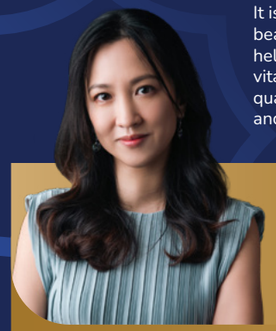
ASSURE FAMILY CLINIC

"I have always been passionate about holistic patient care. I believe healthcare goes beyond treating diseases. It is about **empowering individuals to live healthier, more fulfilling lives.** Looking and feeling their best goes hand in hand with enhancing overall health and well-being. It is my vision to blend science, beauty, and preventive care to help others achieve confidence, vitality, and a better quality of life, inside and out."



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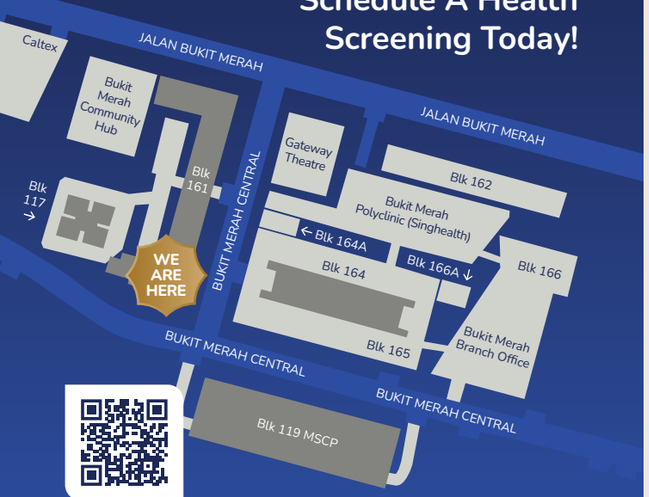
Schedule A Health Screening Today!



Assure Family Clinic
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assureclinic.sg

Prepare For Your Health Screening

In line with Assure Family Clinic's patient-first philosophy, we strive to ensure you have a pleasant experience with us.

What should I bring?

- Singapore NRIC/ Passport/ Employment Pass/ Work Permit.
- Any recent medical reports and films.
- Letter of Guarantee from your Insurance/ Company/Agency.
- Corporate clients should bring an authorisation letter, company letter, or staff pass.

Pre-health Screening

- **Fasting is not a must,** unless otherwise indicated.
- If you need to fast, do so for 10 hours before your appointment.
- During the fast, refrain from consuming food or beverages **except plain water.**
- Do not take routine medication/supplements before fasting tests. **Resume them after the test.**
- Women: Schedule pap smear, urine, and stool tests **at least 5 days before or after your menstrual cycle.**

Declaration of illness

If you feel unwell before your screening, please inform our friendly staff so your screening appointment can be rescheduled.

During Your Health Screening

Stool collection

- If you are bringing a stool sample from home, put 1 scoop of faeces in the provided specimen bottle, close it securely, and bring it with you on the day of your screening.
- Collect your stool sample **12 hours or less** before submission.
- Avoid consuming **red meat and iron supplements** for 3 days before collecting the stool sample.

Urine collection

- **Collect midstream urine:** Pass some urine into the toilet bowl. Then, without stopping the flow, catch some urine into the specimen bottle.

* You can obtain a stool or urine specimen bottle from our clinic before your appointment.
* Women should ensure they are not menstruating during stool and urine collection.

Post-health Screening

The next appointment will be scheduled within **5 to 7 days** after your health screening. During the next appointment, your doctor will discuss your test results in detail and may provide advice on **recommended lifestyle changes and treatments.** This is also an ideal opportunity to seek advice from your doctor regarding any health concerns.

Frequently Asked Questions

1. Is health screening necessary?

Routine health screenings are required, even if you feel fine and have no known medical problems. This is because certain illnesses like high blood pressure, high cholesterol or diabetes mellitus may not exhibit early-stage symptoms. With early intervention, these conditions are significantly more manageable and treatable.

2. When should I go for a health screening?

Health screenings should be conducted regularly, such as once a year, every two to three years or as our doctor recommends, based on your age, current health condition, and family medical history.

3. What is the duration of a standard health screening?

The average screening duration is 1 hour or longer, but it may differ according to the selected package.

4. When can I collect my health screening results?

Your health screening report will be available within 5 to 7 days. Our doctor will discuss the health screening results with you and answer any questions you may have.

ASSURE FAMILY CLINIC

Health Screening Packages

Your Integrated Wellness Centre

Personalised Screening for Optimal Health

To ensure a healthier future, make it a priority to attend health screenings regularly, even when you are feeling fine. This is necessary because some health conditions may be asymptomatic, and early disease detection is critical for effective treatment. By attending routine checkups, you can identify and manage potential health problems early before they become serious. Health screenings help you safeguard your vitality and enjoy peace of mind.

Pearl Screening Package

$118 Incl. GST

Ideal for individuals looking to establish a health baseline and receive expert guidance on nutrition and lifestyle.

This package is a fundamental starting point for wellness. It includes a thorough clinical assessment, physical examination, blood pressure measurement, and essential blood tests.

Clinical assessment
- Medical consultation & physical examination
- Clinical cardiovascular and risk assessment
- Blood pressure measurement
- Body weight analysis
- Visual acuity and colour vision

Blood Test
- Full blood count
- Diabetic screen (glucose & HbA1c)
- Cholesterol screen
- Kidney function test
- Liver function test
- Bone & joint screen
- Thyroid screen
- Inflammation screen (hs-CRP)

Other tests
- Urine analysis

Review of results
- Nutritional & lifestyle counselling

Add-on tests are available too

Unless otherwise indicated, you do not need to fast before your health screening

Jade Screening Package

$228 Incl. GST

Tailored for those who seek a more comprehensive understanding of their health to monitor vital functions and early detection of diseases.

This intermediate offering includes everything in the "Pearl" package, plus a mental health and cognitive function assessment, and **additional screening tests for common cancers, hepatitis, and inflammation.**

Clinical assessment
- Medical consultation & physical examination
- Clinical cardiovascular and risk assessment
- Blood pressure measurement
- Body weight analysis
- Visual acuity and colour vision
- Mental health and/or cognitive assessment

Blood Test
- Full blood count
- Diabetic screen (glucose & HbA1c)
- Cholesterol screen
- Kidney function test
- Liver function test
- Bone & joint screen
- Thyroid screen
- Inflammation screen (hs-CRP, ESR & RF)
- Hepatitis screen
- Cancer markers (2) - liver & colorectal

Other tests
- Urine analysis
- Stool test
- Pap smear (for ladies)

Review of results
- Nutritional & lifestyle counselling

Add-on tests are available too

Unless otherwise indicated, you do not need to fast before your health screening

Diamond Screening Package

$338 Incl. GST

Designed for individuals committed to a holistic view of their health, this package offers an in-depth assessment for those who want the most comprehensive wellness insights.

Our most extensive package includes everything in "Jade" and **goes further with blood tests for heart and metabolic evaluation, and additional cancer markers.**

Clinical assessment
- Medical consultation & physical examination
- Clinical cardiovascular and risk assessment
- Blood pressure measurement
- Body weight analysis
- Visual acuity and colour vision
- Mental health and/or cognitive assessment

Blood Test
- Full blood count
- Diabetic screen (glucose & HbA1c)
- Cholesterol screen
- Kidney function test
- Liver function test
- Bone & joint screen
- Thyroid screen
- Inflammation screen (hs-CRP, ESR & RF)
- Hepatitis screen
- Cancer markers (4) - liver, colorectal, pancreas & ovary (female) / prostate (male)
- Cardio-metabolic screen (hs Troponin & insulin)

Other tests
- Urine analysis
- Stool test
- Pap smear (for ladies)
- ECG

Review of results
- Nutritional & lifestyle counselling

Add-on tests are available too **Requires fasting**

Why Get Screened At Assure Family Clinic?

Personalised

Assure Family Clinic offers customised add-on packages such as Nutrition Screening, Anti-aging Screening, and Fertility Screening, ensuring your unique health screening needs are met.

Convenient

Unlike standard health screenings, fasting before your screening is unnecessary (unless otherwise indicated).

Wide Range

One-stop GP clinic that covers basic, intermediate, and extensive screening bundles to help you find the right package.