

Before Your Screening

Things to bring

- 1 Identification card / passport (for verification upon registration)
- 2 Past medical reports and any current medications

Preparation

- 1 Please fast from 10pm the night before. Only plain water is permitted. This ensures accuracy of your blood test results for glucose, cholesterol and triglyceride.
- 2 If your package includes stool analysis, avoid red meat and iron supplements for 3 days.
- 3 The entire screening process may take 3 to 4.5 hours, depending on the package selected.
- 4 Do not consume any medication or supplements on the day of screening. You may resume consumption of your medication or supplements after your screening is completed.
- 5 Both urine and stool specimen bottles will be provided on the day of your screening.
- 6 A light breakfast will be provided after your screening.

For Ladies: Screening should preferably be done one week after your last day of menstruation as the presence of blood will affect the outcome of the tests. If you suspect you are pregnant, we advise that you postpone your appointment till after birth.



Serve all with Love

Health Screening Packages

MOUNT ALVERNIA HOSPITAL
820 Thomson Road Singapore 574623
T: 6347 6688 E: enquiry@mtalvernia.sg
www.mtalvernia.sg
[f mtalvernia.sg](https://www.facebook.com/mtalvernia.sg)
[@mtalvernia.sg](https://www.instagram.com/mtalvernia.sg)

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Basic ————— \$277.⁹⁵

- Height / Weight / Fat Analysis
- Visual Acuity Assessment
- Bone Mineral Screen (Calcium and Phosphate)
- Cancer Markers – Colon and Liver
- Creatinine
- Full Blood Count
- Glucose (Diabetes) Screen
- Gout (Uric Acid)
- Hepatitis A Screen
- Hepatitis B Screen
- Lipid (Cholesterol) Profile
- Liver Function Test
- Stool Analysis (for Occult Blood)
- Thyroid Stimulating Hormone
- Urea
- Urine Analysis (FEME)
- Resting ECG
- Post-screening Medical Review and Recommendations

Packages for Men

Alvernia Men Classic ————— \$439.³⁰ (A basic package for all age groups)

- Doctor’s Consultation and Physical Examination
- Medical History and Risk Profile Screening
- Height / Weight / Fat Analysis
- Visual Acuity Assessment
- Cancer Markers – Colon and Liver
- Full Blood Count
- Glucose (Diabetes) Screen
- Gout (Uric Acid)
- Hepatitis B Screen
- Kidney Function Test
- Lipid (Cholesterol) Profile
- Liver Function Test
- Stool Analysis (for Occult Blood)
- Thyroid Screen
- Urine Analysis (FEME)
- Venereal Disease Screening
- Chest X-Ray
- Resting ECG
- Post-screening Medical Review and Recommendations

All prices listed are inclusive of the prevailing GST.

Alvernia Men Prime ————— \$722.⁷⁰ (Suitable for men aged below 35)

- Includes all Alvernia Men Classic tests with the following additional tests:
- Bone Mineral Screen (Calcium and Phosphate)
 - Hepatitis A Screen
 - Ultrasound – Abdomen

Alvernia Men Premier ————— \$931.⁹⁵ (Recommended for men aged 35 and above)

- Includes all Alvernia Men Prime tests with the following additional tests:
- Cancer Markers – Pancreas and Prostate
 - Rheumatoid Factor
 - Ultrasound – Prostate

Alvernia Men Exclusive — \$1,334.²⁰ (Recommended for men aged 45 and above)

- Includes all Alvernia Men Premier tests with the following additional tests:
- Free Testosterone
 - Vitamin D
 - Spirometry (Lung Function Test)
 - Tonometry (Glaucoma Screen)

Packages for Ladies

Alvernia Ladies Classic ————— \$439.³⁰ (A basic package for all age groups)

- Doctor’s Consultation and Physical Examination
- Medical History and Risk Profile Screening
- Height / Weight / Fat Analysis
- Visual Acuity Assessment
- Cancer Markers – Colon and Liver
- Full Blood Count
- Glucose (Diabetes) Screen
- Gout (Uric Acid)
- Hepatitis B Screen
- Kidney Function Test
- Lipid (Cholesterol) Profile
- Liver Function Test
- Stool Analysis (for Occult Blood)
- Thyroid Screen
- Urine Analysis (FEME)
- Venereal Disease Screening
- Chest X-Ray
- Resting ECG
- Post-screening Medical Review and Recommendations

Alvernia Ladies Prime ————— \$722.⁷⁰ (Suitable for women aged below 35)

- Includes all Alvernia Ladies Classic tests with the following additional tests:
- Bone Mineral Screen (Calcium and Phosphate)
 - Hepatitis A Screen
 - Ultrasound – Abdomen

All prices listed are inclusive of the prevailing GST.

Alvernia Ladies Premier – \$1,109.⁶⁰ (Recommended for women aged 35 and above)

- Includes all Alvernia Ladies Prime tests with the following additional tests:
- Cancer Markers – Ovarian and Pancreas
 - Rheumatoid Factor
 - Ultrasound – Breast and Pelvis

Alvernia Ladies Exclusive – \$1,500.⁹⁰ (Recommended for women aged 45 and above)

- Includes all Alvernia Ladies Premier tests with the following additional tests:
- Estradiol
 - Follicle Stimulating Hormone
 - Luteinising Hormone
 - Progesterone
 - Vitamin D
 - Mammogram
 - Spirometry (Lung Function Test)
 - Tonometry (Glaucoma Screen)

Silver Health Screening

Silver Health ————— \$856.⁷⁰

- Doctor’s Consultation and Physical Examination
- Medical History and Risk Profile Screening
- Height / Weight / Fat Analysis
- Visual Acuity Assessment
- Bone Densitometry **For Ladies**
- Bone Mineral Screen (Calcium and Phosphate)
- Cancer Markers – Liver, Colon and Pancreas
- Cancer Marker – Prostate **For Men**
- Cancer Marker – Ovarian **For Ladies**
- C-Reactive Protein
- Full Blood Count
- Glucose (Diabetes) Screen
- Glycosylated Haemoglobin (HbA1c)
- Gout (Uric Acid)
- Hepatitis B Screen
- Kidney Function Test
- Lipid (Cholesterol) Profile
- Lipoprotein A
- Liver Function Test
- Microalbumin / Creatinine Ratio (MALC)
- Rheumatoid Factor
- Stool Analysis (for Occult Blood)
- Thyroid Screen
- Urine Analysis (FEME)
- Chest X-Ray
- Ultrasound – Abdomen
- Ultrasound – Prostate **For Men**
- Resting ECG
- Tonometry (Glaucoma Screen)
- Post-screening Medical Review and Recommendations

Alvernia Health Screening Centre
located at St Anne Mother & Child Centre

 6347 6215
9819 1303 (Whatsapp)

 hsc@mtalvernia.sg

 Mon to Fri: 8am - 5pm
Sat: 8am - 1pm
Sun & PH: Closed

Contact us to find out more.



All prices listed are inclusive of the prevailing GST.