

YOUR HEART HEALTH STARTS HERE

Health and Vascular Screening Packages

Restoring Rhythm of Life

HEALTH SCREENING PACKAGES	ESSENTIAL RM720		PREMIUM RM1,280		ADVANCED HEART RM2,280	
	MALE	FEMALE	MALE	FEMALE	MALE	FEMALE
GENDER						
Consultation	●	●	●	●	●	●
Reporting by Specialist	●	●	●	●	●	●
Physical Examination	●	●	●	●	●	●
Vital Signs	●	●	●	●	●	●
Visual Acuity	●	●	●	●	●	●
Body Composition Analysis	●	●	●	●	●	●
Diet Assessment/Counselling	●	●	●	●	●	●
Blood Investigation						
Blood Grouping	●	●	●	●	●	●
Full Blood Count (FBC)	●	●	●	●	●	●
Lipid Profile	●	●	●	●	●	●
Rheumatoid Factor (RF)	●	●	●	●	●	●
Blood Sugar	●	●	●	●	●	●
Fasting Blood Sugar Level, HbA1c	●	●	●	●	●	●
Kidneys	●	●	●	●	●	●
Renal Function Test (RFT)	●	●	●	●	●	●
Urine FEME	●	●	●	●	●	●
Urine Microalbuminuria	●	●	●	●	●	●
Liver	●	●	●	●	●	●
Liver Function Test (LFT)	●	●	●	●	●	●
Hepatitis B Screening (Ag, Ab)	●	●	●	●	●	●
Hepatitis C Virus Antibody	●	●	●	●	●	●
Thyroid Tests	●	●	●	●	●	●
Free T4	●	●	●	●	●	●
Thyroid Stimulating Hormone (TSH)	●	●	●	●	●	●
General Disease Tests (VDRL)	●	●	●	●	●	●
Cardiac Screening						
Resting ECG	●	●	●	●	●	●
Stress Test			●	●	●	●
Echocardiogram					●	●
CT Scan – Coronary Calcium Score					●	●
Radiological Screening						
Chest X-Ray	●	●	●	●	●	●
Ultrasound Abdomen	●	●	●	●	●	●
Ultrasound Pelvis			●	●	●	●
Ultrasound Liver Fibrosis					●	●
Bone Densitometry (2 regions – Hip & Spine)					●	●
Mammogram						●
Cancer Tumour Markers						
CEA (Colon)			●	●	●	●
AFP (Alpha Fetoprotein)			●	●	●	●
PSA (Prostate)			●	●	●	●
CA 19.9 (Pancreas)			●	●	●	●
CA 125 (Ovaries)				●	●	●
CA 15.3 (Breasts)				●		●

VASCULAR PACKAGES	VASCULAR ARTERIAL RM998	VASCULAR ARTERIAL & VENOUS RM1,398
Consultation	●	●
Reporting by Specialist	●	●
Vital Signs	●	●
Vascular Investigation		
Ultrasound Carotid Artery	●	●
Ultrasound Abdominal Aorta	●	●
Ankle Brachial Pressure Index (ABPI)	●	●
Ultrasound Lower Limb Vein		●

OPTIONAL TESTS

Radiological Screening

- Bone Densitometry (DEXA) RM150
- CT Scan - Coronary Calcium Score RM400
- CT Scan - Lung RM450
- Mammogram RM200
- Ultrasound Breasts RM200
- Ultrasound Fatty Liver RM120
- Ultrasound Liver Fibrosis RM120
- Ultrasound Neck RM100
- Ultrasound Pelvis RM150

Heart & Lungs Assessment

- Echocardiogram RM360
- Lung Function Test RM 60
- Stress Test RM220

Digestive Tract Assessment

- Urea Breath Test RM180
- Helicobacter pylori IgG RM 80
- Stool Occult Blood Test RM 31

Gynaecological Assessment

- Liquid-based Pap Smear Test RM 80
- Liquid-based + HPV by PCR RM270

Cancer Tumour Markers

- AFP (Alpha Fetoprotein) RM 50
- CA 125 (Ovaries) RM 50
- CA 15.3 (Breasts) RM 50
- CA 19.9 (Pancreas) RM 50
- CEA (Colon) RM 50
- PSA (Prostate) RM 65

Other Laboratory (Blood) Tests

- Hepatitis A Screening (Ab) IgG RM 65
- Thyroid Test, Free T3 RM 45
- Vitamin D Deficiency RM160
- Vitamin B12 Deficiency RM 96
- HIV I & II (antibody screening) RM 45
- D-Dimer RM150

VACCINES

- Flu (Influenza) Vaccine
- Pneumococcal Vaccine
- Hepatitis B Vaccine
- MMR (Measles, Mumps & Rubella) Vaccine
- Tetanus Vaccine
- Meningococcal Vaccine
- Shingles (Herpes Zoster) Vaccine
- RSV (Respiratory Syncytial Virus) Vaccine

For more information, please enquire at the Health Screening Centre counter.

Guidelines and Requirements

Who can undergo health screening?

- Individuals who are mobile and able to walk independently.
- Individuals who are pregnant or suspected to be pregnant.

Preparing for Stress Test (treadmill)

- Wear comfortable sports shoes
- Bring a towel (to wipe sweat after running)

Clothing

- Bring a scarf or cardigan if you tend to get cold
- Wear comfortable clothing that is easy to remove if required for certain tests

- Avoid wearing jewellery or accessories that may interfere with imaging tests

Rest and Relaxation

Get a good night's sleep before your screening to ensure accurate test results, particularly for blood pressure and stress tests.

Fasting Before Health Screening

- Fasting for at least 8 hours before your test.
- You may drink plain water only.

Medication

- Diabetes and other medications: Please take these after completing your blood test and ultrasound.
- Blood pressure (Hypertension) medication: Take these with plain water if it is time for your scheduled dose.

Identification

Malaysian citizens are required to present their Identification Card (I/C); non-Malaysians are required to present a valid passport.

Rescheduling of Appointment

- It is recommended to reschedule your appointment if you are feeling unwell.
- For women, it is advisable to reschedule your appointment if you are on your menstrual period.

Payment

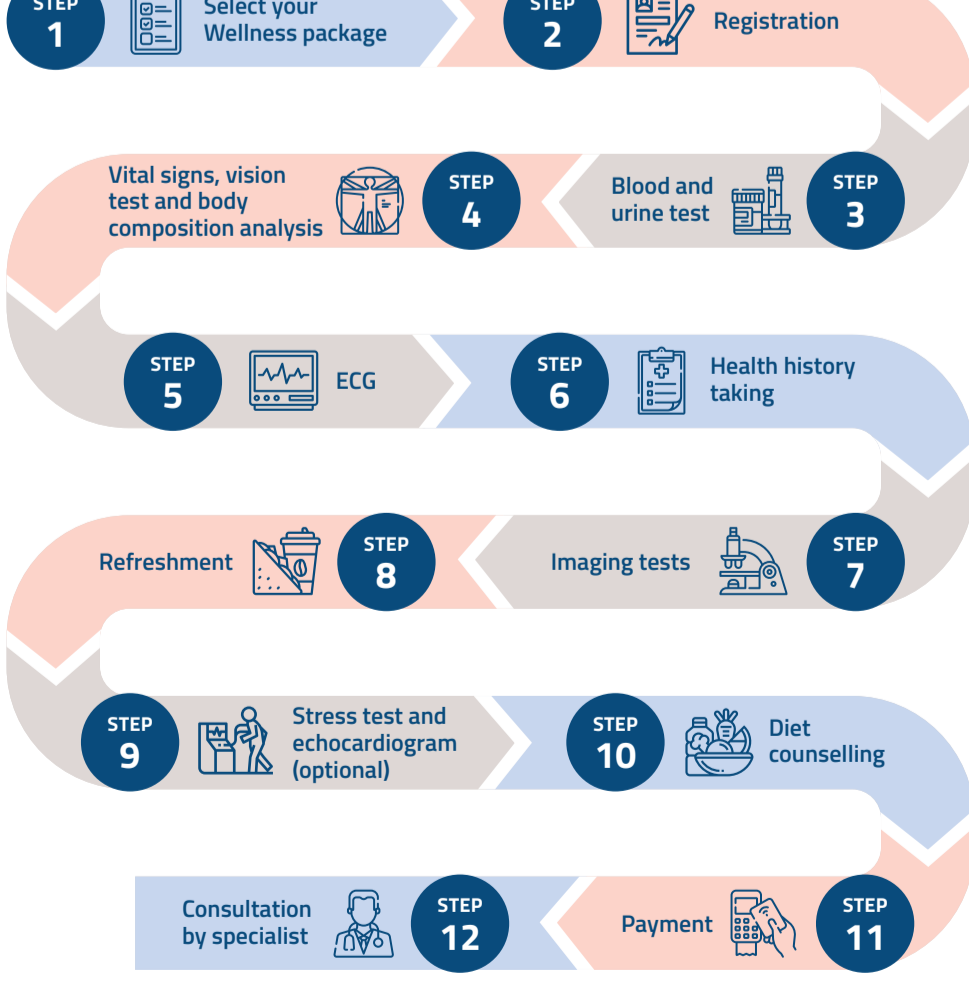
We accept the following payment methods:

- Cash (Ringgit Malaysia MYR)
- Bank transfer
- Debit/credit card
- E-wallet

Appointment

- You are advised to call for appointment at least two (2) business days in advance and to come by 7:30am in order to ensure your screening process is conducted effectively and smoothly.
- On the day of appointment, please report to Health Screening Centre at Level 5.

Your Health Screening Day Journey



Notes

- This health screening process outlined is a general guide. The screening flow may vary slightly depending on the health screening package.
- For more information you may contact our Health Screening Centre at +604 684 7600 or email it to health.screening@nhearthospital.com.

Looking for a visual walkthrough? Scan Here



Health Screening Centre Operating Hours

Monday - Friday | 7:30am to 4:30pm
Saturday | 7:30am to 12:30pm
Sunday and Public Holidays | Closed

Make an Appointment

Find out more