

Bethesda MEDICAL

#TowardsaHealthierYou



**GROW TOWARDS A HEALTHIER
YOU IN STYLE**

Specialised Health Screening Packages

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 like?**



Introducing Bethesda Medical's specialized health screening packages

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

From sports screening, fertility screening to weight management, our offerings cater to diverse lifestyles and individual needs. With a team of dedicated medical staff, we provide you with the insights and guidance necessary to take charge of your health.

Discover the Bethesda Medical difference, where personalised care meets advanced screening, setting you on the path to a healthier, more vibrant future.

Specialised Health Screening Packages

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

Metabolism and 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 - **\$90**
- DEXA Body Composition Scan - **\$130**

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



Sports & Fitness Health (Cardiac Package) - \$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?



Fertility 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 - **\$40**

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



Fertility 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 Screening 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 Screening 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 - \$150

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



Gastro & Lung Health - \$538

(Recommended for Drinkers and 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 - **\$130**
Urea Breath Test - **\$150**



Optional Add On Packages

Seminal Analysis - **\$40**

Ultrasound Liver - **\$90**

Dexa Body Composition Scan - **\$130**

Urea Breath Test - **\$150**

Treadmill Stress Test - **\$180**

Cardiac Inflammation Profile - \$98

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

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

Infection Screen (ST03) - \$150

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

Bethesda MEDICAL

EXECUTIVE HEALTH SCREENING & RADIOLOGY CENTRES

Suntec

Suntec City, 3 Temasek Boulevard,
#03-330 (Tower 1-2, North Wing),
S038983

Phone: 6337 8933

Full Radiology & Diagnostics Services

Grantral (MacPherson)

Grantral Mall, 601 Macpherson Road
#01-03/04, S368242

Phone: 6904 6678

*Full Radiology, Diagnostics & Dental
Services*

Margaret

Margaret Market,
38 Margaret Drive,
#02-01/02/03, S141038

Phone: 6322 3886

*X-ray, Ultrasound, O&G, Dental, and
Counselling Available*

Toa Payoh

Blk 500, Toa Payoh Lorong 6
#04-33 HDB Hub, S310500

Phone: 6253 5600

*X-ray, Ultrasound & Mammogram
Available*

Chin Cheng Avenue

Medical Centre for
Migrant Domestic Workers
3 Chin Cheng Ave, S429401

Phone: 8816 9933

X-ray Available

Bethesda MEDICAL

GP CLINICS

Yishun

Blk 293 Yishun St 22
#01-223, S760293
Phone: 6428 6081

Jurong

Blk 134 Jurong Gateway Road
#01-303A, S600134
Phone: 6428 6087

Ang Mo Kio

Blk 709 AMK Ave 8,
#01-2583 Lot A, S560709
Phone: 6428 6084

Beach Road

152 Beach Road #03-08
Gateway East, S189721
Phone: 6299 5398

Tampines

Blk 406 Tampines St 41
#01-31, S520406
Phone: 6783 1806

DENTAL CLINICS

Margaret

Margaret Market,
38 Margaret Drive,
#02-01/02/03, S141038
Phone: 6322 3886

*X-ray, Ultrasound, O&G, Dental, and
Counselling Available*

Grantral (MacPherson)

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*Full Radiology, Diagnostics &
Dental Services*

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



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