

WELLNESS FOR HIM

LEARN MORE



Your Health, Our Priority

Prioritising health can often take a back seat, especially for men who may overlook the importance of regular health screenings. Yet, these screenings are vital for early detection and prevention of serious conditions. Regular screenings can uncover silent issues like high blood pressure, cholesterol imbalances, or even early signs of cancer before they become critical. By making health screenings a routine part of life, men can take control of their well-being, ensure a higher quality of life, and embrace a future of vitality and resilience. Remember, proactive health management is not just about living longer but living better.

Preparing For Your Health Screening



Book your appointment via Call or WhatsApp at +603 2242 7018



Before Your Appointment:

- Fasting: Fast for 6 hours prior to your health screening appointment
- Hydration: Drink plenty of water to stay hydrated, unless instructed otherwise
- Caffeine and Alcohol: Avoid excessive caffeine or alcohol before the screening



Clothing:

- Choose comfortable attire, ideally a 2-piece outfit, to allow for easy access during the tests
- Refrain from wearing jewelry or accessories that could interfere with the procedures
- For those scheduled for an Exercise Stress Test, please bring appropriate jogging attire



Documents:

- Please bring your original NRIC if you are a local, or your original passport if you are a foreigner



WELLNESS FOR HIM	RM 799	RM 1199	RM 1899
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CLINICAL ASSESSMENT

Basal Metabolic Rate (BMR)	•	•	•
Body Composition Analysis	•	•	•
Body Mass Index (BMI)	•	•	•
Colour Vision Test	•	•	•
Physical Examination & History Taking	•	•	•
Vision Test	•	•	•

BLOOD TESTS

Blood Grouping (ABO + Rh)	•	•	•
Fasting Glucose	•	•	•
Free Triiodothyronine 3 (FT3)	•	•	•
Full Blood Examination	•	•	•
H. Pylori Antibody	•	•	•
HbA1C (Average 3-Months Blood Sugar)	•	•	•
Hepatitis A Antibody (HAV IgG)	•	•	•
Hepatitis B surface Antibody (HBsAb)	•	•	•
Hepatitis B surface Antigen (HBsAg)	•	•	•
Hepatitis C Antibody (Total)	•	•	•
Lipid Studies	•	•	•
Liver Function Test	•	•	•
Renal Function	•	•	•
Rheumatoid Factor	•	•	•
Serum Free Thyroxine (FT4)	•	•	•
Thyroid Stimulating Hormone (TSH)	•	•	•
Vitamin D	•	•	•

TUMOUR MARKERS

Colon Tumour Marker (CEA)	•	•	•
Liver Tumour Marker (AFP)	•	•	•
Nose and Throat Cancer (EBV)	•	•	•
Pancreas Tumour Marker (CA 19.9)	•	•	•
Prostate Tumour Marker (PSA)	•	•	•

URINE TESTS

Full Urine Exam and Urine Microscopy	•	•	•
Urine Microalbumin	•	•	•

IMAGING / SCREENING TESTS

Chest X-Ray	•	•	•
Coronary Cardiac Calcium Score	•	•	•
Echocardiogram	•	•	•
Lung Function Test	•	•	•
Ultrasound Abdomen and Pelvis	•	•	•
Ultrasound Scrotum	•	•	•
Resting ECG	•	•	•








COMPLIMENTARY Fibroscan (worth RM650)

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CONSULTATION/COMPLIMENTARY

Doctor Consultation	•	•	•
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Add On

-  OGDS (+RM1900)  Colonoscopy (+RM2500)  OGDS and Colonoscopy (+RM3400)
-  Low Dose Lung CT Scan (+RM250)  Fibroscan (+RM400)  Cardiac Stress Test (+RM305)
-  Cardiac Stress Test and Echocardiogram (+RM699)

