

REGENCY WELLNESS EVALUATION		PREMIER		WELLNESS		DELUXE	BASIC
		WOMAN	MAN	WOMAN	MAN	WOMAN/MAN	WOMAN/MAN
<b>DETAILED PRE-SCREENING DOCTOR'S CONSULTATION &amp; FULL PHYSICAL EXAMINATION</b>							
Personal, Family & Social Medical History Review and Full Physical Examination		•	•	•	•	•	•
<b>COMPREHENSIVE BODY MEASUREMENT</b>							
Physical Measurement	Blood Pressure, Heart Rate, Temperature, Visual Acuity, Colour Vision	•	•	•	•	•	•
Anthropometry	Height, Weight, Body Mass Index (BMI), Waist Circumference	•	•	•	•	•	•
<b>FUNCTIONAL EXAMINATION</b>							
Audiometry		•	•	•	•	•	
Spirometry (Lung Function Test)		•	•	•	•	•	
Tonometry		•	•	•	•	•	
Bone Sonometry		•	•	•	•		
<b>COMPREHENSIVE BLOOD INVESTIGATION</b>							
Full Blood Examination	WBC with Differential Count, RBC, Hb, HCT/PCV, MCV, MCH, MCHC, Platelet, RDW	•	•	•	•	•	•
	ABO & Rh-D Typing, Erythrocyte Sedimentation Rate (ESR)	•	•	•	•	•	•
Liver & Biliary Profile	Total Protein, Albumin, Globulin, Total Bilirubin, ALP, GGT, ALT, AST	•	•	•	•	•	•
Renal (Kidney) Profile	Creatinine, eGFR, Urea, Uric Acid, Sodium, Potassium, Chloride, Calcium, Phosphate	•	•	•	•	•	•
Diabetic Screen	Fasting Glucose	•	•	•	•	•	•
Lipid (Fat) Profile	Triglycerides, Total Cholesterol, HDL Cholesterol, LDL Cholesterol	•	•	•	•	•	•
Sexually Transmitted Diseases (STD)	Venereal Disease Research Laboratory (VDRL) - Syphilis	•	•	•	•	•	•
Hepatitis Screen	Hepatitis A IgG Antibody	•	•	•	•	•	•
	Hepatitis B Surface Antibody (Anti-HBs), Hepatitis B Surface Antigen (HBsAg)	•	•	•	•	•	•
Thyroid Function Test	Thyroid Stimulating Hormone (TSH), Triiodothyronine (T3), Thyroxine (T4)	•	•	•	•	•	•
Bone & Joint Profile	Rheumatoid Factor (Uric Acid & Calcium are within Renal Profile)	•	•	•	•	•	
	Alpha Fetoprotein (AFP) - Commonly for Liver	•	•	•	•	•	•
Tumor (Cancer) Marker Studies	Carcinoembryonic Antigen (CEA) - Commonly for Colon	•	•	•	•	•	•
	Cancer Antigen 125 (CA125) - Ovaries (Female)	•		•			
	Prostate Specific Antigen (PSA) - Prostate (Male)		•		•		
	Cancer Antigen 19-9 (CA19-9) - Commonly for Pancreas	•	•				
Gastrointestinal Screen	Helicobacter Pylori IgG	•	•				
Cardiac Profile	Hypersensitive C-Reactive Protein (hs-CRP)	•	•				
Stool Occult Blood		•	•	•	•		
Urine Full and Microscopic Examination		•	•	•	•	•	•
<b>CARDIAC EXAMINATION</b>							
Resting Electrocardiogram (ECG)		•	•	•	•	•	•
Cardiac Stress Test (Treadmill ECG)		•	•		•		
Coronary Calcium Score (*Radiological Procedure)		•	•				
<b>GYNAECOLOGICAL EXAMINATION</b>							
Pap Smear		•		•			
Mammogram or Breast Ultrasound (According to your age and Clinical Indication)		•		•			
<b>RADIOLOGY EXAMINATION</b>							
Chest X-Ray		•	•	•	•	•	
Abdominal X-Ray				•	•		
Upper Abdomen Ultrasound - Gallbladder, Kidneys, Liver, Pancreas, Spleen		•	•				
<b>DETAILED POST-SCREENING CONSULTATION &amp; REPORT</b>							
Dietition's Consultation	Post Examination Diets and Nutritions Recommendations	•	•	•	•		
Doctor's Consultation & Report	Post Examination Lifestyle Recommendations	•	•	•	•	•	•
	Personalised Medical Report	•	•	•	•	•	•
<b>BREAKFAST/BRUNCH</b>		•	•	•	•	•	•
<b>EXCLUSIVE PACKAGE PRICE</b>		<b>RM 1,788</b>	<b>RM 1,588</b>	<b>RM 838</b>	<b>RM 838</b>	<b>RM 538</b>	<b>RM 358</b>
*Prices are subject to change without prior notice.							



### INFORMATION ON COMMON TESTS



- **Audiometry**  
To detect hearing loss



- **Spirometry**  
To detect asthma, chronic bronchitis and occupational lung diseases



- **Tonometry**  
To detect raised intraocular pressure (glaucoma) which is a common cause of blindness



- **Bone Sonometry**  
To measure bone density



- **Urine Full and Microscopic Examination**  
To detect kidney damage, diabetes and infection



- **Stool Occult Blood**  
To screen for colon cancer



- **Resting Electrocardiogram (ECG)**  
To measure the rate and regularity of heartbeats and detect any pre-existing damage to the heart



- **Treadmill ECG**  
To indicate possibility of heart vessel blockage



- **Chest X-Ray**  
To detect tuberculosis, lung cancer and occupational lung diseases



- **Pap Smear**  
To detect cervical cancer



- **Mammogram/Ultrasound Breast**  
To detect early breast cancer and fibrocystic disease of the breast.





EXECUTIVE HEALTH SCREENING CENTRE



### BASIC PACKAGE

A basic package to start off with, to maintain a healthy lifestyle.

Recommended 29 years and below.



### DELUXE PACKAGE

Designed to maintain your health at the prime of your life.

Recommended for ages 30 - 40 years old.



### WELLNESS PACKAGE

A health screen to determine your general wellness level. The packages include cancer markers, mammogram for ladies and treadmill stress test for men. Recommended for ages 40 years old and above.



### PREMIER PACKAGE

Built on the Wellness packages to conduct in-depth health screen, with additional focus on digestive disorders and heart health.

Recommended for ages 40 years old and above.

The Executive Health Screening Centre at Regency Specialist Hospital is a dedicated one-stop centre providing comprehensive multiphase health screening services with the purpose of maintaining healthy lifestyle & early detection of medical condition.

Your screening takes place in a warm, cozy and private environment, and you may select a package that is tailored to your needs and lifestyles. All tests are conducted on an out-patient basis and take approximately half a day to complete. Upon completion of all the tests, you will be given a detailed medical report and professional consultation by doctor on the same day (except weekends).

#### IMPORTANT NOTES

Things to **DO BEFORE** health screening:

- Fasting at least 8 hours. Plain water can be consumed.
- All prescribed medication may be taken accordingly EXCEPT for diabetic medication (morning dose should not be taken).
- Ladies who are going for mammogram are to avoid using deodorant or talcum power.
- Pap smear is best done 10 to 15 days after the first day of your menstruation.

Things to **BRING** for health screening:

- IC / Passport
- Previous medical records if any.
- Comfortable attire for all packages. Comfortable sports attire and shoes for your treadmill ECG.



#### By Land

From the EDL, take ramp (1403A) to join JB East Coast Highway (towards Pasir Gudang), and exit at Jalan Rinting. Alternatively, take the Tebrau Highway to Pasir Gudang Highway and exit at Seri Alam Interchange 2.

Regency is only 15 minutes away from the City Centre via Eastern Dispersal Link (EDL).

#### By Air

Take a flight to Senai Airport.

#### By Sea

Arrive via Zon ferry terminal at Stulang Laut, Johor.

**Free shuttle service** from Singapore and in Johor Bahru is available by appointment. Please contact our Customer Service Representative at **+607-381 7765**.

#### Health Screening Centre

Operation Hours:

Mon - Fri: 7.30am - 4.30pm

Sat & Sun: 7.30am - 11.30am

Tel: +607 381 7730 WhatsApp: +6016 609 8770

Email: hscappointment@regencyspecialist.com

#### Scan QR code

for appointment:



#### Regency Specialist Hospital Sdn. Bhd. (767174-W)

No. 1, Jalan Suria, Bandar Seri Alam,

81750 Masai, Johor, Malaysia.

Tel: +607 381 7700 Fax: +607 388 7666

Email: info@regencyspecialist.com

**24-Hour Emergency Hotline:**  
**1800-222-505**

+6012 736 7008

RegencySpecialistHospital

www.regencyspecialist.com



**Hands That Treat  
Hearts That Heal**



## EXECUTIVE HEALTH SCREENING PACKAGES

Book your appointment with us now



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