

On-Site Health Screening FAQs

How do I prepare for a health screening?



Fasting

Fasting is not required



Hydration


Stay hydrated by drinking plain water

What medication can I take before screening?



Medications

High blood pressure medication 

Other prescribed medication by your doctor 

Diabetic medication 

How long is the on-site screening?



Duration

Approximately 20 - 30 minutes. Longer waiting times are expected during peak period that usually happens during 1st hour of screening

What if I'm pregnant or menstruating?



Menstruation

If a urine sample is required, the collection will be 7 days after your menstruation



Pregnant

Not recommended due to increased risk of fainting

When will I receive my results?



Results

Within 7 - 10 working days 

Soft-copy via email 

Personal report interpreted with recommendations 

Are there any other tests available?



Top-up packages

Available at corporate rates completely at your discretion and expense which can be opted on screening day