

# Bethesda MEDICAL

*#TowardsaHealthierYou*

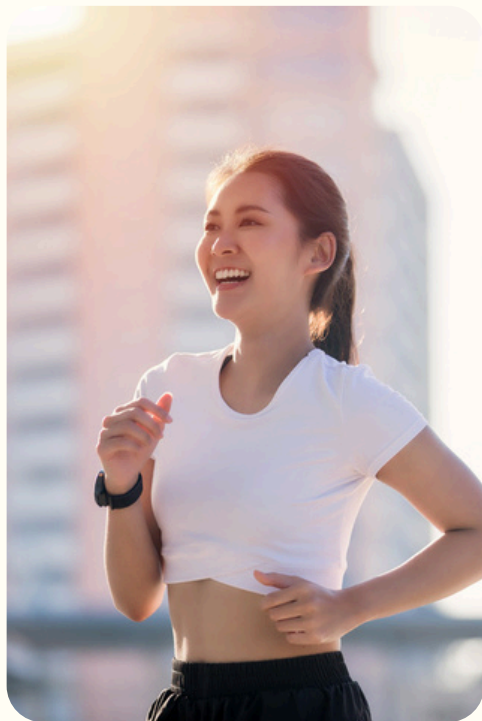


## **SPECIALISED HEALTH SCREENING TAILORED TO YOUR NEEDS**

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, any hormonal problem that might affect your weight?

## Metabolism & Nutrition Screening - \$183.12 include gst

### 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 - **\$127.53 include gst**
- Dexa Body Composition Scan - **\$127.53 include gst**

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



## **Sports & Fitness Health - \$368.42** include gst

### **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 - **\$106.82** include gst

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

Treadmill Stress Test - **\$196.20** include gst

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



## **Premarital, Preconception Health (Male) – \$422.92 include gst**

### **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) - **\$163.50** include gst

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

Seminal Analysis - **\$78.48** Include gst

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



Premarital or Preconception Health (Female) – \$531.92 include gst

**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) – **\$196.20** include gst

- 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) - \$259.42 include gst**

**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) - \$477.42 include gst**

**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 - \$215.82 include gst**

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



**Liver, Gastro & Lung Health - \$586.42 include gst**  
(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 - **\$127.53** include gst  
Urea Breath Test - **\$215.82** include gst



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



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[www.bethesdamedical.com.sg](http://www.bethesdamedical.com.sg)

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INFORMATION**