

## **INPATIENT HOSPITALISATION SERVICE**

Enjoy 10% off ward charges\* for all unsubsidized (private) ward admission.

<b>Type of Ward Accommodation</b>	<b>Published Rate (S\$)</b>	<b>Corporate Rate (S\$)</b>
Deluxe Room	390	351
Single Room (A1)	250	225
4-bedder (B1)	160	144

*\*Does not apply for procedural/surgical packages*

Appointment line:

Tel: 6772 2002 or Email: [appointment@nuh.com.sg](mailto:appointment@nuh.com.sg)

## **LASIK PACKAGES**

Pre-LASIK assessment at \$99 (usual \$166) and 4 free post-LASIK surgery reviews. That's a total savings of \$235 for each LASIK package!

<b>Surgery</b>	<b>Published Package Rate* (S\$)</b>	<b>Corporate Package Rate* (S\$)</b>
<u>LASIK Surgery:</u>		
Low degree (under 300)	2896	2649
Moderate degree (under 600)	3146	2899
High degree (under 1000)	3586	3339
Aspheric	3586	3339
Wavefront LASIK	3666	3419
Topo-guided LASIK	3986	3739
Presbyopia correction	4986	4739
EpiLASIK	4986	4739

*\* Package includes surgery for two eyes, one pre-LASIK, and four post-LASIK assessments.*

*\* Standard medication of approximately \$35 still applies for each package*

### ***What is LASIK?***

Laser Assisted In-Situ Keratomileusis or LASIK is an outpatient surgical procedure which combines surgical and laser treatment to treat myopic (near-sightedness), hyperopia (far-sightedness) and astigmatism.

A thin cornea flap is made by an instrument called 'Microkeratome', followed by the laser treatment. The flap is then replaced with no stitches required.

For more information on LASIK surgery please log onto [www.nuheye.com](http://www.nuheye.com)



**CONTACT:**

NUH LASIK Centre

National University Hospital, 5 Lower Kent Ridge Road, Kent Ridge Wing 2, Level 3

Prior appointment is required

Tel: 6772 2020 or Email: [lasik\\_centre@nuh.com.sg](mailto:lasik_centre@nuh.com.sg)

**AESTHETIC PACKAGES**

Enjoy 10% off charges for the following Aesthetic services:

<b>Day Surgery</b>	<b>Published Rate* (S\$)</b>	<b>Corporate Rate* (S\$)</b>
Botox (for removal of wrinkles around the eyes)	410	369
Chemical Peel	190	171
Microdermabrasion	100	90

*\* Consultation fees apply for the above procedures*

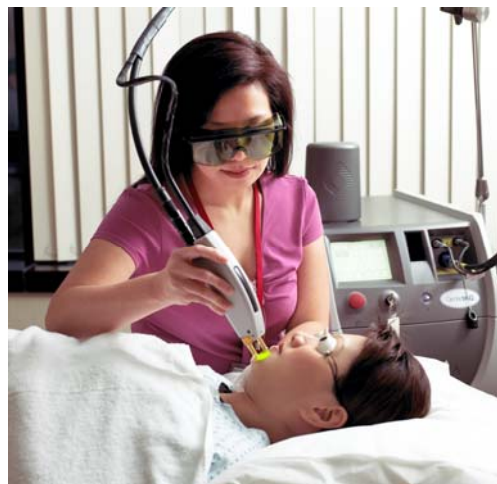
**CONTACT:**

NUH Aesthetic Plastic Surgery Centre

National University Hospital, 5 Lower Kent Ridge Road, Kent Ridge Wing 2, Level 4

Prior appointment is required

Tel: 6772 2022 or Email: [aesthetic\\_plastic@nuh.com.sg](mailto:aesthetic_plastic@nuh.com.sg)



## **HEALTH SCREENING PACKAGES**

Some medical conditions are not obvious to the untrained eye so early detection can make all the difference. With regular health screening and proper medical advice, diseases can be averted and medical conditions can be better managed.

Select from the following customized health screening packages. Based on your screening results, our team of health professionals will advise, counsel and recommend appropriate treatment and options for managing your health.

### **SMU ALUMNI ASSOCIATION MHS PACKAGE A**

**Male - S\$250.00** (excluding GST)  
**Female – S\$260.00** (excluding GST)

#### **A. Comprehensive Medical History & Physical Examination**

- Present Complaints (If Any)
- Past Medical, Family, Social & Drug History
- Review of Entire Body Systems

#### **B. Investigations**

##### **1. Laboratory Investigations**

- **Haematological Studies**
  - Haemoglobin
  - Total White Blood Cells
  - Total Red Blood Cells
  - Differential Count
  - Platelets
  - Peripheral Blood Film
  - Pack Cell Volume
  - Red Cell Indices (MCV, MCH, MCHC)
  - Erythrocyte Sedimentation
- **Blood Grouping**
- **Lipid Profile**
  - Total Cholesterol
  - Triglycerides
  - Cholesterol HDL
  - Cholesterol LDL
  - Cholesterol/HDL Ratio
- **Kidney Disease**
  - Sodium
  - Potassium
  - Chloride
  - Bicarbonate
  - Urea
  - Creatinine
  - Glucose
- **Metabolic Disorders**
  - Free T4
  - Uric Acid
- **Bone Disease**
  - Calcium
  - Phosphate
  - Rheumatoid Arthritis Factor (RAF)
- **Cancer Markers**
  - Alpha-Feto Protein (AFP – Liver Cancer)
  - Carcino-Embryonic Antigen (CEA – GI Cancer)
  - Prostate Specific Antigen – **For male only**
- **Veneral Disease**
  - Total Syphilis Antibody Screening
- **Hepatitis B**
  - Surface Antigen
  - Surface Antibody
- **Urine Analysis**
  - Basic Screen for Blood, Glucose, Protein, Ketones & pH
  - Microscopic Examination for Red Blood Cells, Epithella Cells, Casts & Crystals
- **Stool Analysis**
  - Occult Blood

- **Liver Disease** Ova, Cyst, Trophozoite
  - Bilirubin
  - Albumin
  - Globulin
  - Total Protein
  - Alkaline Phosphatase
  - Alkaline Transaminase ALT
  - Aspartate Transaminase AST
  - GGT

## 2. Other Investigations

- Chest X-Ray
- Electrocardiogram (ECG)
- Pap Smear – For female only

## C. Medical Report

- Detailed medical and family history
- Discussion and interpretation of all laboratory results.
- Recommendations and health education
- Medical follow-up and direct referrals to other specialists' services within NUH

## SMU ALUMNI ASSOCIATION MHS PACKAGE B – FOR MALE ONLY

**S\$430.00 (excluding GST)**

### A. Comprehensive Medical History & Physical Examination

- Present Complaints (If Any)
- Past Medical, Family, Social & Drug History
- Review of Entire Body Systems

### B. Investigations

#### 1. Laboratory Investigations

- |   |   |
|---|---|
| <ul style="list-style-type: none"> <li>▪ <b>Haematological Studies</b> <ul style="list-style-type: none"> <li>Haemoglobin</li> <li>Total White Blood Cells</li> <li>Total Red Blood Cells</li> <li>Differential Count</li> <li>Platelets</li> <li>Peripheral Blood Film</li> <li>Pack Cell Volume</li> <li>Red Cell Indices (MCV, MCH, MCHC)</li> <li>Erythrocyte Sedimentation</li> </ul> </li> <li>▪ <b>Blood Grouping</b></li> <li>▪ <b>Lipid Profile</b> <ul style="list-style-type: none"> <li>Total Cholesterol</li> <li>Triglycerides</li> </ul> </li> </ul> | <ul style="list-style-type: none"> <li>▪ <b>Metabolic Disorders</b> <ul style="list-style-type: none"> <li>Free T4</li> <li>Uric Acid</li> </ul> </li> <li>▪ <b>Bone Disease</b> <ul style="list-style-type: none"> <li>Calcium</li> <li>Phosphate</li> <li>Rheumatoid Arthritis Factor (RAF)</li> </ul> </li> <li>▪ <b>Cancer Markers</b> <ul style="list-style-type: none"> <li>Alpha-Feto Protein (AFP – Liver Cancer)</li> <li>Carcino-Embryonic Antigen (CEA – GI Cancer)</li> <li>Prostate Specific Antigen (PSA)</li> </ul> </li> <li>▪ <b>Veneral Disease</b> <ul style="list-style-type: none"> <li>Total Syphilis Antibody Screening</li> </ul> </li> </ul> |
|---|---|

- Cholesterol HDL
- Cholesterol LDL
- Cholesterol/HDL Ratio
- **Kidney Disease**
  - Sodium
  - Potassium
  - Chloride
  - Bicarbonate
  - Urea
  - Creatinine
  - Glucose
- **Liver Disease**
  - Bilirubin
  - Albumin
  - Globulin
  - Total Protein
  - Alkaline Phosphatase
  - Alkaline Transaminase ALT
  - Aspartate Transaminase AST
  - GGT
- **Hepatitis**
  - Hep A IgG Ab
  - Hep B Surface Antigen & Antibody
  - Hep C Antibody
- **Urine Analysis**
  - Basic Screen for Blood, Glucose, Protein, Ketones & pH
  - Microscopic Examination for Red Blood Cells, Epithella Cells, Casts & Crystals
- **Stool Analysis**
  - Occult Blood
  - Ova, Cyst, Trophozoite

## 2. Other Investigations

- Chest X-Ray
- Abdomen X-Ray
- Electrocardiogram (ECG)
- Treadmill

## C. Medical Report

- Detailed medical and family history
- Discussion and interpretation of all laboratory results.
- Recommendations and health education
- Medical follow-up and direct referrals to other specialists' services within NUH

## SMU ALUMNI ASSOCIATION MHS PACKAGE C – FOR FEMALE ONLY

**S\$440.00 (excluding GST)**

### A. Comprehensive Medical History & Physical Examination

- Present Complaints (If Any)
- Past Medical, Family, Social & Drug History
- Review of Entire Body Systems

## B. Investigations

### 1. Laboratory Investigations

- **Haematological Studies**
  - Haemoglobin
  - Total White Blood Cells
  - Total Red Blood Cells
  - Differential Count
  - Platelets
  - Peripheral Blood Film
  - Pack Cell Volume
  - Red Cell Indices (MCV, MCH, MCHC)
  - Erythrocyte Sedimentation
- **Blood Grouping**
- **Lipid Profile**
  - Total Cholesterol
  - Triglycerides
  - Cholesterol HDL
  - Cholesterol LDL
  - Cholesterol/HDL Ratio
- **Kidney Disease**
  - Sodium
  - Potassium
  - Chloride
  - Bicarbonate
  - Urea
  - Creatinine
  - Glucose
- **Liver Disease**
  - Bilirubin
  - Albumin
  - Globulin
  - Total Protein
  - Alkaline Phosphatase
  - Alkaline Transaminase ALT
  - Aspartate Transaminase AST
  - GGT
- **Metabolic Disorders**
  - Free T4
  - Uric Acid
- **Bone Disease**
  - Calcium
  - Phosphate
  - Rheumatoid Arthritis Factor (RAF)
- **Cancer Markers**
  - Alpha-Feto Protein (AFP – Liver Cancer)
  - Carcino-Embryonic Antigen (CEA – GI Cancer)
  - CA 15.3 (Breast Cancer Marker)
  - CA 125 (Ovarian Cancer Marker)
- **Veneral Disease**
  - Total Syphilis Antibody Screening
- **Hepatitis**
  - Hep A IgG Ab
  - Hep B Surface Antigen & Antibody
  - Hep C Antibody
- **Urine Analysis**
  - Basic Screen for Blood, Glucose, Protein, Ketones & pH
  - Microscopic Examination for Red Blood Cells, Epithella Cells, Casts & Crystals
- **Stool Analysis**
  - Occult Blood
  - Ova, Cyst, Trophozoite

### 2. Other Investigations

- Chest X-Ray
- Electrocardiogram (ECG)
- Pap Smear
- Treadmill or \*Mammogram

\*recommended for females above 40 years old

### C. Medical Report

- Detailed medical and family history
- Discussion and interpretation of all laboratory results.
- Recommendations and health education
- Medical follow-up and direct referrals to other specialists' services within NUH

## SMU ALUMNI ASSOCIATION MHS PACKAGE D

**\$160.00** (excluding GST)

### A. Comprehensive Medical History & Physical Examinations

- Present Complaints (If Any)
- Past Medical, Family, Social & Drug History
- Review of Whole Body Systems

### B. Investigations

#### 1. Laboratory Investigations

##### Haematological Studies

- Haemoglobin
- Total White Blood Cells
- Total Red Blood Cells
- Differential Count
- Platelets
- Peripheral Blood Film
- Pack Cell Volume
- Red Cell Indices (MCV, MCH, MCHC)
- Erythrocyte Sedimentation

##### Lipid Profile

- Total Cholesterol
- Triglycerides
- Cholesterol HDL
- Cholesterol LDL
- Cholesterol/HDL Ratio

##### Kidney Disease

- Sodium
- Potassium
- Chloride
- Bicarbonate
- Urea
- Creatinine
- Glucose

#### 2. Other Investigations

- Chest X-Ray

##### Liver Disease

- Bilirubin
- Albumin
- Globulin
- Total Protein
- Alkaline Phosphatase
- Alkaline Transaminase ALT
- Aspartate Transaminase AST
- GGT

##### Metabolic Disorders

- Uric Acid

##### Bone Disease

- Calcium
- Phosphate

##### Hepatitis

- B (Surface Antigen & Surface Antibody)

##### Urine Analysis

- Basic Screen for Blood, Glucose, Protein, Ketones & pH
- Microscopic Examination for Red Blood Cells, Epithelial Cells, Casts & Crystals

### **C. Medical Report**

- Detailed medical and family history
- Discussion and interpretation of all laboratory results.
- Recommendation of healthcare education and healthcare improvement.
- Medical follow-up and direct referrals to other specialists' services within the hospital can be arranged.

### **Optional Tests**

	<b>Charges</b>
▪ Abdomen X-Ray	S\$40.00
▪ Abdomen Ultrasound	S\$180.00
▪ Audiometry	S\$22.00
▪ Breast Ultrasound	S\$100.00
▪ Alpha-Feto Protein (AFP – Liver Cancer Marker)	S\$15.00
▪ Carcino - Embryonic Antigen (CEA – GI Cancer Marker)	S\$20.00
▪ CA 15.3 (Breast Cancer Marker)	S\$30.00
▪ CA 125 (Overian Cancer Marker)	S\$30.00
▪ Calcium Scoring Test	S\$285.00
▪ Hepatitis “A” IgG Ab	S\$30.00
▪ Hepatitis “C” (Antibody)	S\$20.00
▪ HIV Screening	S\$20.00
▪ Hormonal Change for Menopause (For Female – FSH, LH, E2)	S\$48.00
▪ Hormonal Change for Menopause (For Male – FSH, Testosterone, Prolactin)	S\$48.00
▪ Mammogram	S\$110.00
▪ Pap Smear	S\$30.00
▪ Pelvic Ultrasound	S\$90.00
▪ Treadmill Stress Test	S\$150.00

**CONTACT:****NUH Wellness Centre**

National University Hospital, 5 Lower Kent Ridge Road, Main Building, Level 1

Prior appointment is required

Tel: 6772 4461 / 6772 4462 or E-mail: [wellness@nuh.com.sg](mailto:wellness@nuh.com.sg)**Travel Screening & Vaccination Services**

<b>List of Vaccinations</b>	<b>Published Rate*</b>	<b>Corporate Rate*</b>
	<b>S\$</b>	<b>S\$</b>
Absorbed Tetanus Toxoid	6.90	6.07
Adult Diphtheria Tetanus	12.25	10.78
EIPV (Inactivated Polio)	70.00	61.60
Hepatitis A	69.40	61.07
Hepatitis A (Package - 2 X)	144.90	127.51
Hepatitis B (Package - 3 X)	47.25	41.58
Hepatitis B IG	246.95	217.32
Hepatitis B Single (Age>=20)	29.40	25.87
Hepatitis B Single (Age12-19)	29.40	25.87
Influenza	15.30	13.46
Japanese B Encephalitis	27.40	24.11
Meningococcal Meningitis	39.15	34.45
MMR	27.30	24.02
OPV (Oral Polis)	10.50	9.24
Pneumo23	68.25	60.06
Twin RIX (Hepatitis A & B)	73.50	64.68
Typhim VI	19.60	17.25
Typhoid (Oral Capsule)	23.70	20.86
Varicella (Chickenpox) 2 X	44.40	39.07
Yellow Fever	115.50	101.64

\* Price does not include consultation and injection service fee of \$18.

\* Price includes 5% GST.

## Vaccination Guide for Travellers

Destination	Vaccine
<b>AFRICA</b>	
<p><b>North Africa:</b> Algeria, Egypt, Libya, Morocco &amp; Tunisia</p>	<p>Typhoid Fever</p> <p>Hepatitis A Malaria</p>
<p><b>Central, East &amp; West Africa:</b> Angola, cote de Ivoire, Ethiopia, Gabon Kenya, Nigeria, Tanzania, Uganda, Zambia</p>	<p>Typhoid Fever</p> <p>Hepatitis A, Malaria, Polio Meningococcal Meningitis Yellow Fever</p>
<p><b>South Africa:</b> Botswana, Lesotho, Namibia, St Helena, South Africa &amp; Swaziland</p>	<p>Hepatitis A</p> <p>Typhoid Fever Malaria</p>
<b>THE AMERICAS</b>	
<p><b>North America:</b> Canada, Greenland &amp; US with Hawaii</p>	<p>Diphtheria, Measles, Rubella (for university students) Influenza (during winter season - northern hemisphere strain)</p>
<p><b>Mexico &amp; Central America:</b> Costa Rica, EL Salvador, Guatemala Honduras, Mexico, Panama</p>	<p>Typhoid Fever</p> <p>Hepatitis A Malaria Yellow Fever</p>
<p><b>Tropical South America:</b> Bolivia, Brazil, Colombia, Ecuador, Peru, Venezuela</p>	<p>Hepatitis A</p> <p>Typhoid Fever Malaria Yellow Fever (recommended but not mandatory)</p>
<p><b>Temperate South America:</b> Argentina, Chile, Falkland Islands, Uruguay</p>	<p>Typhoid Fever</p> <p>Hepatitis A Malaria</p>
<b>THE CARIBBEAN</b>	
<p>Anguilla, Bahamas, Cuba, Dominican Republic, Trinidad, Virgins Islands</p>	<p>Typhoid Fever Hepatitis A Malaria</p>

ASIA	
	Hepatitis A
<b>East Asia:</b> China, Hong Kong, Macao, N Korea, Japan, Mongolia, S Korea, Taiwan	Typhoid Fever Malaria (seasonal risk in rural areas) Influenza (during winter season) Japanese B Encephalitis (for long-term travellers)
<b>Southeast Asia:</b> Brunei, Cambodia, Indonesia, Laos,  Malaysia, Burma, Vietnam, Thailand, Philippines, Singapore	Typhoid Fever  Hepatitis A Hepatitis B  Malaria
Indian Subcontinent & West Central Asia:  Afghanistan, Armenia, Bangladesh, India,  Nepal, Sri Lanka	Hepatitis A  Typhoid Fever  Meningococcal Meningitis  Malaria
MIDDLE EAST	
Cyprus, Israel, Kuwait, Lebanon, Iran  Oman, Saudi Arabia, Syria, Turkey United Arab Emirates & Yemen	Typhoid Fever Hepatitis A  Malaria Meningococcal Meningitis & Influenza
EUROPE	
<b>Eastern &amp; Western Europe:</b> Belgium, Czech Republic, Denmark, Finland Germany, Ireland, Holland, Poland, Russia Sweden, UK	Typhoid Fever  Hepatitis A Influenza (during winter season) Meningococcal Meningitis & Influenza (esp. for students)
<b>Eastern &amp; Western Europe:</b> Albania, Andorra, Austria, Bosnia, Croatia  France, Greece, Hungary, Italy, Portugal, Spain, Switzerland, Yugoslavia	Hepatitis A  Typhoid Fever Hepatitis B  Influenza (during winter season)

OCEANIA	
Australia, New Zealand & the Antarctic	Influenza (southern hemisphere strain – during winter season)
Melanesia & Micronesia – Polynesia: (Guam, Papua New Guinea)	Typhoid Fever  Hepatitis A Hepatitis B Malaria

**CONTACT:**

**Travel Screening & Vaccination Clinic @ NUH Wellness Centre**

National University Hospital, 5 Lower Kent Ridge Road, Main Building, Level 1

Prior appointment is required

Tel: 6772 4461 / 6772 4462 or E-mail: [wellness@nuh.com.sg](mailto:wellness@nuh.com.sg)