

Package 1 – Men	Price (RM) Per Pax
Blood Pressure & Heart Rate	RM1160.00 (Price Included Registration Fees)
Height & Weight, Body Composition Analysis	
Visual Acuity (Snellen Test)	
Colour Vision Test	
Imaging CD	
Health Screening Evaluation Report	
Complimentary Light Meal/Refreshments	
HSC Consultation with RMO	
Diet Counselling	
Blood Test Investigation HSC1 <i>*kindly refer below</i>	
HbA1C	
Male Tumour Markers <i>**kindly refer below</i>	
Chest 1 View + Radiologist Fees	
Ultrasound Abdomen & Pelvis + Radiologist Fees	
BMD 2 Parts + Radiologist Fees	
ECG (Rest) c/w Interpretation + Report	
Stress ECG (by RMO with reporting)	
Spirometry	

Package 2 - Women	Price (RM) Per Pax
Blood Pressure & Heart Rate	RM1390.00 (Price Included Registration Fees)
Height & Weight, Body Composition Analysis	
Visual Acuity (Snellen Test)	
Colour Vision Test	
Imaging CD	
Health Screening Evaluation Report	
Complimentary Light Meal/Refreshments	
HSC Consultation with RMO	
Diet Counselling	
Blood Test Investigation HSC1 <i>*kindly refer below</i>	
HbA1C	
Female Tumour Markers <i>**kindly refer below</i>	
Pap Test/Smear	
Chest 1 View + Radiologist Fees	
Ultrasound Abdomen & Pelvis + Radiologist Fees	
BMD 2 Parts + Radiologist Fees	
Ultrasound Breasts (Both) + Radiologist Fees	
ECG (Rest) c/w Interpretation + Report	
Stress ECG (by RMO with reporting)	
Spirometry	

*Lab Investigation :

HSC1 - Full Blood Count (FBC), Erythrocyte Sedimentation Rate (ESR), Blood Grouping (ABO & Rhesus), Renal Function Test, Liver Function Test, Lipid Profile, Diabetes Screen (Fasting Glucose), Thyroid Function Test (FT4, Thyroid Stimulating Hormone (TSH)), Rheumatoid Factor, Urine Analysis (FEME).

**Male Tumour Markers :

(AFP-Liver, CEA-Colon, CA 1S.S-Pancreas, PSA-Prostate)

***Female Tumour Markers:

(AFP-Liver, CEA-Colon, CA 19.9-Pancreas, CA125-Ovary, CA15.3-Breast)

General Information

For our clients-

Here at our Screening & Preventive Health, we recommend that our client provides an official guarantee letter for each staff member prior to undergoing screening (i.e. hardcopy letterhead via staff to be presented to us during their respective health screening appointment or via e-mail to healthscreening@tmclife.com). This is to ensure the entitlement of the staff is still valid and the letter will be used as a supporting document during our request for payment.

For our patients-

What individuals need to know before their health screening:

1. **FASTING:** You are required to fast for a minimum of 8-10 hours prior to your health screening. Only plain water is allowed to be consumed during your fast. Please inform our team if you have any pre-existing conditions or if you are on any long-term medication (e.g. for high blood pressure) so that we can advise you on how best to prepare for your health screening appointment.
2. **REGISTRATION:** Please bring along your NRIC or passport (for foreigners) and company Guarantee Letter (if applicable).
3. **APPOINTMENTS:** We encourage you to schedule your appointment with us to avoid any potential disappointment as walk-in cases could result in a longer waiting time. If you wish to have any additional screening programs (elective add-ons) on the same day as your appointment, please try to provide all of your selections in the same appointment request or before the health screening has started.
4. **STRESS TEST:** Our doctors will assess if you are fit enough to do this test beforehand. You are advised to wear sports/jogging shoes and appropriate sports attire for this as sweating is expected. Please avoid all caffeinated products (including coffee, tea, energy drinks, and chocolate) in the morning prior to the appointment. Do make sure you have at least six hours of sleep, have taken morning dose of your regular medicines and avoid heavy meals.
5. **DEAR LADIES:** We recommend that you book your appointment with us approximately 10 days before or after your first day of menstruation (period). If you are scheduled for a mammogram or breast ultrasound, do not apply any deodorant, powder or lotion over breasts and armpits on the day of the examination. For patients who will be doing X-Rays as part of their package, please be sure that you are not pregnant at the time as X-rays can be harmful to the foetus. If you are unsure, please enquire with our team on how to proceed.
6. **RESULT:** Ideally, the result review of your health screening will take approximately 3 to 5 working days. If your package includes pap smear test, the result will come out after 7 days. This duration is essential to ensure all results are readily available for a comprehensive evaluation by our medical officer. If there is something concerning the result, rest assured, we will expedite your review session.

If you have any further questions or if you wish to proceed, kindly respond to us via e-mail to discuss further the Terms & Conditions of this Agreement. Thank you.