

Your starter guide for a healthier you.

Good health is now in your hands with our all-new Marketplace

Connect to your nearest **healthcare service providers** via our Marketplace to access over **1,000+ healthcare packages** available nationwide*.

*Terms & Conditions apply.



Ready to start your health screening? Here's how:



GENERAL



- Blood test,
- Urine test,
- Lipid profile,
- Liver/renal function tests, &
- Cancer tumour marker.

FOR MEN



- Additional focus on heart (stress test) &
- Ultrasound for prostate function check.

FOR WOMEN



- Pap smear &
- Ultrasound/mammogram for breast check.

FOR KIDS



- Vision examination,
- Early childhood assessment,
- Full blood profile test (Doctors can find possible problems like anaemia, infections or other conditions for your children).

Important:

Stay proactive with your health by scheduling regular checkups with your healthcare provider, regardless of how you feel. These visits can prevent future complications.



Have you done your necessary vaccination? Here are some important ones:

FOR TRAVEL



- Typhoid vaccine,
- Meningococcal vaccine,
- Pneumococcal vaccine,
- Influenza vaccine, & more.

FOR CHILDREN



- Chickenpox vaccine,
- Rotavirus vaccine,
- MMR vaccine,
- Pneumococcal vaccine,
- Influenza vaccine.

FOR IMMUNE BOOST



- Influenza vaccine,
- HPV vaccine,
- Hepatitis vaccine and boosters,
- Pneumococcal vaccine, etc.
- Tetanus vaccine,

Commonly needed vaccines for men & women:

Flu shot, TDAP vaccine, Chickenpox vaccine, Hepatitis B vaccine, Measles, Rubella (MMR) vaccine, & HPV vaccine¹.



Looking for more specific testing? Here are some diagnostic tests offered:



FOR ALL AGES



- Hearing assessment – Audiologists will examine your ear, conduct hearing tests, (audiometry and tympanometry) and evaluate your ability to hear sounds and the functionality of your inner ear.
- Allergy test – This includes tests that identify the source of your allergies including food, air, and skin sensitivities.
- Eye screening – Ophthalmologists will examine your eyes, perform visual tests, and assess various factors such as eye muscle function, dry eye symptoms, visual acuity, eye fluid pressure, and glaucoma risk to identify any vision problems and eye disorders.

FOR CHILDREN



- Early childhood assessment where professionals will look into the emotional, social, and cognitive development of your child.

FOR MOTHERS



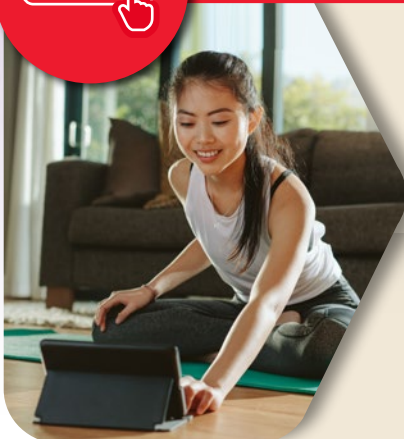
- Prenatal screening like Non-Invasive Pregnancy Test (NIPT).

What is the importance of diagnostic tests?

It assists in identifying symptoms and markers that help guide medical examinations, including imaging, biochemical, pathological, and psychological evaluations².

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- Specialises in effective weight management strategies to reduce multiple health risk factors.
- 4-month programme.

DIABETES MANAGEMENT



- Helps to reverse Type 2 Diabetes, prevent complications, improve treatment adherence, and enhance quality of life.
- 4-month programme.

HYPERTENSION MANAGEMENT



- Addresses the leading causes of high blood pressure including diet, exercise, and stress management to decrease risks of heart disease and stroke.
- 4-month programme.

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Sources

¹<https://medlineplus.gov/ency/article/007462.htm>

²<https://snfamilymedicine.com/why-is-diagnostic-testing-essen-tial/#:~:text=Diagnostic%20testing%20reveals%20symptoms%20and,%2C%20pathologic%2C%20and%20psychological%20evaluations>