Optimize Your

Holistic Health.

Live Healthy, Longer.

Elev8 Health	myelev8.health
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EXECUTIVE HEALTH SCREENING

Get predictive, deep-level insights into your current health status.
Unlock longevity with proactive prevention, not reactive repair.

- ✓ Test advanced biomarkers like **ApoB, LP(a) for heart health**
- ✓ Assess your **vitamin and mineral deficiencies** and needs
- ✓ Schedule tests for **thyroid, weight and blood sugar imbalances**
- ✓ Test cognitive decline with **omega-3 and brain function** screen
- ✓ Test for iron deficiency anemia, PCOS, **hair fall and poor sleep**
- ✓ **VO2 Max, DEXA scan** for aerobic fitness, performance and longevity
- ✓ **Stress and anti-aging tests** for cortisol and adrenal function
- ✓ Cancer detection*, **colon and cervical cancer risk** screening
- ✓ Autoimmune diseases, **heavy metals, food allergies**, sensitivities
- ✓ Digestive enzymes, **hormones, fertility and menopause**

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Our Approach

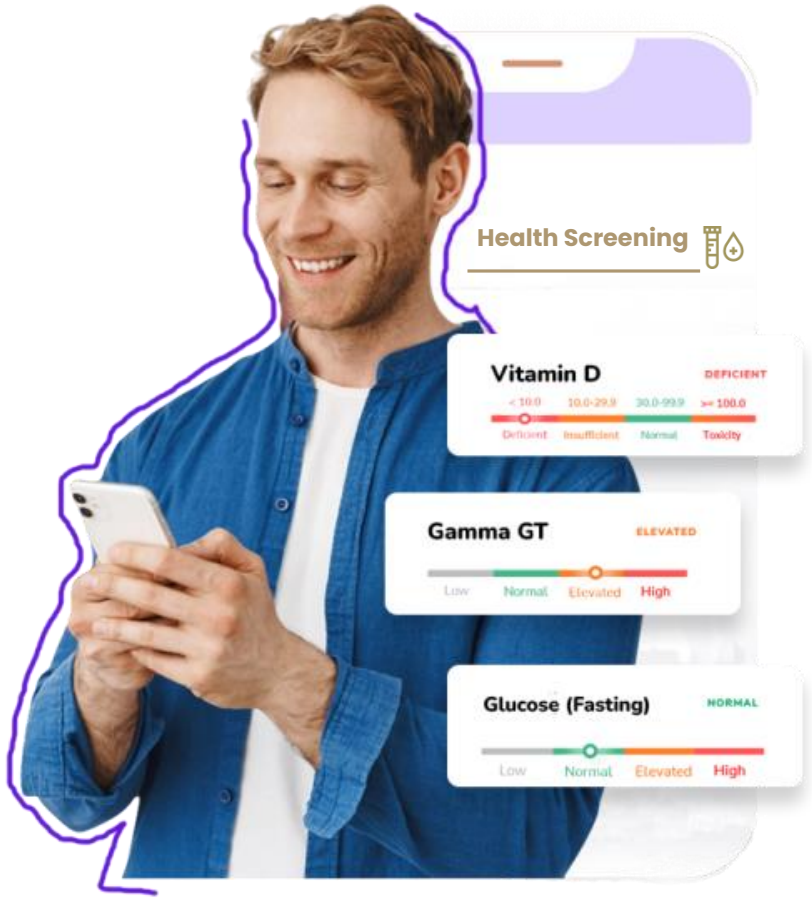
Our health screenings and assessments are a combination of blood biomarkers, lifestyle, imaging, wearables, DNA, Gut health insights. Such holistic screening approach allows for “whole-person” assessment, with personalized and actionable recommendations, to transform employee health.

Blood Tests

- Metabolic Health
- Heart Health
- Liver Function
- Kidney Function
- Bone and Joint Profile
- Complete Blood Profile
- Cancer Markers

Lifestyle Assessment

- Physical Well-being
- Nutritional Well-being
- Psychological Well-being
- Social Habits
- Stress Resilience
- Body Composition
- Body Vitals



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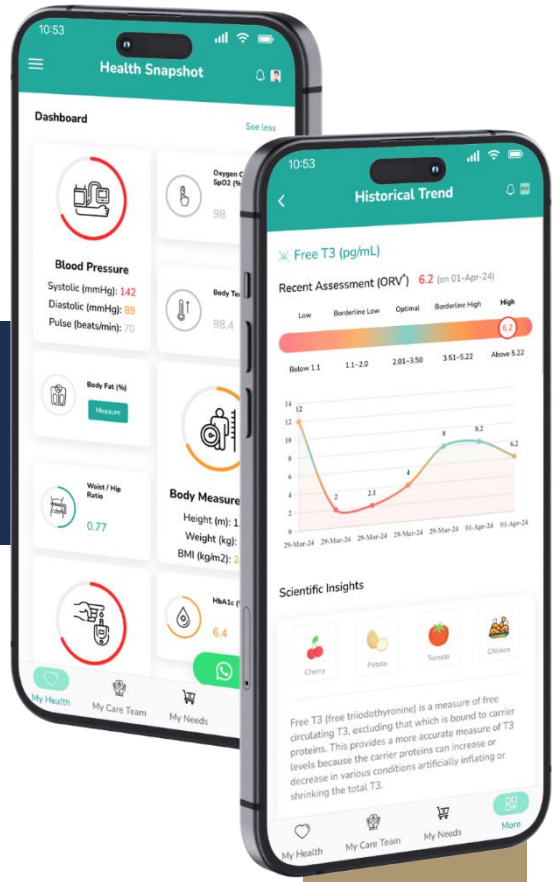
Standard Packages (Blood tests only)



Evaluate

~~$179~~ **$159**

Basic health checkup

- 44 blood tests
- Height, Weight, BP, BMI
- **No report review**

Buy Now

Explore

~~$199~~ **$179**

The "usual" health screening profile

- **All of Evaluate ++**
- Sexual health, hepatitis, urinalysis, 3x cancer markers with 1x Doctor review (online - video)
- **Full test list** CLICK HERE

Buy Now

Extend

~~$229~~ **$199**

With vitamin deficiency screen

- **All of Evaluate ++**
- Vitamins, Diabetes, Heart Health screening
- 1x test results review by Doctor (online - video)

Buy Now

Evolve

~~$299~~ **$229**

With 3x cancer markers screen

- All of **Explore** + **Extend** (**except sexual health test***)
- 1x test results review by Doctor (online - video)

Buy Now

***Note:** Blood tests are done at clinic locations at Royal Square Novena or Paragon. Detailed health advisory emailed upon purchase.

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Blood Tests Included

Category	Test Name	Evaluate	Extend	Evolve
Energy & Metabolism	Glucose (Fasting or Non-fasting)	✓	✓	✓
	HbA1c (Type-2 Diabetes Screen)	×	✓	✓
Heart Health Risk	Total Cholesterol	✓	✓	✓
	HDL, LDL Cholesterol, Triglycerides	✓	✓	✓
	Cholesterol Ratio(s)	✓	✓	✓
Inflammation Risk	Inflammation Marker (hsCRP | CRP)	×	✓	✓
Vitamin Deficiency	Vitamin D, Vitamin B12	×	✓	✓
Bone & Joint Health (Asses osteoporosis or rheumatoid arthritis risk)	Calcium, Phosphate	✓	✓	✓
	Uric Acid (Gout Risk)	✓	✓	✓
	Rheumatoid Arthritis (RA) Factor	×	✓	✓
Liver Health (Asses liver enzymes, function, damage, inflammation, or fatty liver / fibrosis risk)	Total Bilirubin (+ Direct, Indirect)	✓	✓	✓
	Alkaline Phosphatase (ALP)	✓	✓	✓
	SGPT/ALT, SGOT/AST, Gamma GT	✓	✓	✓
	Protein, Albumin, Globulin, AlG Ratio	✓	✓	✓
	FIB-4 Index (Assess Fibrosis Risk)	✓	✓	✓
Urine Examination	Urine Microalbumin Ratio, Urinalysis	×	✓	✓

Category	Test Name	Evaluate	Extend	Evolve
Kidney Health (Assess kidney function to detect early signs of kidney disorders)	Urea	✓	✓	✓
	Creatinine	✓	✓	✓
	Sodium, Potassium	✓	✓	✓
	Chloride	✓	✓	✓
	Bicarbonate	×	✓	✓
	Anion Gap (Acid-Base Imbalances)	×	✓	✓
	eGFR (Estimated Glomerular Filtration Rate)	✓	✓	✓
Thyroid Function	Free Thyroxine (FT4)	✓	✓	✓
	Thyroid Stimulating Hormone (TSH)	✓	✓	✓
Blood Profile (Detect early signs of iron deficiency anemia or other blood disorders)	Full Blood Count (incl. RDW)	✓	✓	✓
	ESR, Peripheral Blood Film (PBF)	✓	✓	✓
	Blood Group (ABO & Rhesus)	✓	✓	✓
Hepatitis A & B Screen	Hepatitis Bs Antigen, Antibody (HBsAg, HBsAb)	×	×	✓
	Hep. A Total Antibody (in non-fasting profile*)	×	×	✓
Cancer Markers	Liver (AFP). Colon and Lungs (CEA)	×	×	✓
	For Women: Ovaries (CA125)	×	×	✓
	For Men: Prostate (PSA)	×	×	✓

Our Premium Packages = All of Evolve + Choice of 1-3 extra option **(refer page 7)**
Choose ONE or more option of specialized blood tests, ultrasound, scans. If you wish to add-on more options, indicate them upon your purchase to enjoy bundle discounts.

With Premium Packages: Add-on Quarterly Subscription Extra ($69.90/- per visit)	
Body Measurements and Vitals (BMI, BP, SpO2)	✓
Metabolic Health: Body Composition Assessment	✓
Cardiac Risk: Resting Electrocardiogram (ECG)	✓
Vision Check: Visual Acuity, Color Vision, Contrast	✓

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Add-on Options ($51 each. Buy as many.)

Buy Now

01 Advanced Heart Health Risk

Determine your heart health risk and intervene early

- Lipoprotein(a) or LP(a)

02 Cardio-metabolic Risk

Screen for cardio-metabolic risk biomarkers

- Apolipoprotein B or APOB
- Creatine Kinase (CK)

03 Feeling Tired or Fatigue

Get iron deficiency anemia screening. Test for

- Iron
- Ferritin
- Transferrin
- Iron Binding Capacity (TIBC)
- Iron Saturation %

04 Energy and Metabolism | Weight Imbalances

Test for Insulin Resistance

- Insulin (Fasting)
- HOMA-IR (Insulin Resistance Screen)

05 Prevent Colon Cancer

- H. Pylori Blood Test
- Fecal Immunological Test (Stool)

06 Nutritional Deficiency

Screen for B-Vitamins deficiency

- Homocysteine (methylation & inflammation biomarker)

07 Sleep | Brain Function

- Magnesium (promote sleep & memory)
- Folate (Vitamin B9) for brain health & development

08 Premarital Screening

- Thalassaemia Screen, HIV, Syphillis
- Extra: Rubella (Female Only)

09 Thyroid Imbalances

- Free T3 (Hyperthyroidism)

10 Thyroid Antibodies

Screen for Thyroid Antibodies that may activate auto-immune response or conditions

- Thyroglobulin Antibody (TgAb)
- Thyroid Peroxidase Antibody (TPO)

11 Stress Response

- Cortisol

12 Adrenal Function | Reproductive Health

- DHEA-Sulfate

13 Stress and Aging

- Insulin-like Growth Factor 1 (IGF-1)

14 Low Libido (Sexual Performance)

For men and women, test for:

- Total Testosterone

15 Hormonal Binding

- Sex Hormone Binding (SHBG)

16 Sexual Health Screen

- HIV, Syphilis Antibody (RPR, TPLA if Syphilis Reactive), Herpes Simplex Virus Type I and II

17 Urine and Stool Examination

- Microalbumin Creatinine Ratio
- Stool Occult Blood

18 Cancer Markers (Baseline)

- Liver (AFP)
- Colon (CEA)
- Female - Ovaries (CA 125) **OR** Male - Prostate (Total PSA)

19 Cancer Markers (Additional)

- Pancreas (CA 19.9)
- Nose (EBV EA - IgA)
- Female - Breast (CA 15.3) **OR** Male - Testicular (BETA HCG)

20 Menopause Screen

- FSH, LH, Estradiol (E2)

21 Menstrual Function

- Menstrual Irregularity (FSH, LH, E2, Prolactin)

22 Heavy Metals

- Zinc deficiency or toxicity

23 Autoimmune Disease

- Anti Nuclear Factor (ANF)

Extra(s)* incur extra cost, in addition to the add-on test fee.

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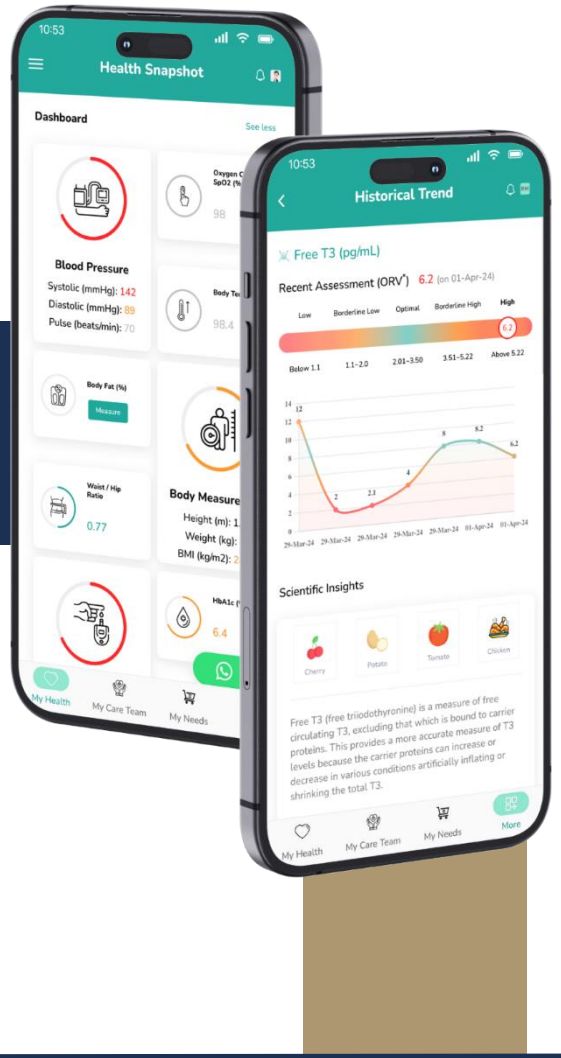
Premium Packages (Blood tests with ultrasound or scans*)



~~$399~~
$299

Elevate

With 1x Ultrasound or tests/scans*

- **All of Evolve++**
- Choice of lx Ultrasound or specialized tests*
- **Select 1 option** HERE

Buy Now

~~$488~~
$350

Elevate Plus

With choice of 2 additional tests

- **All of Evolve++**
- Choice of 2 additional tests
- **Select 2 options** HERE

Buy Now

~~$549~~
$400

Elevate Premium

With choice of 3 additional tests

- **All of Evolve++**
- Choice of 3 additional tests
- **Select 3 options** HERE

Buy Now

~~$789~~
$499

Ultimate

Longevity screen. 100+ biomarkers.

- **All of Evolve++**
- Nutritional Deficiency, Hormones, Advanced Heart Health, Thyroid, Liver Enzymes + more
- **Full test list** CLICK HERE

Buy Now

***Note:** Premium packages with X-Ray, ultrasound or scans chosen will be done at clinic locations at Royal Square Novena or Paragon. Health advisory emailed upon package purchase.

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For Ultimate (Several add-on options available at extra cost)

	Category	ID#	Description
Add-On option(s) from this list at extra cost.	Specialized Blood Tests For Men and Women (Done with main blood tests)	UL01	**Prevent Colon Cancer:** H. Pylori IgG Antibody Blood Test
		UL02	**Digestive Enzymes and Pancreatic Function:** Amylase and Lipase
		UL03	**Kidney Failure Risk:** Cystatin C and eGFR based on Cystatin C
		UL04	**Thyroid and Weight Imbalances:** Thyroglobulin Antibodies (TgAb), Thyroperoxidase Antibodies (TPO), Total T3, Total T4
		UL05	**Prevent Colon Cancer:** Urea Breath Test (Comprehensive)
		UL06	**Sexual Health:** HIV, Syphilis, Herpes (I, II), Chlamydia, Gonorrhea
		UL07	**SIBO Test:** Hydrogen-Methane Breath Test (Comprehensive)
		UL08	**Eyes, Heart and Brain Function:** Omega-3 Fatty Acid Profile
		UL09	**Comprehensive Insulin Resistance Screening:** KRAFT Test
		UL10	**Heavy Metals Toxicity Screening:** Zinc, Copper, Selenium, Mercury, Lead
		UL11	**Comprehensive Hormonal Screening:** DUTCH Complete
		UL12	**Growth Factor and Aging Screen:** IGF1, IGFBP3
	For Men (Blood Test and Scans)	UL13	**Additional 3x Cancer Markers:** Pancreas, Nose, Testicular
		UL14	**Adrenal Function and Performance:** Dehydroepiandrosterone Sulfate (DHEA-S), Progesterone
		UL15	**Prostate Cancer Risk Screen:** Free PSA, Free PSA %
		UL16	**Prostate Cancer Screen:** Ultrasound Prostate
	For Women (Blood Test and Scans)	UL17	**PMOS (PCOS/PCOD) Assessment:** Dehydroepiandrosterone Sulfate (DHEA-S)
		UL18	**Additional 3x Cancer Markers:** Pancreas, Nose, Breast
		UL19	**Prevent Cervical Cancer:** Pap Smear (LBC ThinPrep)
		UL20	**Ultrasound Pelvis (Abdominal):** Assess uterus, cervix, ovaries
		UL21	**Prevent Breast Cancer:** Ultrasound Breast (for under 40 yr. old)
		UL22	**Prevent Breast Cancer:** Mammogram (for over 40 yr. old)
		UL23	**Advanced Cervical Cancer Prevention Test:** HPV DNA

	Category	ID#	Description
Add-On option(s) from this list at extra cost.	For Women	UR01	**Fertility and Pregnancy:** Ovarian Reserve (AMH), Pregnancy (hCG)
		UR02	**Prevent Ovarian Cancer:** ROMA Index (Pre / Post Menopause)
		UR03	**PMOS (PCOS/PCOD) Diagnosis:** Ultrasound Pelvis (Trans-vaginal)
	Ultrasound, Scans and Specialized Tests For Men and Women	UR04	**Heart and Lung Function:** Resting ECG and Chest X-Ray (Filmless)
		UR05	**Early Cognitive Decline:** Digital Brain Function Screening
		UR06	**Bone Mineral Density (BMD):** Osteoporosis risk, bone health
		UR07	**Ultrasound Kidneys:** Assess kidney function, size, blood flow
		UR08	**Ultrasound Thyroid:** Assess abnormalities and thyroid cancer risk
		UR09	**Autoimmune Disease Screen:** ANF, Anti-ds DNA, Complement C3, C4
		UR10	**Ultrasound KUB:** Kidneys, Ureters and Bladder
		UR11	**Ultrasound Hepatobiliary:** Liver, Pancreas, Spleen, Gallbladder
		UR12	**Heart Strain Screening:** NT-proBNP, Creatine Kinase-MB (CK-MB)
		UR13	**Lung Capacity | Aerobic Fitness:** VO2Max (Treadmill)
		UR14	**Diet and Weight Management:** Continuous Glucose Monitoring
		UR15	**Ultrasound Abdomen:** Hepatobiliary (UL34) + Kidneys (UL30)
		UR16	**Detailed Heart Function Assessment:** ECG Treadmill
		UR17	**Liver Stiffness | Fibrosis:** Ultrasound Liver with Elastography
		UR18	**DEXA Scan:** Assess your body composition, fat and muscle mass, bone density
		UR19	**Stroke risk, Plaque buildup (IMT), CVD Risk:** Ultrasound Carotids
		UR20	**Heart Scan (Hardening Arteries):** CT Coronary Calcium Score
		UR21	**Heart Health Risk:** 2D Echocardiogram
		UR22	**Multi-Cancer Early Detection (MCED):** LucenceINSIGHT Core 6 Cancer Screen

Contact us EHS@genixpro.com | WhatsApp: +65-88752304 **to add-on more than ONE (01) option** or if you wish to inquire about other health screening packages.

***Note:** Ultrasound and Scans require a visit to our clinic location at Royal Square Novena or Paragon. Ultrasound and scans require an appointment to be scheduled before your visit.

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For Elevate (Several add-on options available at extra cost)

01 Nutritional Deficiency

Magnesium (Mg), Zinc (Zn), Iron Deficiency Anaemia Screen (#02)

02 Iron Deficiency Anaemia (Fatigue | Tiredness)

Iron, Ferritin, Transferrin, TIBC, % Iron Saturation, Folic Acid (B9)

03 Cardio-Metabolic Risk (Longevity)

- Lipoprotein(a), APOB, Homocysteine, Total Testosterone OR Estradiol (E2), Cortisol, DHEAS, Insulin Resistance (HOMA-IR)
- Recommended Extra*: Ferritin, Comprehensive Insulin Resistance Screen (Kraft Test*), Telomere Length Test, myTrueAge (Biological Age)

04 Cardiac Health Risk Screen

- Lipoprotein (a), APOB, APOA1, CK-MB, Homocysteine.
- Recommended Extra*: Insulin (with HOMA-IR), Cortisol, High Sensitive Troponin-I

05 Cardio-Respiratory Fitness

- Body Fat Assessment (DEXA Scan | InBody)
- VO2Max Test – Aerobic Fitness (Treadmill OR Bike)

06 Cancer Markers

- Pancreas (CA 19.9), Nose (EBV), Breast (CA 15.3) OR Testicular
- Recommended Extra*: Free PSA %, SCC

07 Colon Cancer Screening

- Stool Occult Blood (Basic) OR FIT - Fecal Immunological Screen (Advanced)

08 Stomach Ulcer Screen - Helicobacter Pylori | SIBO

- H. Pylori Blood Test (Basic) OR Urea Breath Test (Advanced)
- SIBO Breath Test

09 Cervical Cancer Screen (Female)

- HPV DNA (Higher Accuracy) OR Pap Smear (LBC Thin Prep)

10 Hepatitis Markers

- Hepatitis A Antibody
- Hepatitis C Antibody

11 Hormone Profile (Female)

- FSH, LH, Prolactin, Estradiol (E2), Progesterone.
- Recommended Extra*: Testosterone, DHEAS, SHBG

12 Fertility Screen (Female)

- FSH, LH, Prolactin, Estradiol (E2), Progesterone, Ovarian Reserve (AMH), Pregnancy (hCG),

13 Stress | Anti Ageing (Female)

- Estradiol (E2), DHEAS, IGF1, Cortisol
- Recommended Extra*: IGFBP3, DUTCH Test (Hormones)

14 Menopause | Menstrual Irregularities | PCOS

- FSH, LH, Estradiol (E2)
- Recommended Extra*: Prolactin, Selenium

15 Hormone Profile (Male)

- FSH, LH, Prolactin, Total Testosterone
- Recommended Extra*: Free Testosterone, DHEAS, SHBG

16 Stress | Anti Ageing (Male)

- Total Testosterone, DHEAS, IGF1, SHBG, FAI, Cortisol
- Recommended Extra*: IGFBP3, DUTCH Test (Hormones)

17 Thyroid Imbalances (Weight | Mood)

- Free T3, Total T3, Total T4, TgAb, TPO
- Recommended Extra*: TRAB, Reverse T3, Iodine, Selenium.

18 Hair Loss Screen

- Free T3, Iron Deficiency Anaemia Screen (#02), Zinc, Mg, Hormones (#11 OR #15)
- Recommended Extra*: Thyroid Antibodies

19 Digestive Enzymes

- Liver: Lactate Dehydrogenase (LDH)
- Pancreas: Amylase, Lipase
- Recommended Extra*: LiverFASt, LiverStat

20 Kidney Function

- Cystatin C (with eGFR)

21 Sexual Health

- HIV, Syphilis, Herpes Simplex Virus Type I and II, Chlamydia, Gonorrhea

22 Immunity | Autoimmune Conditions (RA, SLE, Lupus)

- Anti-Nuclear Factor (ANF), Anti-ds DNA, Complement C3, Complement C4
- Recommended Extra*: CD4:CD8 Ratio

***Note:** Price available on request, only upon purchase of a main package. Recommended Extra* incur additional cost, over and above the add-on fee.

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Specialty Add-ons (Additional charges* apply)

DNA Health Insights



Predict | Health Risks

Learn about your innate health traits, nutritional deficiencies and needs, hereditary health risk predispositions, likely food sensitivities & intolerances.

EXPLORE

Gut Health Insights



Personalize | Nutrition

Assess gut microbiome composition, likely beneficial and harmful bacteria, their impact on health, probiotics and supplementation, food to eat or avoid.

EXPLORE

Glucose Monitoring (CGM)



Customize | Your Diet

Monitor your blood glucose levels to understand ways your diet, lifestyle, activity, sleep, stress and glucose imbalances impact metabolic health.

EXPLORE

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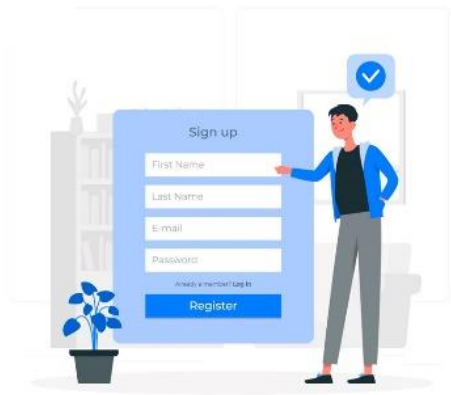
How It Works



Join

1. Choose your package and add-on options (if any)
2. Buy online. e-receipt emailed upon purchase **CHECK SPAM**
3. Schedule your appointment from the next screen



Test

4. Blood Test and/or Ultrasound if chosen, are done in partner clinics at Novena or Paragon
5. For DNA/Gut/CGM add-on if chosen, respective kit(s) are mailed home with instruction



Know

6. Get results ready email notification (app, portal, WA)
7. Schedule Dr. review* of lab test results (online – video)
8. Use AI Assistants to generate a personalized health plan



Act

9. Adhere to plan. Track results. Use voice, text AI Assistants for inquiries or to customize your recommendations, next steps
10. Transform your health. Retest. Optimize your healthspan.

***Note:** Basic review included. Specialist or longevity medicine consultations for functional insights charged extra.

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Health Screening Preparation

Before Your Screening

01 Appointment Availability

We have **slots available** (Mon-Sat, excl. public holiday). **Upon online purchase**, choose your preferred date and time of appointment from the next screen.

02 Health Screening Advisory

A detailed health screening advisory, along with **all preparation requirements and next steps, is emailed AFTER your purchase.** Most of our screenings **do not require fasting.** Special instructions if applicable will be indicated in our email.

03 Our Health Screening Process

1. **Blood tests, Ultrasound and Scans (if chosen)** are done at our partner **clinic locations at Royal Square Novena or Paragon**
2. **DNA/GUT/CGM/Stool/ Other kits* (if chosen)** are **mailed home for sample self-collection and mail back within 3 days.** Detailed instructions emailed in our health screening advisory

04 Add-on Tests (if any)

- You may add-on tests **ONLY AFTER** purchase of your baseline health screening package (as applicable)

During Your Screening

05 Women's Health Screening

Women are encouraged to schedule their appointment **7 days or more after the end of last menses, or 12 days from the start of ongoing menses.** Avoid scheduling appointment **5 days before the likely start of next cycle.** Special instructions apply for hormonal screen (PCOS/PCOD/Menopause) and are emailed in our health advisory.

06 Medications and Supplements

Unless strictly advised by your doctor not to do so, on the day of your scheduled appointment, **avoid taking your routine medication and supplements** until after all the blood tests are complete

07 Health Screening Duration

1. **Blood tests, Ultrasound and Scans (if chosen)** are generally completed within **60-90 min.** (except when multiple scans are chosen)
2. **Blood Tests Only (if chosen)** are generally completed in **20-30 min.**

08 Rescheduling Your Appointment

- **1x rescheduling of your appointment** is offered complimentary **up to 72 hrs. before** scheduled appointment. Otherwise, extra charges apply.

After Your Screening

09 Test Results and Reports

1. **Blood tests, Ultrasound and Scans (if chosen)** are generally reported within 1-2 business days once tests are complete
2. **DNA/GUT/CGM/ Other kits* (if chosen)** are generally reported within 4-8 weeks from the date we receive your sample back at the lab
3. Once ready, your test results and reports will be accessible from **GenixPRO App and Web Portal.** Access instructions are emailed.

10 Follow-up With Doctor

Depending on your choice of health screening package, you may have up to **1-2 complimentary follow-up** review of test results included in your purchase. These next steps are advised in our email, once test results are ready.

11 Past Test Results and Reports

We offer services to help you **import all your past health screening test results and reports** on to GenixPRO app for easy tracking and monitoring over time

12 Looking Ahead

We offer medication, supplementation and a variety of services on GenixPRO app

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Test Description

TEST NAME	DESCRIPTION
PAP Smear or HPV DNA	For women, these tests help to screen for precancerous or cancerous cells in a sample of cells collected from the surface of the cervix.
Ultrasound Pelvis	For women to check for abnormalities in the organs of the pelvis, including ovaries, uterus and connecting structures to detect fibroids, cysts or other masses.
Mammogram (≥ 40 y.o.)	A mammogram uses X-rays and is considered a gold standard for early detection of breast lumps, generally recommended for women over 40 years old.
Ultrasound Breast (< 40 y.o)	An ultrasound breast examination uses sound waves for early detection of specific breast lumps (solid mass vs. cyst), and is generally recommended for younger women and/or those with dense breast tissue.
Ultrasound Abdomen	Early detection of nodules, cyst, stones, fatty liver disease in intra-abdominal organs such as liver, gallbladder, pancreas, spleen and kidney
Treadmill Stress ECG	A gold standard in detecting silent ischemic heart disease. Test result reviewed by cardiologist*
CT Coronary Calcium Score	Checks for calcium deposits in the walls of the arteries in your heart to assess the risk of heart health conditions.
Ultrasound Thyroid	Detection of abnormal tissues (tumour) in your thyroid glands and tells this apart from a sac containing fluid (cyst)
Ultrasound Kidneys or KUB	Ultrasound Kidneys to assess the blood flow to the kidney as well as its size, shape and location or KUB: to assess structural abnormalities along your entire urinary tract, such as stones, cysts and growths.
Ultrasound Prostate	Check for abnormalities in the male prostate gland, such as masses that could indicate cancer or general enlargement.
Chest X-Ray (Filmless)	Evaluation of lungs, heart and surrounding anatomy for abnormalities or for signs of congestive heart failure (CHF)
Bone Mineral Densitometry (BMD)	Provides a snapshot of bone health, identify osteoporosis and determine risk for fractures as we age
Ultrasound Carotid	Assess cardiovascular and stroke risk if cholesterol plaque is present, by checking the thickness of the inner two layers of the carotid artery

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