



# EXECUTIVE HEALTH SCREENING PACKAGES

Book your appointment with us now

**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:

- All prescribed medication may be taken accordingly EXCEPT for diabetic medication (morning dose should not be taken).
- Fast for at least 4 hours if you are going for Ultrasound - Upper Abdomen / Full Abdomen & Pelvis procedure. Plain water can be consumed.
- 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.**

**Health Screening Centre**

Operation Hours:  
 Mon - Fri: 7.30am - 4.30pm  
 Sat & Sun: 7.30am - 11.30am  
 ☎: +6016-609 8770 (WhatsApp only)

For appointment, kindly contact us at:

- ☎: +6016-722 7288
- ☎: +607-381 7700 (Ext 2654 & 2655)
- ✉: rsh\_teleservices@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.



www.regencyspecialist.com

**Hands That Treat Hearts That Heal**



HEALTH SCREENING CENTRE



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		•	•	•	•	•	
<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 Function Test	Total Protein, Albumin, Globulin, Total Bilirubin, ALP, GGT, ALT, AST	•	•	•	•	•	•
Renal (Kidney) Function Test	Creatinine, eGFR, Urea, Uric Acid, Sodium, Potassium, Chloride, Calcium, Phosphate	•	•	•	•	•	•
Diabetes Screening	HbA1C	•	•	•	•	•	•
Lipid Profile	Triglycerides, Total Cholesterol, HDL Cholesterol, LDL Cholesterol	•	•	•	•	•	•
Sexually Transmitted Diseases (STD)	Veneral Disease Research Laboratory (VDRL) - Syphilis	•	•	•	•	•	•
Hepatitis Screening	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)	•	•	•	•	•	
Tumor (Cancer) Marker Profile	Alpha Fetoprotein (AFP) - Commonly for Liver	•	•	•	•	•	•
	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 Screening	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				•	•		
Ultrasound - Upper Abdomen		•					
Ultrasound - Full Abdomen & Pelvis			•				
<b>DETAILED POST-SCREENING CONSULTATION &amp; REPORT</b>							
Dietitian'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>	*Prices are subject to change without prior notice.	<b>RM 2,188</b>	<b>RM 2,188</b>	<b>RM 1,088</b>	<b>RM 988</b>	<b>RM 688</b>	<b>RM 488</b>



## 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



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



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



- **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



- **Coronary Calcium Score**  
To detect any early heart vessel calcification before blood flow reduction occurs



- **Pap Smear**  
To detect cervical cancer



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



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



- **Ultrasound - Upper Abdomen**  
To look at organs in the abdomen, which includes liver, gallbladder, bile duct, spleen, pancreas and kidneys



- **Ultrasound - Pelvis**  
To detect issues with the prostate (for males), uterus (for females) and urinary bladder