



# Health Screening Packages

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# Screening Guidelines

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## Preparation

- ▶ Health screening should ideally be done when you are in good health, i.e. no fever, flu or other symptoms
- ▶ Fast for 8-10 hours prior to the time of your screening, drinking only plain water
- ▶ DO NOT consume any form of alcohol within 48 hours of the start of your screening
- ▶ If you are on any medication please inform your health screening nurse/coordinator
- ▶ The screening process may take approximately 4 to 5 hours
- ▶ Light refreshments will be provided after the screening

## Advice for women

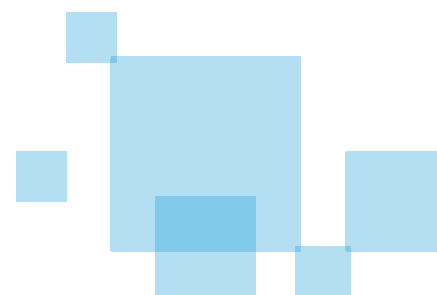
- ▶ PAP smear should ideally be done about one week after your menstrual cycle
- ▶ Please advise your health screening nurse/coordinator if you are pregnant
- ▶ Avoid using any deodorant, perfume, powder or creams in underarm or chest areas as it may interfere with the quality of the mammogram

## Preparation for stress test/treadmill

- ▶ Bring along an additional change of clothes and appropriate footwear
- ▶ If you are on medications such as beta blockers (e.g. propranolol or atenolol) please inform your health screening nurse/coordinator

## What to bring

- ▶ Personal identification/passport
- ▶ Previous medical records and x-ray/ultrasound films if available
- ▶ Bring along eyeglasses even if you only wear them occasionally
- ▶ You may bring along a sweater or shawl



# Complimentary Meal Vouchers



## Meal Voucher

For Health Screening  
With Compliments from  
ParkCity Medical Centre



- 1 Cup Of Hot Beverage (Choose From Either An **Americano**, **English Breakfast Tea** Or **Hot Milo**)
- 1 Meal Set ( **Pasta/ Noodles/ Rice Set Of The Day** )



## Meal Voucher

For Health Screening  
With Compliments from  
ParkCity Medical Centre



- 1 Cup Of Hot Beverage (Choose From Either An **Americano**, **English Breakfast Tea** Or **Hot Milo**)
- 1 Piece Of Puff Pasty (The Type Of **Pastry** Will Depend On The Variety Of The Week) Or
- 1 Sandwich Of The Day

## Contact Us

### Opening Hours

Monday to Friday : 9 AM - 5 PM

Saturday : 9 AM - 12 PM

### By Phone

+603 6279 3188

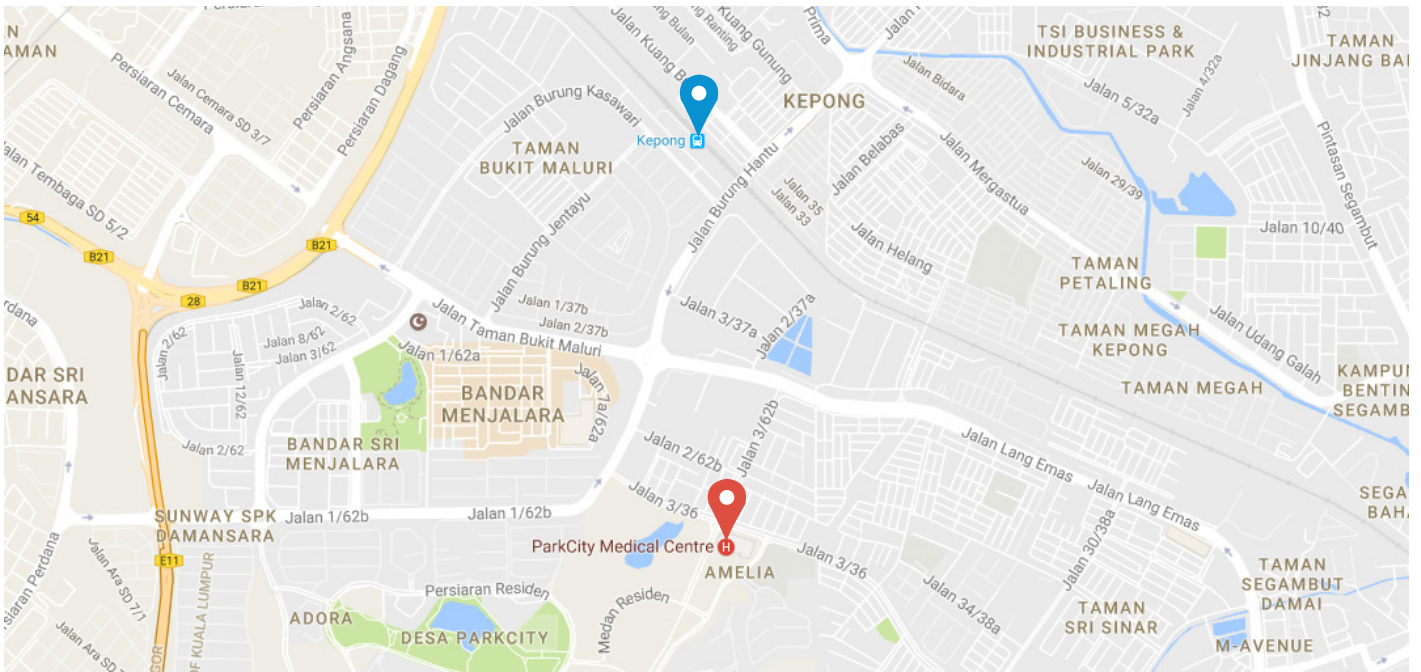
### By Email

healthcare@ramsaysimedarbyhealth.com

fatin.fatihah.z@ramsaysimedarbyhealth.com

dr.savitha.dharan@ramsaysimedarbyhealth.com

# Map to ParkCity Medical Centre



## Address

Lot 2, Jalan Intisari Perdana  
Desa ParkCity, 52200 Kuala Lumpur, Malaysia

## ParkCity Medical Centre Location:

- ▶ Next to The International School @ ParkCity
- ▶ Nearest train station is Kepong KTM



## QR Code of Google Map Location

Want to mark our location on your mobile phone google map? Scan the QR Code and we will mark it for you.



## ParkCity Medical Centre

# Vital Health Programme

**40**  
& younger  
male & female

With today's demanding lifestyle it's important to stay healthy. Our Vital Health Programme for men and women aged 40 and younger offers a general health screening package that's right for you. Benefit from peace of mind or early detection, ensuring you're free to enjoy the active life ahead.

No. Test / Procedure	VHP 1	VHP 2	VHP 3	VHP 4
1 Physical Examination & History Taking *	●	●	●	●
2 Body Mass Index (BMI) *	●	●	●	●
3 Blood Pressure Screening *	●	●	●	●
4 Vision - Snellen Chart *	●	●		
5 Chest X-Ray	●	●	●	●
6 Electrocardiogram (ECG) with Report	●	●	●	●
7 Urine Screening	●	●	●	●
8 General Screening Profile (Regular)	●	●	●	●
9 Hepatitis A		●	●	●
10 Hearing Screening			●	●
11 Vision Screening			●	●
12 Pulmonary Function Test (PFT)			●	●
13 Body Composition & Fat Analysis				●
<b>Total Published Price (RM)</b>	455	529	684	900

\* By HSC Doctor

# Women's Health Programme

**40**  
& younger

Good health means a good life, and with women's health that means regular check-ups to ensure your continued well-being. Our Women's Health Programme is designed for women under 40, who are looking for a personalized approach to preventive care.

No.	Test / Procedure	WHP 1	WHP 2	WHP 3	WHP 4
1	Physical Examination & History Taking *	●	●	●	●
2	Body Mass Index (BMI) *	●	●	●	●
3	Blood Pressure Screening *	●	●	●	●
4	Vision - Snellen Chart *	●	●		
5	Chest X-Ray	●	●	●	●
6	Ultrasound of Abdomen and Pelvis	●	●	●	●
7	Ultrasound of Breast	●	●	●	●
8	Electrocardiogram (ECG) with Report	●	●	●	●
9	Urine Screening	●	●	●	●
10	General Screening Profile (Regular)	●	●	●	●
11	Hepatitis A		●	●	●
12	Hearing Screening			●	●
13	Diet Counselling			●	●
14	Vision Screening			●	●
15	Pulmonary Function Test (PFT)			●	●
16	Body Composition & Fat Analysis				●
	<b>Total Published Price (RM)</b>	895	969	1166	1383

\* By HSC Doctor

# Men's Health Programme



Life doesn't stop at 40, and neither does caring for your health. Our Men's Health Programme for men over 40 years of age provides an in-depth screening and health assessment to ensure you have the right knowledge to care for your own health.

No.	Test / Procedure	MHP 1	MHP 2	MHP 3	MHP 4
1	Physical Examination & History Taking *	●	●	●	●
2	Body Mass Index (BMI) *	●	●	●	●
3	Blood Pressure Screening *	●	●	●	●
4	Vision - Snellen Chart *	●	●		
5	Chest X-Ray	●	●	●	●
6	Ultrasound of Abdomen and Pelvis	●	●	●	●
7	Electrocardiogram (ECG) with Report	●	●	●	●
8	Stress Test ECG	●	●	●	●
9	Urine Screening	●	●	●	●
10	General Screening Profile (Regular)	●	●	●	●
11	Alpha-fetoprotein (AFP) Tumor Marker	●	●	●	●
12	Prostate Specific Antigen (tPSA) Tumor Marker (for Prostate Cancer)	●	●	●	●
13	Cancer Antigen 19-9 (CA 19-9) Tumor Marker (for Gastro-intestinal Cancer)		●	●	●
14	Carcinoembryonic Antigen (CEA) Tumor Marker		●	●	●
15	Hepatitis A		●	●	●
16	Helicobacter pylori (H.pylori)		●	●	●
17	Hearing Screening			●	●
18	Vision Screening			●	●
19	Pulmonary Function Test (PFT)			●	●
20	Diet Counselling			●	●
21	Body Composition & Fat Analysis				●
<b>Total Published Price (RM)</b>		1176	1430	1629	1846

\* By HSC Doctor

# Premium Women Programme

40  
& older

Specially tailored for ladies approaching the golden years where early detection of common and degenerative diseases could help enhance health and lifestyle aspiration. Love yourself. Love your health.

No.	Test / Procedure	PWP 1	PWP 2	PWP 3	PWP 4
1	Physical Examination & History Taking *	●	●	●	●
2	Body Mass Index (BMI) *	●	●	●	●
3	Blood Pressure Screening *	●	●	●	●
4	Vision - Snellen Chart *	●	●	●	●
5	Chest X-Ray	●	●	●	●
6	Mammogram	●	●	●	●
7	Ultrasound of Abdomen and Pelvis	●	●	●	●
8	Electrocardiogram (ECG) with Report	●	●	●	●
9	Stress test ECG	●	●	●	●
10	Urine Screening	●	●	●	●
11	General Screening Profile (Regular)	●	●	●	●
12	Thin Prep	●	●	●	●
13	Hepatitis A		●	●	●
14	Helicobacter pylori (H.pylori)		●	●	●
15	Alpha-fetoprotein (AFP) Tumor Marker		●	●	●
16	Cancer Antigen 125 (CA-125) Tumor Marker (for Ovarian Cancer)		●	●	●
17	Cancer Antigen 15-3 (CA 15-3) Tumor Marker (for Breast Cancer)		●	●	●
18	Cancer Antigen 19-9 (CA 19-9) Tumor Marker (for Gastro-intestinal Cancer)		●	●	●
19	Carcinoembryonic Antigen (CEA) Tumor Marker		●	●	●
20	Diet Counselling		●		●
21	Hearing Screening		●		●
22	Vision Screening		●		●
23	Pulmonary Function Test (PFT)		●		●
24	Dual Energy X-Ray Absorptiometry (DEXA Scan) for Bone Mineral Density			●	●
<b>Total Published Price (RM)</b>		1407	2053	2120	2318

\* By HSC Doctor