150 |
| • 尿液微量白蛋白 (糖尿病患者而已) | RM 34 |

诊断成像:

| | |
|-------------------------------|--------|
| • 骨骼密度测量 (骨骼疏松症检验) - 髌骨或脊椎 | RM 105 |
| • 骨骼密度测量 (骨骼疏松症检验) - 髌骨及脊椎 | RM 179 |
| • 腹部或骨盆超音波扫描 | RM 105 |
| • 低剂量胸腔电脑断层扫描 (建议吸烟者) | RM 309 |
| • 冠状动脉钙化 (CAC) 扫描 | RM 567 |

**所有 CT 和 MRI 扫描需提前预约。*

其他:

| | |
|-------------------|--------|
| • 青光眼检验 (眼睛压力的检查) | RM 25 |
| • 肺部功能检验 | RM 28 |
| • 尿素呼吸测试 | RM 240 |



诊所时间

| | |
|-----------|-------------------|
| 周一 - 周四 | 早上 8.00 - 下午 5.00 |
| 周五 & 周日 | 早上 8.00 - 下午 1.00 |
| 午休时间 | 中午 1.00 - 下午 2.00 |
| 周六 & 公共假期 | 关闭 |

欲知更多, 请联系

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保健 健康检验 配套

男士

PREMIER WELLNESS

- 体检, 咨询及报告分析 (由保健医生负责)
- 血液检验及尿液检验 (> 50 种类检验)

| |
|--|
| 血型 (A, B, AB, O & Rh) |
| 血液检测 (Haemoglobin, PCV, Total White Blood Cell - Neutrophils, Lymphocytes, Monocytes, Eosinophils, Basophils, Red Blood Cell Index - Total Red Blood Cell, MCV, MCH, MCHC, Platelet count) |
| ESR |
| 脂质谱 (Total Chol, HDL, LDL, Trig, Total Chol/ HDL) |
| B 型肝炎抗体 (AbsAb) 与抗原 (AbsAg) |
| 甲状腺素 (Thyroid) |
| 风湿性关节炎因子 (Rheumatoid Arthritis) |
| 甲型胎兒蛋白 (AFP) (Alpha Feto Protein) |
| 肾功能 [Urine FEME, Sodium, Potassium (K+), Chloride, Carbon Dioxide, Calcium (CA ++), Creatinine, Phosphate (PO4)] |
| 尿酸 (Urate) |
| 肝功能 [Total Bilirubin, Total Protein, Albumin, Globulin, Alkaline Phosphatase, AST (SGOT), ALT (SGPT) & GGT] |

- 糖尿病检验 - 葡萄糖与 HbA1c 检验
- 粪便潜血检验
- 胸部 X 光照射
- 上腹部超音波扫描
- 心电图 (运动心电图 / 心电图)**
- 健康风险评估包括:-
 - 生活习惯及饮食评估
 - 体能评估
 - 脂肪检验, 及伸舒检验

GOLD WELLNESS

包括配套

PREMIER WELLNESS



- 肺部功能检验
- 青光眼检验 (眼压检查)
- 骨骼密度测量 (骨骼疏松症检验) - 髌骨及脊椎
- 幽门螺杆菌检验
- 胚胎性癌抗体 - 肠癌 (CEA)
- 下腹部超音波扫描

• 维生素 D 检测

或

• 前列腺特定抗原 - 摄护腺 (PSA) (建议男士 > 40 岁)

*所有配套需提早预约。

**所有心电图报告将由心脏专科医生分析。

SUPREME WELLNESS

(MRI 空档有限, 请致电确认)

包括配套

GOLD WELLNESS



- 听觉测试
- 腹部及骨盆磁力共振扫描 (MRI)
 - 替代上和下腹部的超音波扫描
- A 型肝炎抗体
- C 型肝炎抗体
- 心脏检查 - 血液检验
 - 高灵敏度 C 反应蛋白
 - 同型半胱氨酸
- 肿瘤标志 - 胰脏癌 (CA 19.9)
- 维生素 D 检测
- 前列腺特定抗原 - 摄护腺 (PSA) (建议男士 > 40 岁)

一份免费膳食 / 面包券。

所有价格和规格如有变动, 恕不另行通知。

男士

RM **730**

预时为: 4-5 小时

男士

RM **1,030**

预时为: 5-6 小时

男士

RM **2,320**

预时为: 5-6 小时