

# Empowering Your Health Journey



Conveniently located  
@ Orchard

Welcoming  
environment & caring  
staff

Fuss-free seamless  
booking

Quick & accurate  
results

Scan QR code below to book your appointment!



or book on our website:  
[core.thomsonmedical.com](https://core.thomsonmedical.com)

\*Please indicate "SAFRA NS Association"  
under corporate coverage.

## SAFRA NS Association Packages:

- **Corporate Exclusive: Classic Screening (\$163.50 nett):**  
Physical Assessment, Visual Acuity & Colour Vision, Blood Tests, eGFR
- **Essential Screening (\$324.82 nett):**  
Consultation, Physical Assessment, Visual Acuity & Colour Vision, Chest X-ray, ECG, Blood Tests, eGFR & Pap Smear (Female)
- **Signature Screening (\$640.92 nett):**  
Consultation, Physical Assessment, Visual Acuity & Colour Vision, Chest X-ray, ECG, Blood Tests, HsCRP, eGFR, Anemia Screen, Choice of 1 Investigation & Pap Smear (Female)
- **Royale Screening (\$1,098.72 nett):**  
Consultation, Physical Assessment, Visual Acuity & Colour Vision, Chest X-ray, ECG, Blood & Sensory Tests, HsCRP, eGFR, Anemia Screen, Hormonal Profile, Choice of 2 Investigations & Pap Smear (Female)
- **Capella Screening (\$1,600.12 nett):**  
Consultation, Physical Assessment, Visual Acuity & Colour Vision, Chest X-ray, ECG, Blood & Sensory Tests, HsCRP, eGFR, Anemia Screen, Hormonal Profile, Choice of 3 Investigations, 2D Echocardiogram & Pap Smear (Female)
- **Prestige Screening (\$3,224.22 nett):**  
Consultation, Physical Assessment, Visual Acuity & Colour Vision, Chest X-ray, ECG, Blood & Sensory Tests, HsCRP, eGFR, Anemia Screen, Hormonal Profile, Auto Immune Profile, Choice of 3 Investigations, 2D Echocardiogram, CT Angiogram & Pap Smear (Female)
- **For Women: Pink of Health Screening (\$640.92 nett):**  
Consultation, Physical Assessment, Urine & Stool Analysis, Anemia Screen, Choice of 2 Imaging Tests & Pap Smear (Female)

\*Refer to health screening details in the next pages for more information  
(package details, things to bring and pre-screening instructions)

## Your Health, Rewarded!

Receive an exclusive breakfast box after  
your fasting test!

Tests that require fasting are fasting  
glucose, cholesterol blood test, ultrasound  
liver and ultrasound abdomen.

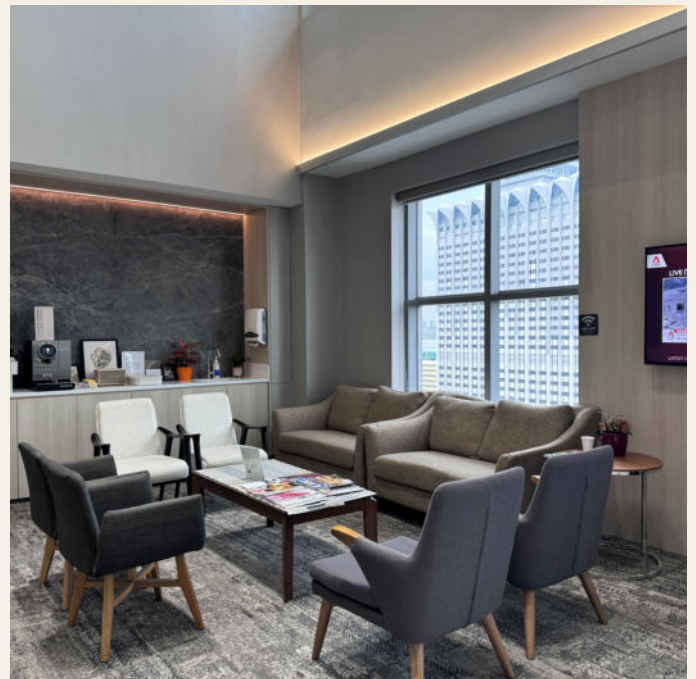
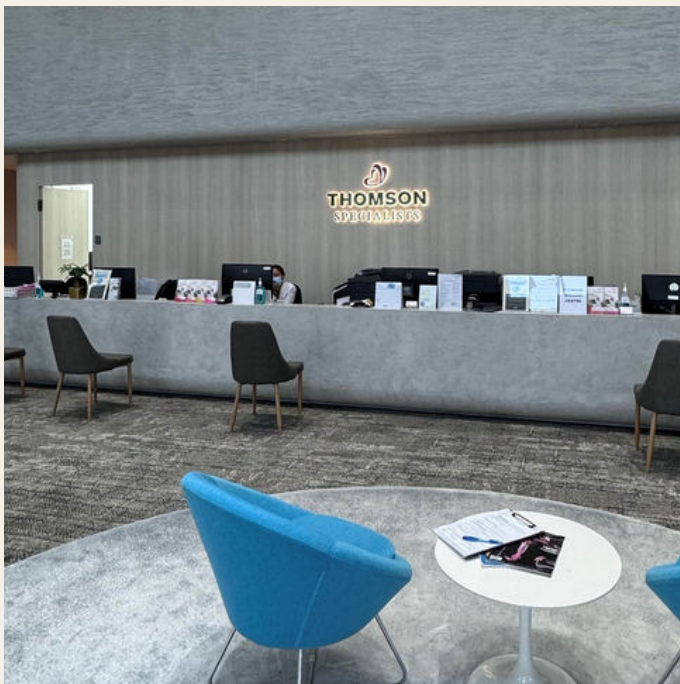
\*Image for illustration purposes only.

\*Menu & options may be subjected to change.





# Empowering Your Health Journey: Take Control of Your Health



1. Screening Package  
Details

2. Doctor  
Information

3. Appointment  
Booking

4. Directions

5. Pre-screening  
Checklist

6. Pre-screening  
Instructions

7. What To Wear

# SAFRA NS Association Packages & Rates

Screening Items:	Classic Screening	Essential Screening	Signature Screening	Royale Screening	Capella Screening	Prestige Screening
<b>Core Components:</b>						
Physical Assessment, Body Index Analysis (BIA), Visual Acuity & Colour Vision & Urine & Stool Analysis	√	√	√	√	√	√
Consultation, Post Review, Chest X-ray, ECG (12 lead), Pap Smear (Female)		√	√	√	√	√
<b>Blood Tests:</b>						
Full Blood Exam, ESR, ABO Blood Group	√	√	√	√	√	√
Peripheral Blood Film			√	√	√	√
Lipid, Renal & Liver Profile	√	√	√	√	√	√
Diabetic Screen (Fasting Glucose & HbA1C)	√	√	√	√	√	√
Bone/Joint & Thyroid Studies	√		√	√	√	√
Tumour Markets (AFP, CEA)	√	√	√	√	√	√
Tumour Markers (CA 19.9, PSA (Male)/CA125 (Female))			√	√	√	√
Tumour Markers (EBV EA IgA)				√	√	√
Tumour Markers (CA 15.3 (Female), Testes (Male))						√
Hepatitis A & B Screen	√	√	√	√	√	√
Hepatitis C Screen				√	√	√
H.Pylori IgG			√	√	√	√
Vitamin D Total				√	√	√
<b>Other Tests:</b>						
eGFR	√	√	√	√	√	√
Apolipoprotein A1, B, B/A1 Ratio					√	√
HsCRP			√	√	√	√
Creatinine, Urine Microalbumin/Creatinine Ratio			√	√	√	√
Hormonal Profile				√	√	√
Anti-Nuclear Factor (ANF), Anti-ds DNA						√
<b>Sensory Tests:</b>						
Tonometry, Audiometry & Spirometry				√	√	√
<b>Other Investigations &amp; Imaging Tests:</b>						
Ultrasound Thyroid			√ (Choose 1)	√ (Choose 2)	√ (Choose 3)	√ (Choose 3)
Ultrasound Liver						
Ultrasound Bladder						
Ultrasound Abdomen						
Ultrasound Pelvis (Female only)						
Ultrasound Breast (Female only)						
Mammogram (Female only)						
Ultrasound Prostate (Male only)						
Bone Mass Density						
Treadmill Stress Test						
2D Echocardiogram					√	√
CT Angiogram						√
<b>Heart Screening Tests:</b>						
Treadmill ECG & 2D Echocardiogram						
<b>Prices (NETT)</b>	<b>\$163.50</b>	<b>\$324.82</b>	<b>\$640.92</b>	<b>\$1,098.72</b>	<b>\$1,600.12</b>	<b>\$3,224.22</b>

## Exclusive Package for Women's Health

Screening Items:	Price (NETT)
Consultation, Physical Assessment, Body Index Analysis (BIA), Post Review, Urine & Stool Analysis, Pap Smear Anemia Screen, Choice of 2 Imaging Tests (Ultrasound Pelvis, Ultrasound Breast or Mammogram)	<b>\$640.92</b>

Corporate Health Screening Packages & Rates, March 2025.

Packages & rates are exclusively offered to the staff of SAFRA National Service Association and their immediate family members.

Exclusions: Promotions and medication

# Our Doctor – Executive Health Screening



## **Dr Melissa Chan Wei Shan**

General Practice – Health Screening

MB BCH BAO (Republic of Ireland) 2017

Dr. Melissa Chan is a General Practitioner. She has a special interest in Health Screening.

She firmly believes in preventative care, starting with early screening and healthy living, and is committed to providing holistic and patient-centric care.

Dr Melissa provides consultations for Executive Health Screening packages and Post-Screening reviews at Thomson Specialists (Paragon).



# Schedule an Appointment with us



**Scan QR code below to book your appointment!**



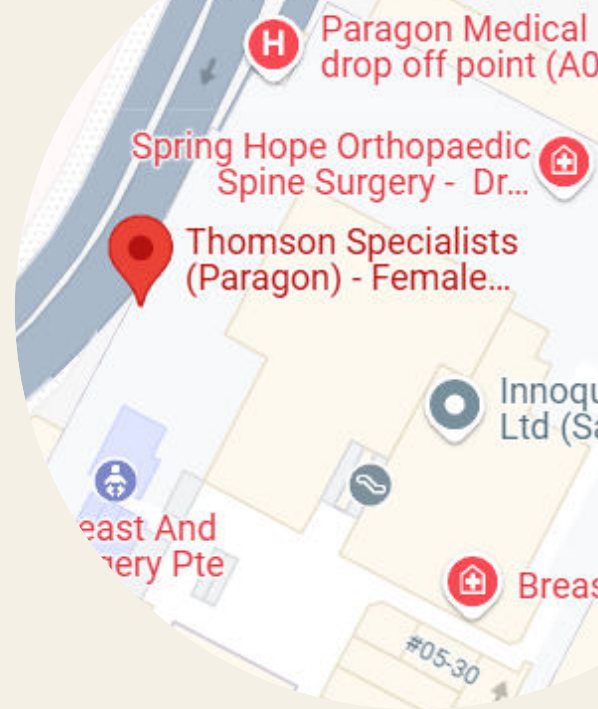
Alternatively, book via our:  
website: [core.thomsonmedical.com](https://core.thomsonmedical.com)

\*Please indicate "SAFRA NS Association" under corporate coverage.

phone: 67350300

email: [ts\\_paragon@thomsonmedical.com](mailto:ts_paragon@thomsonmedical.com)

# How to get to Thomson Specialists @ Paragon



## BY MRT

Alight at Orchard MRT Station NS 22, Take Exit A

## BY BUS

Alight at the bus stop outside Lucky Plaza

Bus services available are 7, 14, 16, 65, 106, 111, 123, 175, 502

## BY CAR OR TAXI

Taxi Stand and drop off point is located along Bideford Road

The carpark is also accessible from Bideford Road



## Address:

290 Orchard Road, level 19 Tower 1. Lobby F, Paragon  
Singapore 238859

## Operating Hours:

Monday to Friday — 8.30am to 5pm

Saturday — 8.30am to 12.30pm

Closed on Sundays and Public Holidays

# Pre-Screening Checklist



Have you brought these necessary items?

☐

Identification Card (IC)/Passport

☐

Staff Identification (for corporate clients only)

☐

Sports attire & appropriate footwear (for ECG Treadmill/Treadmill)

☐

Previous medical records (includes X-ray & ultrasound films)  
from last health screening

☐

Morning medication (for Diabetics)

☐

Glasses (if any - for near & distant vision tests)

# Pre-Screening Instructions



## Is fasting required?

- Tests that require fasting are: fasting glucose, cholesterol blood test, ultrasound liver and ultrasound abdomen.
- Morning appointments: fast from 12am on health screening day
- Afternoon appointments: fast at least 8 hours (not more than 10) before appointment
- Only plain water is allowed for fasting, no food or beverages

## Getting stool & urine tested?

- Urine bottle will be provided on appointment date
- Stool specimen bottles will be provided on arrival/by company's HR
- Stool specimen must be submitted within 24 hours from collection in the bottle

## Got a Doctor's prescription?

- Continue to take medicine prescribed by doctor
- Diabetics: do not consume morning medication, bring it with you to consume after blood taking



# Pre-Screening Instructions

## Getting vision tested?

- Do not put on contacts on appointment day
- Bring along your glasses (if any) for near and far vision test

## For ladies

- Pap smear, urine and stool samples must be only taken one week before or one week after period

# What To Wear?

- Loose fitting clothing
- Clothes with sleeves that can be easily rolled up
- Comfortable shoes





*We look forward to  
seeing you!*