

Bethesda
MEDICAL
#TowardsaHealthierYou



**SPECIALISED HEALTH SCREENING
TAILORED TO YOUR NEEDS**

Take care of your body, it's the only place you have to live

Are you thinking of...

- **increasing the intensity of your exercise regime or starting a new workout**
- **running a marathon but worried if your heart and lungs can take it?**
- **if you are drinking too much?**
- **are you eating too much during the festivities?**
- **what is your general health score?**



Discover the Bethesda Medical difference

At Bethesda Medical, we understand that proactive healthcare is the cornerstone of a vibrant, fulfilling life. Our comprehensive range of Specialised Health Screening packages are designed to empower you on your journey towards total well-being.

From nutrition screening, sports screening to weight management, our offerings cater to diverse lifestyles and individual needs. Our Centres are conducive for Family Health Screenings with comprehensive radiology and diagnostics equipment for in-depth screenings beyond basic blood test screenings.

With a team of dedicated medical staff, we provide you with the insights and guidance necessary to take charge of your health. Prioritize the gift of good health for you and your family with a comfortable and stress-free experience at Bethesda Medical.

Specialised Health Screening Packages

Are you concerned about your nutrition, cholesterol level or any hormonal problem that might affect your weight?



Metabolism & Nutrition Screening - \$168

Doctor's Consultation

Medical Examination

Clinical Measurement

Body Fat Analysis & Waist Measurement

Blood & Nutrition

- Full Blood Count
- Nutrition Screen - Vit B12, Folic Acid, Ferritin

Metabolic

- Lipids/Cholesterol Profile
- Glucose, HBA1C
- Uric Acid

Thyroid

- Free T4, TSH

Liver

- Protein, Bilirubin, Albumin, Globulin, AG Ratio, ALT, AST, SAP, GGT

Renal

- Sodium, Potassium, Chloride, Urea, Creatinine
- Urine Analysis FEME

Optional add-on:

- Ultrasound Liver - **\$117**
- Dexa Body Composition Scan - **\$117**

Are you increasing the intensity of your exercise regime or starting a new workout?



Sports & Fitness Health - \$338

Doctor's Consultation
Medical Examination
Clinical Measurement
Body Fat Analysis

Blood & Metabolic

- Full Blood Count
- Lipids/Cholesterol Profile
- Glucose / HBA1C
- Uric Acid

Thyroid Function

- Free T4, TSH

Liver Function

- Protein, Bilirubin, Albumin, Globulin, A/G ratio, ALT, AST, SAP, GGT

Renal Function

- Sodium, Potassium, Chloride, Urea, Creatinine
- Urine Analysis FEME
- Urine micro albumin / creatinine ratio

Heart

- 12 Lead ECG

Lung Function

- Spirometry
- Chest Xray

Optional add-on:

Cardiac Inflammation Profile - **\$98**

- CRP (Inflammatory marker)
- CK, CKMB (Heart muscle)
- Troponin I (cardiac muscle injury)

Treadmill Stress Test - **\$180**

Are you planning to start a family or have concerns about your reproductive health?



Premarital, Preconception Health (Male) – \$388

Doctor's Consultation Medical Examination Clinical Measurement

Blood & Nutrition

- Full Blood Count
- Vitamin B12, Folic Acid, Ferritin
- HB Electrophoresis (Thalassaemia Screen)

Metabolic

- Lipids/Cholesterol Profile
- Glucose
- Uric acid

Renal

- Urea, Creatinine

Liver

- Protein, Bilirubin, Albumin, Globulin, A/G ratio, ALT, AST, SAP, GGT

Hormone

- Testosterone
- Follicle Stimulating Hormone (FSH), Luteinising Hormone (LH)
- Prolactin
- Free T4

Ultrasound – Choice of one:

- Ultrasound Testis
- Ultrasound Liver

Optional add-on:

Infection Screen (ST03) - **\$150**

- Chlamydia & Gorrhoea PCR
- HIV Ag/Ab Screen
- Herpes Simplex Virus Type I, II IgG
- VD, RPR, TPPA (if syphilis reactive)

Seminal Analysis - **\$72**

Are you trying to conceive or have worries about your reproductive well-being?



Premarital or Preconception Health (Female) – \$488

Doctor's Consultation

Medical Examination

Clinical Measurement

Blood & Nutrition

- Full Blood Count
- Vitamin B12, Folic Acid, Ferritin
- HB Electrophoresis (Thalassaemia Screen)

Metabolic

- Lipids/Cholesterol Profile
- Glucose
- Uric Acid

Renal

- Urea, Creatinine

Liver

- Protein, Bilirubin, Albumin, Globulin, A/G ratio, ALT, AST, SAP, GGT

Hormone

- Testosterone
- Estradiol E2, Progesterone
- Free T4, Free T3, TSH
- Follicle Stimulating Hormone (FSH), Luteinising Hormone (LH)
- Prolactin
- Anti-Mullerian Hormone

Ultrasound

- Ultrasound Pelvis

Optional add-on:

Infection Screen (ANT13) - \$180

- Hepatitis B, Ag, Ab
- Rubella IgG
- Toxoplasma IgG
- Herpes Type 1, 2 IgG
- VD, RPR, TPPA (if syphilis reactive)
- CMV IgG
- Varicella Zoster IgG

Do you consume alcohol and want to ensure your liver health is optimal?



**Liver Health 1
(Drinkers' Package 1) - \$238**

**Doctor's Consultation
Medical Examination
Clinical Measurement
Body Fat Analysis**

Liver

- Liver Function Test (Protein, Bilirubin, Albumin, Globulin, A/G ratio, ALT, AST, SAP, GGT)
- Hepatitis A & B Screen

Tumour marker

- Alpha Feto Protein

Ultrasound

- Ultrasound Hepatobiliary System

**Liver Health 2
(Drinkers' Package 2) - \$438**

**Doctor's Consultation
Medical Examination
Clinical Measurement
Body Fat Analysis**

Blood & Nutrition

- Full Blood Count
- Nutrition Screen (Vitamin B12, Folic Acid, Iron, TIBC, Transferrin, %Saturation)
- Uric Acid

Liver

- Liver Function Test (Protein, Bilirubin, Albumin, Globulin, A/G ratio, ALT, AST, SAP, GGT)
- Hepatitis A & B Screen

Tumour Marker

- Alpha Feto Protein

Gastric Risk Screen

- Helicobacter Pylori Antibody
- GastroClear

Ultrasound

- Ultrasound Hepatobiliary System

Optional add-on:

Urea Breath Test - \$198

Are you a smoker or have a history of smoking, and wish to assess your lung and gastrointestinal health?



Liver, Gastro & Lung Health - \$538

(Recommended for Drinkers & Smokers)

Doctor's Consultation
Medical Examination
Clinical Measurement
Body Fat Analysis

Blood and Nutrition

- Full Blood Count
- Nutrition Screen (Vitamin B12, Folic Acid, Iron, TIBC, Transferrin, % Saturation)

Liver

- Liver Function Test
- Hepatitis A & B Screen

Tumour Marker

- Alpha Feto Protein
- CEA

Gastric Risk Screen

- Helicobacter Pylori Antibody
- GastroClear

Lung Function Test

- Spirometry
- Chest X-Ray

Ultrasound

- Ultrasound Hepatobiliary System

Optional add-on:

Dexa Composition Scan - **\$117**
Urea Breath Test - **\$198**

CUSTOMISE YOUR HEALTH SCREENING WITH THESE OPTIONAL ADD ONS

TEST	PRICE
CYTOLOGY & OTHERS	
• ThinPrep Pap Smear	\$79.20
• HPV DNA	\$216
• HPV DNA and ThinPrep	\$252
• Seminal Analysis	\$72
• Urea Breath Test	\$198
RADIOLOGY & DIAGNOSTICS	
• Chest X-ray	\$18
• Bone Sonometry (Bone density using ultrasound technology)	\$99
• Tonometry (pressure in the eye)	\$45
• Audiometry	\$40.50
• Spirometry	\$45
• ECG	\$45
• Treadmill Stress ECG	\$180
• Bone Mineral Densitometry (Hip and Spine)	\$99
• DEXA Body Composition Scan	\$117
• Mammogram	\$126
• Ultrasound Breast	\$117
• Ultrasound Liver	\$117
• Ultrasound Pelvis	\$126
• Ultrasound Prostate	\$144
• Ultrasound Hepatobiliary System (Gallbladder, Liver, Spleen, Pancreas)	\$162
• Ultrasound Abdomen (Gallbladder, Liver, Spleen, Pancreas, Kidneys, Ureters, Bladder)	\$198
• Carotid Intimal Media Thickness CIMT	\$198

*all prices exclude GST. as of Dec 2023.
Prices subject to change without prior notice*

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**SKIP THE QUEUE, BOOK YOUR
APPOINTMENT TODAY**



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www.bethesdamedical.com.sg

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INFORMATION**