

Kuala Lumpur

Medical Packages

Validity: 31 December 2018



PUSAT PERUBATAN
TROPICANA
MEDICAL CENTRE

Include 3d2n package with Tropicana Lifestyle Awareness Assessment

ONLY

USD 435

PER PAX



Gleneagles™
KUALA LUMPUR

Include 3d2n package with Gleneagles Comprehensive Screening

ONLY

USD 539

PER PAX



INSTITUT JANTUNG NEGARA
National Heart Institute

Include 3d2n Package with IJN Fitness Wellness Package

ONLY

USD 445

PER PAX



PANTAI HOSPITAL
Kuala Lumpur

Include 3d2n in Package with Pantai Prestige Screening

ONLY

USD 499

PER PAX

Medical Tour Program

Day 1 : Upon arrival to Kuala Lumpur International Airport, Meet & Greet service and transfer to your hotel to check-in. Free at leisure.

FASTING REQUIRED FROM 12.00MIDNIGHT FOR NEXT MORNING MEDICAL SCREENING

Day 2 : Before your breakfast, we will transfer you to the Medical Centre by 7.30am for your Medical screening procedures.

Once complete, you will be transferred back to your hotel

Day 3 : Free at leisure until your transfer to airport for flight departure

All Packages Include:

- ✓ 2 Nights Accommodation in 3* Hotel with daily Breakfast
- ✓ Return Transfer to Medical Center (Drop-Off)
- ✓ Private Return Airport Transfer
- ✓ Medical Screening Package as mentioned
- ✓ Personalized Welcome and Escort upon Arrival

Review of family health history
Measure Body Mass Index (BMI)
Examine the rate and rhythm of heart
Check blood pressure
Check peripheral and carotid pulses
Hearing tests
Assess teeth, gums and throat
Central nervous system and reflexes
Spinal examination
Examine testes or breasts for lumps

Radiology investigation

✓ Chest X-ray

Cardiac examination

✓ Resting ECG

✓ Stress Test

✓ Lung function test

Eye screening

**Consultation and review by Consultant
Specialist**

Blood and urine tests

✓ Full blood count

✓ Renal profile

✓ Liver function test

✓ Fasting serum lipid

✓ Blood Sugar:

✓ Fasting blood sugar

- HbA1c

✓ Thyroid function test (Free T4 and TSH)

✓ hsCRP

✓ Hepatitis screening: Hep B Ab & Ag, Hep C

✓ ABO and Rh

✓ Urine FEME

Health Assessment (Pre-assessment Guidelines)

1. Kindly present the necessary documents (e.g. identification card, passport, company's letter or staff pass) for verification upon registration.
2. As some of the tests requires fasting (e.g. blood test and ultrasound abdomen), please abstain from food and drinks for at least 10 hours before your scheduled appointment. However, sips of plain water are allowed during fasting period.
3. Please do not take medicine or insulin for diabetes on the morning of the scheduled appointment. Regular high blood pressure and/or heart medication can be continued.
4. Please bring your past medical reports, X-ray film(s) and medication (if any).
5. As we will be testing your vision, please bring your glasses (if any) for distant and near vision tests. Please do not put on your contact lenses on the day of your appointment.
6. For your comfort and the convenience of the medical examination, it is advisable to wear a two-piece outfit.
7. Collection of urine and stool specimens are required for the purposes for your health screening. The sample bottles will be provided on the day of screening itself. Alternatively, you may drop by any of our health screening centres to pick up sample bottle if you wish to collect the samples prior to your appointment.
8. (For ladies only) It is advisable for urine, stool and pap smear tests to be conducted at least 5 days before the start of menstruation or 5 days after the end of menstruation.
9. The entire screening will be completed in one morning.

Review of family health history

- ✓ Measure Body Mass Index (BMI)
- ✓ Examine the rate and rhythm of heart using a stethoscope
- ✓ Check blood pressure
- ✓ Check peripheral and carotid pulses
- ✓ Hearing tests
- ✓ Assess teeth, gums and throat
- ✓ Check the response of your central nervous system and reflexes
- ✓ Examine spine if you have a history of back problems
- ✓ Examine testes or breasts for lumps

Radiology Investigation

- ✓ Chest X-ray

Cardiac Service Investigation

- ✓ ECG
- ✓ Exercise Stress Test (Treadmill)
- ✓ 2D Echocardiography

Physiotherapy

- ✓ Lung Function Test

Blood and urine tests

- ✓ Full Blood Count
- ✓ Renal Profile
- ✓ Liver Function Test
- ✓ Fasting Serum Lipids
- ✓ Fasting Blood Sugar
- ✓ Urine FEME

Consultation and review by Cardiologist

Summary report

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Review of family health history
Measure Body Mass Index (BMI)
Examine the rate and rhythm of heart
Check blood pressure
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Hearing tests
Assess teeth, gums and throat
response of your central nervous system and reflexes
Examine spine for history of back problems
Examine testes or breasts for lumps

Cardiac examination

- ✓ ECG with Report
- ✓ Stress ECG (Treadmill)

Physiotherapy

- ✓ Lung Function Test

Radiology Investigation

- ✓ Chest X-Ray
- ✓ Ultrasound Abdomen and Pelvis

Blood and urine tests (cont)

- ✓ Full blood count
- ✓ Renal profile
- ✓ Liver function test
- ✓ Fasting serum lipid
- ✓ Blood Sugar:
- ✓ Fasting blood sugar
- ✓ HbA1c
- ✓ Thyroid function test (Free T4 and TSH)
- ✓ hsCRP
- ✓ Hepatitis screening: Hep B Ab & Ag, Hep C
- ✓ ABO and Rh
- ✓ Calcium
- ✓ Calcium
- ✓ Phosphates
- ✓ Urid Acid
- ✓ Tumour Marker (Alpha Feto Protein)
- ✓ TPHA(Syphillis)
- ✓ Rheumatoid Arthritis
- ✓ Carcinoembryonic antigen (CEA)
- ✓ Urine FEME

Review of Report

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Clinical Examination

- ✓ Consultation by Specialist
- ✓ History Taking and Physical Examination
- ✓ Body Mass Index (BMI)
- ✓ Height & Weight
- ✓ Blood Pressure
- ✓ Colour Vision
- ✓ Visual Acuity (Snellen Chart)

Cardiology Assessment

- ✓ Electrocardiogram (ECG)
- ✓ Stress Test (Treadmill)

Imaging Test

- ✓ Chest x-ray
- ✓ Ultrasound of full abdomen
- ✓ Laboratory Investigation
- ✓ Anaemia & Blood Screening
- ✓ Blood Grouping & Rhesus Typing
- ✓ Diabetic Screen & Haemoglobin
- ✓ Gout (Uric Acid)
- ✓ Hepatitis B Screening
- ✓ Lipid / Coronary Risk Profile
- ✓ Liver Function Profile
- ✓ Renal Function Profile
- ✓ Thyroid Function
- ✓ Urine Analysis (Urine FEME)
- ✓ TPHA (Syphilis)
- ✓ Tumour Marker (Alpha Feto Protein)

Consultation and review by Specialist Refreshment

Health Assessment (Pre-assessment Guidelines)

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Penang

Medical Packages

Validity: 31 December 2018



3d2n 3* package & Gold Wellness Screening

USD **465** PER PAX



3d2n package & Gleneagles Deluxe Profile Screening

USD **379** PER PAX

Itinerary Summary

Day 1 : Arrive to Penang and direct check-in to hotel

Day 2 : Medical Screening at choice of medical centre with return transfer provided

Day 3 : Free at Leisure until transfer to airport for flight departure

All Packages Include:

- ✓ 2 Nights in a Penang 3* Hotel with daily Breakfast
- ✓ All transfers as required by the itinerary
- ✓ Return Transfer to Medical Center (Drop-Off)
- ✓ Medical Screening Package as mentioned



Deluxe Profile

- ✓ Physical examination by a Specialist
- ✓ Visual acuity
- ✓ Body fat measurement/B.M. I

Radiology

- ✓ Chest x-ray and ultrasound scan of the abdomen
- ✓ Ultrasound Scan of Pelvis (Lower Abdomen)
- ✓ Electrocardiogram (E.C.G.)
- ✓ Exercise Stress Test (Treadmill)

Full Blood Count

- ✓ Hemoglobin
- ✓ White Blood Count
- ✓ Differential Count
- ✓ Total Red Blood Count
- ✓ HCT (PVC)
- ✓ MCV
- ✓ MCHC
- ✓ MCH
- ✓ Platelet Count
- ✓ EST

Hepatitis

- ✓ HBs Ag
- ✓ HBs Ab
- ✓ HAV IgG

Lipid Profile

- ✓ Cholesterol
- ✓ Triglycerides
- ✓ HDL Cholesterol
- ✓ LDL Cholesterol
- ✓ Total Cholesterol/HDL Ratio

Urine Test

- ✓ Urine FEME

Liver Function Tests

- ✓ Total Protein
- ✓ Albumin
- ✓ Globulin
- ✓ Albumin/Globulin Ratio
- ✓ Total Bilirubin
- ✓ Alkaline Phosphatase
- ✓ Gamma GT
- ✓ SGPT
- ✓ SGOT

Renal Function Tests

- ✓ Creatinine
- ✓ Urea
- ✓ Uric Acid
- ✓ Calcium
- ✓ Phosphate
- ✓ Sodium
- ✓ Potassium
- ✓ Chloride

Test for Diabetes

- ✓ Fasting Glucose
- ✓ Glyco Hb (HBA1C)

Others

- ✓ Free T4
- ✓ T4
- ✓ TSH
- ✓ VDRL
- ✓ Blood Group

Post Examination Review



Gold Wellness

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) by Cardiologist

Lung Function Test

Health Risk Appraisal (HRA) includes: -

Lifestyle Evaluation & Aerobic Fitness Evaluation

Diet Recall & Consultation

Body Fat Analysis & Flexibility Test

Glaucoma Test (Eye Pressure)

DEXA Hip & Spine (Osteoporosis Screen)

Helicobacter Pylori IGG

CEA (Tumour Marker – Colon)

PSA (Tumour Marker -Prostate)

Ultrasound of Pelvis/Lower Abdomen