

# Bethesda MEDICAL

*#TowardsaHealthierYou*



**PREVENTION IS BETTER  
THAN CURE**

Prioritise your health with our

*Executive Health Screening*

# Why are health screenings important?

Health screening plays a pivotal role in safeguarding your well-being and promoting a healthier, more fulfilling life. By undergoing regular health screenings, you empower yourself with the knowledge needed to detect potential health issues early on, often before symptoms even manifest.

This early detection allows for timely intervention and management, significantly increasing the chances of successful treatment. Embracing health screening is a powerful step towards taking control of your health, ensuring a healthier, more vibrant future.



## Discover the Bethesda Medical difference

At Bethesda Medical, we understand that proactive healthcare is the cornerstone of a vibrant, fulfilling life. 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.

# Which health screening packages are suitable for me?

## Male Packages

Male	WITH RADIOLOGY/DIAGNOSTICS SERVICES				
	1	2	3	4	5
PACKAGE	PREMIUM	EXECUTIVE (MALE)	DELUXE (MALE)	ELITE (MALE)	PLATINUM (MALE)
AGE/PRICE	\$275.00	\$490.00	\$760.00	\$920.00	\$1,500.00
18-24	✓				
25-39	✓	✓	✓		
40-49	✓		✓	✓	
>50			✓	✓	✓

## Female Packages

Female	WITH RADIOLOGY/DIAGNOSTICS SERVICES				
	1	2	3	4	5
PACKAGE	PREMIUM	EXECUTIVE (FEMALE)	DELUXE (FEMALE)	ELITE (FEMALE)	PLATINUM (FEMALE)
Age/Price	\$275.00	\$490.00	\$760.00	\$920.00	\$1,500.00
18-24	✓				
25-39	✓	✓	✓		
40-49	✓		✓	✓	
>50			✓	✓	✓



## Premium Package - \$275

- **Pre-screening Consultation**
- **Post-screening Consultation**
- **Body measurements** (BP, PR, Height, Weight, BMI, Waist Circumference, Hip Circumference, Waist:Hip Ratio, Body Fat Analysis)
- **Blood Test**
  - Haematology (Full Blood Count, PBF)
  - Erythrocyte Sedimentation Rate (ESR)
  - Lipid Profile (Total, LDL, HDL Cholesterol, Triglycerides, Ratio)
  - Diabetic Screen (Glucose, HbA1c)
  - Kidney Function (Urea, Sodium, Potassium, Chloride, Creatinine)
  - Bone & Joint (Calcium, Phosphate, Uric Acid, Rheumatoid Factor) (Uric Acid)
  - Liver Function (Total Protein, Albumin, Globulin, A/G Ratio, AST, ALT, Gamma GT)
  - Hepatitis A & B (Hep A Ab, Hep BsAg + Ab)
  - Thyroid Function (Free T4, TSH)
- **Tumour Markers**
  - AFP
  - CEA
- **STD Screen (VDRL & TPHA if VDRL +)**
- **Urinalysis (Urine feme)**
- **Stool Analysis (Occult Blood)**
- **Diagnostics and others**
  - ECG



## Executive Package (Female/Male) - \$490

- **Pre-screening Consultation**
- **Post-screening Consultation**
- **Body Measurements** (BP, PR, Height, Weight, BMI, Waist Circumference, Hip Circumference, Waist:Hip Ratio, Body Fat Analysis)
- **Blood Test**
  - Haematology (Full Blood Count, PBF)
  - Erythrocyte Sedimentation Rate (ESR)
  - Lipid Profile (Total, LDL, HDL Cholesterol, Triglycerides, Ratio)
  - Diabetic Screen (Glucose, HbA1c)
  - Kidney Function (Urea, Sodium, Potassium, Chloride, Creatinine)
  - Bone & Joint (Calcium, Phosphate, Uric Acid, Rheumatoid Factor) (Uric Acid)
  - Liver Function (Total Protein, Albumin, Globulin, A/G Ratio, AST, ALT, Gamma GT)
  - Hepatitis A & B (Hep A Ab, Hep BsAg + Ab)
  - Thyroid Function (Free T4, TSH)
- **Tumour Markers**
  - AFP
  - CEA
  - CA 19.9
- **STD Screen (VDRL & TPHA if VDRL +)**
- **Urinalysis (Urine feme)**
- **Stool Analysis (Occult Blood)**
- **Diagnostics and others**
  - ECG
  - Chest X-ray
- **Optional Add-ons**
  - Neurowyzzr Digital Brain Function Screen (Screen for Cognitive Decline) -**\$50**

### Male Package includes

- **Tumour Markers:** PSA
- **Ultrasound Abdomen**

### Female Package includes

- **Tumour Markers:** CA 125
- **ThinPrep Pap Smear**
- **Ultrasound Pelvis**



## Deluxe Package (Female/Male) - \$760

- **Pre-screening Consultation**
- **Post-screening Consultation**
- **Body Measurements** (BP, PR, Height, Weight, BMI, Waist Circumference, Hip Circumference, Waist:Hip Ratio, Body Fat Analysis)
- **Blood Test**
  - Haematology (Full Blood Count, PBF)
  - Erythrocyte Sedimentation Rate (ESR)
  - Lipid Profile (Total, LDL, HDL Cholesterol, Triglycerides, Ratio)
  - Diabetic Screen (Glucose, HbA1c)
  - Kidney Function (Urea, Sodium, Potassium, Chloride, Creatinine)
  - Bone & Joint (Calcium, Phosphate, Uric Acid, Rheumatoid Factor) (Uric Acid)
  - Liver Function (Total Protein, Albumin, Globulin, A/G Ratio, AST, ALT, Gamma GT)
  - Hepatitis A & B (Hep A Ab, Hep BsAg + Ab)
  - Thyroid Function (Free T4, TSH)
- **Tumour Markers**
  - AFP
  - CEA
  - CA 19.9
- **Hormones**
  - Follicular Stimulating Hormone, Luteinising Hormone
- **STD Screen (VDRL & TPHA if VDRL +)**
- **Vitamin D**
- **Urinalysis (Urine feme)**
- **Stool Analysis (Occult Blood)**
- **Diagnostics and others**
  - ECG
  - Chest X-ray
  - Tonometry
- **Optional Add-ons**
  - Neurowyzyr Digital Brain Function Screen (Screen for Cognitive Decline) **-\$50**

### Male Package includes

- **Tumour Markers:** PSA
- **Ultrasound Abdomen**
- **Hormones:** Testosterone, SHBG

### Female Package includes

- **Tumour Markers:** CA 125
- **ThinPrep Pap Smear**
- **Ultrasound Pelvis**
- **Hormones:** Estradiol, Progesterone, FSH, LH





## Elite Package (Female/Male) - \$920

- **Pre-screening Consultation**
- **Post-screening Consultation**
- **Body Measurements** (BP, PR, Height, Weight, BMI, Waist Circumference, Hip Circumference, Waist:Hip Ratio, Body Fat Analysis)
- **Blood Test**
  - Haematology (Full Blood Count, PBF)
  - Erythrocyte Sedimentation Rate (ESR)
  - Lipid Profile (Total, LDL, HDL Cholesterol, Triglycerides, Ratio)
  - Diabetic Screen (Glucose, HbA1c)
  - Kidney Function (Urea, Sodium, Potassium, Chloride, Creatinine)
  - Bone & Joint (Calcium, Phosphate, Uric Acid, Rheumatoid Factor) (Uric Acid)
  - Liver Function (Total Protein, Albumin, Globulin, A/G Ratio, AST, ALT, Gamma GT)
  - Hepatitis A & B (Hep A Ab, Hep BsAg + Ab)
  - Hepatitis C Ab
  - Thyroid Function (Free T4, TSH)
- **Tumour Markers**
  - AFP
  - CEA
  - CA 19.9
- **STD Screen (VDRL & TPHA if VDRL +)**
- **Vitamin D**
- **Helicobacter Pylori Ab**
- **Urinalysis (Urine feme)**
- **Stool Analysis (Occult Blood)**
- **Diagnostics and others**
  - ECG
  - Chest X-ray
  - Carotid Intimal Media Thickness Scan CINT (Marker of subclinical atherosclerosis)
  - Tonometry
- **Optional Add-ons**
  - Neurowyze Digital Brain Function Screen (Screen for Cognitive Decline) -**\$50**
  - Imupro Screen+ (44 Food Intolerance Test) - **\$300**

### Male Package includes

- **Tumour Markers:** PSA
- **Ultrasound Abdomen**

### Female Package includes

- **Tumour Markers:** CA 125
- **ThinPrep Pap Smear**
- **Ultrasound Pelvis**
- **Ultrasound Breast OR Mammogram**



## Platinum Package (Female/Male) - \$1500

- **Pre-screening Consultation**
- **Post-screening Consultation**
- **Body Measurements** (BP, PR, Height, Weight, BMI, Waist Circumference, Hip Circumference, Waist:Hip Ratio, Body Fat Analysis)
- **Blood Test**
  - Haematology (Full Blood Count, PBF)
  - Erythrocyte Sedimentation Rate (ESR)
  - Lipid Profile (Total, LDL, HDL Cholesterol, Triglycerides, Ratio)
  - Diabetic Screen (Glucose, HbA1c)
  - Kidney Function (Urea, Sodium, Potassium, Chloride, Creatinine)
  - Bone & Joint (Calcium, Phosphate, Uric Acid, Rheumatoid Factor) (Uric Acid)
  - Liver Function (Total Protein, Albumin, Globulin, A/G Ratio, AST, ALT, Gamma GT)
  - Hepatitis A & B (Hep A Ab, Hep BsAg + Ab)
  - Hepatitis C Ab
  - Thyroid Function (Free T4, TSH)
- **Tumour Markers**
  - AFP
  - CEA
  - CA 19.9
- **Hormones**
  - Follicular Stimulating Hormone, Luteinising Hormone
- **STD Screen (VDRL & TPHA if VDRL +)**
- **Vitamin D**
- **Helicobacter Pylori Ab**
- **Urinalysis (Urine feme)**
- **Stool Analysis (Occult Blood)**
- **Diagnostics and others**
  - ECG
  - Carotid Intimal Media Thickness Scan CIMT (Marker of subclinical atherosclerosis)
  - Chest X-ray
  - Ultrasound Abdomen
  - Audiometry
  - Tonometry
  - Spirometry
- **Bone**
  - Bone Density Sonometry (\*Suntec) **OR**
  - Dexa Bone Density Scan (\*Macpherson)
- **Brain Health**
  - Neurowyzz Digital Brain Function Screen (Screen for Cognitive Decline)
- **Optional Add-ons**
  - High Resolution CT Lung (Lung Cancer Screening) -**\$500**
  - Imupro Screen+ (44 Food Intolerance Test) - **\$300**

### Male Package includes

- **Tumour Markers:** PSA
- **Hormones:** Testosterone, SHBG (Male)
- **Treadmill Stress ECG** (Cardiovascular diagnostic stress test)
- **Ultrasound Prostate**

### Female Package includes

- **Tumour Markers:** CA 125
- **ThinPrep Pap Smear**
- **Ultrasound Breasts OR Mammogram**
- **Ultrasound Pelvis**
- **Hormones:** Estradiol, Progesterone, FSH, LH
- **HPV DNA Detection with Genotype 16 & 18**





## Platinum Plus Package (Female/Male) - \$2000

- **Pre-screening Consultation**
- **Post-screening Consultation**
- **Body Measurements** (BP, PR, Height, Weight, BMI, Waist Circumference, Hip Circumference, Waist:Hip Ratio, Body Fat Analysis)
- **Blood Test**
  - Haematology (Full Blood Count, PBF)
  - Erythrocyte Sedimentation Rate (ESR)
  - Lipid Profile (Total, LDL, HDL Cholesterol, Triglycerides, Ratio)
  - Diabetic Screen (Glucose, HbA1c)
  - Kidney Function (Urea, Sodium, Potassium, Chloride, Creatinine)
  - Bone & Joint (Calcium, Phosphate, Uric Acid, Rheumatoid Factor) (Uric Acid)
  - Liver Function (Total Protein, Albumin, Globulin, A/G Ratio, AST, ALT, Gamma GT)
  - Hepatitis A & B (Hep A Ab, Hep BsAg + Ab)
  - Hepatitis C Ab
  - Thyroid Function (Free T4, TSH)
- **Tumour Markers**
  - AFP
  - CEA
  - CA 19.9
- **Hormones**
  - Follicular Stimulating Hormone, Luteinising Hormone
- **STD Screen (VDRL & TPHA if VDRL +)**
- **Vitamin D**
- **Helicobacter Pylori Ab**
- **Urinalysis (Urine feme)**
- **Stool Analysis (Occult Blood)**
- **Diagnostics and others**
  - ECG
  - CT Calcium Score (Risk of Heart Disease)
  - Chest X-ray
  - Ultrasound Abdomen
  - Audiometry
  - Tonometry
  - Spirometry
- **Bone**
  - Bone Density Sonometry (\*Suntec) **OR**
  - DEXA Bone Density Scan (\*Macpherson)
- **Brain Health**
  - Neurowyze Digital Brain Function Screen (Screen for Cognitive Decline)
- **Allergy**
  - Imupro Screen+ (44 Food Intolerance Test)
- **Optional Add-ons**
  - High Resolution CT Lung (Lung Cancer Screening) -**\$500**

### Male Package includes

- **Tumour Markers:** PSA
- **Hormones:** Testosterone, SHBG (Male)
- **Ultrasound Prostate**
- **Carotid Intimal Media Thickness CIMT**

### Female Package includes

- **Tumour Markers:** CA 125
- **Ultrasound Breasts OR Mammogram**
- **Ultrasound Pelvis**
- **Hormones:** Estradiol, Progesterone, FSH, LH

# Executive Health Screening Packages Comparison

TEST PANELS		PREMIUM	EXECUTIVE	DELUXE	ELITE	PLATINUM	PLATINUM +
		\$275	\$490	\$760	\$920	\$1,500	\$2,000
Doctor Consultation	Pre-screening Consultation	✓	✓	✓	✓	✓	✓
	Post-screening Consultation	✓	✓	✓	✓	✓	✓
Body Measurements	BP, Heart Rate, Height, Weight, BMI, Body Fat Analysis	✓	✓	✓	✓	✓	✓
BLOOD TEST							
Haematology	Full Blood Count, Peripheral Blood Film	✓	✓	✓	✓	✓	✓
	Erythrocyte Sedimentation Rate (ESR)	✓	✓	✓	✓	✓	✓
Lipid Profile	Total cholesterol, LDL-, HDL-Cholesterol, Triglycerides, Ratio)	✓	✓	✓	✓	✓	✓
Diabetic Screen	Glucose, HbA1c	✓	✓	✓	✓	✓	✓
Kidney Function	Urea, Sodium, Potassium, Chloride, Creatinine	✓	✓	✓	✓	✓	✓
Bone & Joint	Calcium, Phosphate, Uric Acid, Rheumatoid Factor	✓	✓	✓	✓	✓	✓
Liver Function	Bilirubin, Total Protein, Albumin, Globulin, A/G Ratio, AST, ALT, Alkaline Phosphatase, Gamma GT	✓	✓	✓	✓	✓	✓
Hepatitis Profile	Hepatitis A (HepA IgG Ab)	✓	✓	✓	✓	✓	✓
	Hepatitis B (HepBs Ag + Ab)	✓	✓	✓	✓	✓	✓
	Hepatitis C Ab				✓	✓	✓
Thyroid Function	Free T4, TSH	✓	✓	✓	✓	✓	✓
Tumour Markers	AFP (Liver)	✓	✓	✓	✓	✓	✓
	CEA (Colon)	✓	✓	✓	✓	✓	✓
	CA 19.9 (Pancreas)		✓	✓	✓	✓	✓
	PSA (Prostate-Male)		male	male	male	male	male
	CA 125 (Ovarian-Female)		female	female	female	female	female
STD Screen	VDRL & TPHA if VDRL +ve (Syphilis Screen)	✓	✓	✓	✓	✓	✓
Hormones	Follicular Stimulating Hormone, Luteinising Hormone			✓		✓	✓
	Estradiol, Progesterone (Female)			female		female	female
	Testosterone, SHBG (Male)			male		male	male
Others	Vitamin D		✓	✓	✓	✓	✓
	Helicobacter Pylori Ab (Chronic Gastritis)				✓	✓	✓
URINE & STOOL TEST							
Urine / Stool Analysis	Urine FEME	✓	✓	✓	✓	✓	✓
	Stool Occult Blood	✓	✓	✓	✓	✓	✓
CYTOLOGY							
Cytology	ThinPrep Pap Smear		female	female	female	female	
	HPV DNA with Genotype 16 & 18					female	
SPECIALISED DIAGNOSTICS							
Cardiovascular	Electrocardiogram ECG	✓	✓	✓	✓	✓	✓
	Carotid Intimal Media Thickness Scan CIMT (Marker of subclinical atherosclerosis)				✓	✓	
	Treadmill Stress ECG (Cardiovascular diagnostic stress test)					male	
	CT Calcium Score (Risk of Heart Disease)						✓
Lungs	Chest X-ray		✓	✓	✓	✓	✓
	Spirometry (Lung Function)					✓	✓
	High Resolution CT Lung (Lung Cancer Screening)					\$500 option	\$500 option
Breast	Ultrasound Breast, or				female - choice of either	female - choice of either	female - choice of either
	Mammogram						
Abdomen	Ultrasound Abdomen (Gallbladder, Liver, Spleen, Pancreas, Kidneys, Ureters, Bladder)		male	male	male	✓	✓
Pelvis	Ultrasound Pelvis		female	female	female	female	female
Prostate	Ultrasound Prostate					male	male
Ear, Nose, Throat	Audiometry					✓	✓
Eye	Tonometry (Glaucoma Screen)			✓	✓	✓	✓
Bone	Bone Density Sonometry (*Suntec), or					choice of either	choice of either
	Dexa Bone Density Scan (*Macpherson)						
Brain Health	Neurowyzz Digital Brain Function Screen (Screen for Cognitive Decline)		\$50 option	\$50 option	\$50 option	✓	✓
Allergy	Imupro Screen+ (44 Food Intolerance Test)				\$300 option	\$300 option	✓

## CUSTOMISE YOUR HEALTH SCREENING WITH THESE OPTIONAL ADD ONS

TEST	PRICE
<b>CYTOLOGY &amp; OTHERS</b>	
• ThinPrep Pap Smear	\$79.20
• HPV DNA	\$216
• HPV DNA and ThinPrep	\$252
• Seminal Analysis	\$72
• Urea Breath Test	\$198
<b>RADIOLOGY &amp; DIAGNOSTICS</b>	
• 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*

# Bethesda MEDICAL

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



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