

Item	Description	Test
General	General Doctor Consultation	Systematic review & physical examination
Dental Check	Dental Examination & Treatment plan if required	Dental check-up including photographic examination
Eye Check	Eyesight check	Eye Check: Snellen Test & Ishihara Test. Fundoscopic examination if needed.
Cardiac Test	Heart Test	ECG
Urine Examination	Detects abnormalities in the urinary tract and evaluate excretory function of the kidney	Urine Routine
Stool Examination	Detects stool parasites and abnormalities in the gastrointestinal tract	Stool Analysis
Stool Test - Hidden Blood	Stool-Occult blood to check stool samples for hidden (occult) blood.	Stool-Occult blood
Liver Health	Screen for liver health and monitor for progression of liver disease.	Bilirubin, SGPT (ALT), SGOT (AST), Gamma GT (GGT), ALP
Cholesterol & Lipid	Lipid Profile evaluates cardiovascular risk and ischaemic cerebrovascular events.	LDL Cholesterol, HDL Cholesterol, Total Cholesterol, Triglycerides
Kidney Test	Renal Function Test evaluates kidney function	Creatinine, Urea, eGFR, Sodium, Potassium, Chloride
Diabetes	Diagnose and monitor diabetes	HbA1c
Sugar level	Blood sugar level, hypoglycaemia or hyperglycaemia	Blood Glucose / Sugar
Thyroid Test	Thyroid Function test helps assess thyroid gland that is important in overall body metabolism and body health	Free T3 (FT3), Free T4 (FT4), TSH
Gout Test	Diagnose and evaluate progression of gout treatment	Uric Acid
Platelets test	Clotting Status	MPV, Platelet Count
Red Blood Cell	It can be used to help diagnose blood-related conditions, such as iron deficiency anaemia.	Haematocrit, Heamoglobin, MCH, MCHC, MCV, RDW, Red Cell Count
White Blood Count	It can help diagnose infections, inflammation and other health conditions.	White Cell Count, Basophils, Eosinophils, Lymphocytes, Monocytes, Neutrophils
Vitamins	Vitamin deficiency test assesses vitamin levels in the blood. Vitamin B12 test helps evaluate anaemia, nutritional status and diagnose nerve status and neuropathy. Vitamin D supports healthy bones and has anti-inflammatory and other properties that play a role in maintaining normal muscle, immune, and nervous system functions.	Vitamin D, Vitamin B12.
Minerals	Mineral test assesses mineral levels in the blood. It also evaluates bone health.	Magnesium, Calcium, Phosphorous
Inflammation Test	An erythrocyte sedimentation rate (ESR) is a blood test that can show if you have inflammation in your body.	ESR
Food	Complimentary breakfast will be provided	After blood test, light snack and hot drinks
Patient Portal	Electronic Medical Records - Free Patient Portal, Access anywhere anytime	Free Patient Portal where you restore your health records including test results for future reference or share with your trusted doctors.
Preparation:	A minimum of 12 hours fasting is essential prior to any health check. 2-3 glasses of water may be	Inform the Nursing Staff at the time of pre-health check evaluation If you are

	consumed but not any hot or cold beverage.	having a menstrual period on the day of the health check-up, tests like Urine Examination will be postponed.
Strictly Appointment Only	All health checks are conducted by prior appointment only.	
How long	Approximate time for the health check-up is 1-2 hours.	
What to bring?	Bring any prior test results/medical reports for any chronic illness or health problems to assist in diagnosis. If done at Royal London, our doctors can access your records as they are available on our electronic medical record system.	
Result	On day 2, your pending reports will be compiled, and all necessary consultations based on the findings of the various tests will be scheduled.	
Abnormal Results	In some cases, additional tests may be advised if the preliminary screening reveals any abnormality or requires further investigation. These tests will be charged extra.	
Payment	The payment should be made prior to the health check-up.	