

THOMSON LIFESTYLE CENTRE



Our Lifestyle Centre sets out to provide total healthcare with holistic approach in health enhancement and support.

We are also very proud to provide the following *Value Added Services* to **SMA members**:-

- 10% off any Health Screening Packages and 15% off any additional radiologic / laboratory tests, Tel: 63526550 / 6559.
- 10% off Pre-employment Check-up (with / without chest X-ray) Tel: 63526550 / 6559.
- 10% off Outpatient Consultation Service (inclusive of procedures, investigations and standard medications) at Thomson Medical Centre 24-Hr Clinic, Tel: 63508812.

Celebrating Life!



With "Celebrating Life" as its inspiration, the centre provides a holistic and comprehensive range of health-related lifestyle services ranging from health screening, anti-aging clinics and specialist outpatient clinics.

Multi Phasic Health Screening Packages

HAEMATOLOGICAL SCREENING PLAN (\$198)

- Physical Examination and review of medical history
- Blood Analysis: -

Haematological

- Haemoglobin
- Total White Cells
- Total Red Cells
- Platelets
- Differential Count
- Peripheral Blood Film
- PCV, MCV, MCH, MCHC
- Blood Group
- Erythrocyte Sedimentation Rate

Coronary Risk

- Total Cholesterol
- HDL Cholesterol
- LDL Cholesterol
- Triglycerides

Bone & Joint

- Uric Acid

Liver Function

- Total Protein
- Albumin
- Total Bilirubin
- SGPT (ALT)
- Alkaline Phosphatase
- Hep B Antibody
- Hep B Antigen

Serology

- VDRL
- TPHA (if VDRL Reactive)

Diabetic Screen

- Blood Glucose



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With "Celebrating Life" as its inspiration, the centre provides a holistic and comprehensive range of health-related lifestyle services ranging from health screening, anti-aging clinics and specialist outpatient clinics.

Multi Phasic Health Screening Packages:

Male/Female Basic Plan (\$235)

- Physical Examination and review of medical history
- Electrocardiogram (ECG)
- Pap Smear (For ladies only)
- Stool analysis for occult blood
- Urine analysis
- Diagnostic Imaging: -
 - Chest X ray
- Blood Analysis: -

Haematological

- Haemoglobin
- Total White Cells
- Total Red Cells
- Platelets
- Differential Count
- Peripheral Blood Film
- PCV, MCV, MCH, MCHC
- Blood Group
- Erythrocyte Sedimentation Rate

Coronary Risk

- Total Cholesterol
- HDL Cholesterol
- LDL Cholesterol
- Triglycerides

Bone & Joint

- Uric Acid

Liver Function

- Total Protein
- Albumin
- Total Bilirubin
- SGPT (ALT)
- Alkaline Phosphatase
- Hep B Antibody
- Hep B Antigen
- Hep A IgG Antibody

Serology

- VDRL
- TPHA (if VDRL Reactive)

Diabetic Screen

- Blood Glucose



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WINNER 2008



SINGAPORE PROMISING BRAND AWARD
2009 - 2010
WINNER 2009



SINGAPORE PROMISING BRAND AWARD
2010 - 2011
WINNER 2010



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With "Celebrating Life" as its inspiration, the centre provides a holistic and comprehensive range of health-related lifestyle services ranging from health screening, anti-aging clinics and specialist outpatient clinics.

Multi Phasic Health Screening Packages:

Male/Female Standard Plan (\$350)

- Physical Examination and review of medical history
- Electrocardiogram (ECG)
- Pap Smear (For ladies only)
- Stool analysis for occult blood
- Urine analysis
- Diagnostic Imaging: -
 - Chest X ray
 - Abdominal X ray

•Blood Analysis: -

Haematological

- Haemoglobin
- Total White Cells
- Total Red Cells
- Platelets
- Differential Count
- Peripheral Blood Film
- PCV, MCV, MCH, MCHC
- Blood Group
- Erythrocyte Sedimentation Rate

Coronary Risk

- Total Cholesterol
- HDL Cholesterol
- LDL Cholesterol
- Triglycerides

Kidney Function

- Creatinine
- Sodium
- Potassium
- Chloride

Bone & Joint

- Calcium
- Phosphate
- Uric Acid

Liver Function

- Total Protein
- Albumin
- Total Bilirubin
- SGPT (ALT)
- BUN
- SGOT
- SGGT
- Alkaline Phosphatase
- Hep B Antibody
- Hep B Antigen
- Hep A IgG Antibody

Tumour Markers

- Alpha Fetoprotein - Liver
- Carcinoembryonic Antigen (CEA) – Digestive

Diabetic Screen

- Blood Glucose

Thyroid Study

- Free T4 Concentration

Serology

- VDRL
- TPHA (if VDRL Reactive)



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With "Celebrating Life" as its inspiration, the centre provides a holistic and comprehensive range of health-related lifestyle services ranging from health screening, anti-aging clinics and specialist outpatient clinics.

Multi Phasic Health Screening Packages:

Male Deluxe Plan (\$670)

- Physical Examination and review of medical history
- Tonometry
- Body Index Analysis
- Electrocardiogram (ECG)
- Treadmill
- Stool analysis for occult blood
- Urine analysis
- Diagnostic Imaging: -
 - Chest X ray
 - Abdominal X ray
 - Abdominal Ultrasound

•Blood Analysis

Haematological

- Haemoglobin
- Total White Cells
- Total Red Cells
- Platelets
- Differential Count
- Peripheral Blood Film
- PCV, MCV, MCH, MCHC
- Blood Group
- Erythrocyte Sedimentation Rate

Coronary Risk

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

Diabetic Screen

- Blood Glucose

Kidney Function

- Creatinine
- Sodium
- Potassium
- Chloride

Liver Function

- Total Protein
- Albumin
- Total Bilirubin
- SGPT (ALT)
- Alkaline Phosphatase
- SGOT
- SGGT
- Hep B Antibody
- Hep B Antigen
- Hep A IgG Antibody

Bone & Joint

- Calcium
- Phosphate
- Uric Acid

Thyroid Study

- Free T4 Concentration

Serology

- VDRL
- TPHA (if VDRL Reactive)

Tumour Markers

- Alpha Fetoprotein - Liver
- Carcinoembryonic Antigen (CEA) – Digestive

Cancer Markers

- PSA – Prostate



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With "Celebrating Life" as its inspiration, the centre provides a holistic and comprehensive range of health-related lifestyle services ranging from health screening, anti-aging clinics and specialist outpatient clinics.

Multi Phasic Health Screening Packages:

Female Deluxe Plan (\$700)

- Physical Examination and review of medical history
- Tonometry
- Body Index Analysis
- Electrocardiogram (ECG)
- Pap Smear
- Stool analysis for occult blood
- Urine analysis
- Diagnostic Imaging: -
 - Chest X ray
 - Abdominal X ray
 - Breast Ultrasound
 - Pelvic Ultrasound
 - Mammogram

•Blood Analysis

Haematological

- Haemoglobin
- Total White Cells
- Total Red Cells
- Platelets
- Differential Count
- Peripheral Blood Film
- PCV, MCV, MCH, MCHC
- Blood Group
- Erythrocyte Sedimentation Rate

Coronary Risk

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

Diabetic Screen

- Blood Glucose

Kidney Function

- Sodium
- Potassium
- Chloride

Liver Function

- Total Protein
- Albumin
- Total Bilirubin
- SGPT (ALT)
- Alkaline Phosphatase
- BUN
- SGOT
- SGGT
- Hep B Antibody
- Hep B Antigen
- Hep A IgG Antibody

Bone & Joint

- Calcium
- Phosphate
- Uric Acid

Thyroid Study

- Free T4 Concentration

Serology

- VDRL
- TPHA (if VDRL Reactive)

Tumour Markers

- Alpha Fetoprotein - Liver
- Carcinoembryonic Antigen (CEA) – Digestive

Cancer Markers

- CA 125 - Ovaries



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With "Celebrating Life" as its inspiration, the centre provides a holistic and comprehensive range of health-related lifestyle services ranging from health screening, anti-aging clinics and specialist outpatient clinics.

Multi Phasic Health Screening Packages:

Male VIP Plan (\$1023)

- Physical Examination and review of medical history
- Tonometry
- Body Index Analysis
- Electrocardiogram (ECG)
- Treadmill
- Stool analysis for occult blood
- Urine analysis
- Spirometry
- Audiometry
- Diagnostic Imaging: -
 - Chest X ray
 - Abdominal X ray
 - Abdominal Ultrasound
 - BMD

•Blood Analysis

Haematological

- Haemoglobin
- Total White Cells
- Total Red Cells
- Platelets
- Differential Count
- Peripheral Blood Film
- PCV, MCV, MCH, MCHC
- Blood Group
- Erythrocyte Sedimentation Rate

Coronary Risk

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

Diabetic Screen

- Blood Glucose

Kidney Function

- Creatinine
- Sodium
- Potassium
- Chloride

Liver Function

- Total Protein
- Albumin
- Total Bilirubin
- SGPT (ALT)
- BUN
- Alkaline Phosphatase
- SGOT
- SGGT
- Hep B Antibody
- Hep B Antigen
- Hep A IgG Antibody

Hormones

- Testosterone
- Dehydroepiandrosterone

Bone & Joint

- Calcium
- Phosphate
- Uric Acid
- Rheumatoid Arthritis

Thyroid Study

- Free T4 Concentration

Serology

- VDRL
- TPHA (if VDRL Reactive)
- HIV

Tumour Markers

- Alpha Fetoprotein - Liver
- Carcinoembryonic Antigen (CEA) – Digestive
- CA19.9 - Pancreas

Cancer Markers

- PSA – Prostate



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With "Celebrating Life" as its inspiration, the centre provides a holistic and comprehensive range of health-related lifestyle services ranging from health screening, anti-aging clinics and specialist outpatient clinics.

Multi Phasic Health Screening Packages:

Female VIP Plan (\$1243)

- Physical Examination and review of medical history
 - Tonometry
 - Body Index Analysis
 - Electrocardiogram (ECG)
 - Treadmill
 - Stool analysis for occult blood
 - Urine analysis
 - Pap Smear
 - Spirometry
 - Audiometry
 - Diagnostic Imaging: -
 - oChest X ray
 - oAbdominal X ray
 - oBreast Ultrasound
 - oPelvic Ultrasound
 - oAbdominal Ultrasound
 - oMammogram
 - oBMD
 - Blood Analysis
- | | |
|--|---|
| <p><u>Haematological</u></p> <ul style="list-style-type: none"> -Haemoglobin -Total White Cells -Total Red Cells -Platelets -Differential Count -Peripheral Blood Film -PCV, MCV, MCH, MCHC -Blood Group -Erythrocyte Sedimentation Rate | <p><u>Coronary Risk</u></p> <ul style="list-style-type: none"> -Total Cholesterol -HDL Cholesterol -Cholesterol Ratio -LDL Cholesterol -Triglycerides |
|--|---|

Kidney Function

- Creatinine
- Potassium
- Chloride

Liver Function

- Total Protein
- Albumin
- Total Bilirubin
- SGPT (ALT)
- BUN
- Alkaline Phosphatase
- SGOT
- SGGT
- Hep B Antibody
- Hep B Antigen
- Hep A IgG Antibody

Hormones

- Follicle Stimulating Hormone
- Luteinising Hormone
- Estradiol

Bone & Joint

- Calcium
- Phosphate
- Uric Acid
- Rheumatoid Arthritis

Thyroid Study

- Free T4 Concentration

Serology

- VDRL
- TPHA (if VDRL Reactive)
- HIV

Tumour Markers

- Alpha Fetoprotein - Liver
- Carcinoembryonic Antigen (CEA) – Digestive
- CA19.9 - Pancreas

Cancer Markers

- CA 125 – Ovaries

Diabetic Screen

- Blood Glucose



With "Celebrating Life" as its inspiration, the centre provides a holistic and comprehensive range of health-related lifestyle services ranging from health screening, anti-aging clinics and specialist outpatient clinics.

Multi Phasic Health Screening Packages:

Well Women Screening <41 Years Old (\$460)

- Physical Examination and review of medical history
- Urine analysis
- Pap Smear
- Body Impedence Analysis
- Diagnostic Imaging: -
 - Chest X ray
 - Breast Ultrasound
 - Pelvic Ultrasound

•Blood Analysis

Haematological

- Haemoglobin
- Total White Cells
- Total Red Cells
- Platelets
- Differential Count

Coronary Risk

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

Hepatitis Screening

- Hep B Antibody
- Hep B Antigen
- Hep A IgG Antibody



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With "Celebrating Life" as its inspiration, the centre provides a holistic and comprehensive range of health-related lifestyle services ranging from health screening, anti-aging clinics and specialist outpatient clinics.

Multi Phasic Health Screening Packages:

Well Women Screening >40 Years Old (\$583)

- Physical Examination and review of medical history
- Urine analysis
- Pap Smear
- Body Impedence Analysis
- Diagnostic Imaging: -
 - Chest X ray
 - Mammogram
 - Breast Ultrasound
 - Pelvic Ultrasound
 - Bone Mineral Density

•Blood Analysis

Haematological

- Haemoglobin
- Total White Cells
- Total Red Cells
- Platelets
- Differential Count

Hepatitis Screening

- Hep B Antibody
- Hep B Antigen
- Hep A IgG Antibody

Coronary Risk

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



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Multi Phasic Health Screening Packages:

Healthy Aging Screening For Men (\$560)

- Physical Examination and review of medical history
- Urine analysis
- Electrocardiogram
- Body Impedence Analysis
- Diagnostic Imaging: -
 - Chest X ray
 - Bone Mineral Density

•Blood Analysis

Haematological

- Haemoglobin
- Total White Cells
- Total Red Cells
- Platelets
- Differential Count

Coronary Risk

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

Hepatitis B Screening

- Hep B Antibody
- Hep B Antigen

Diabetic Screen

- Blood Glucose
- HBA1-C

Liver Function

- SGPT
- SGOT
- Hep B Antibody
- Hep B Antigen
- Hep A IgG Antibody

Kidney Function

- Creatinine

Thyroid Study

- Free T4 Concentration

Cancer Markers

- PSA – Prostate

Hormones

- Total Testosterone
- Dehydroepiandrosterone
- IGF1



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With "Celebrating Life" as its inspiration, the centre provides a holistic and comprehensive range of health-related lifestyle services ranging from health screening, anti-aging clinics and specialist outpatient clinics.

Multi Phasic Health Screening Packages:

Healthy Aging Screening For Women (\$780)

- Physical Examination and review of medical history
- Urine analysis
- Pap Smear
- Electrocardiogram
- Body Impedence Analysis
- Diagnostic Imaging: -
 - Mammogram
 - Breast Ultrasound
 - Pelvic Ultrasound
 - Bone Mineral Density

•Blood Analysis
Haematological

- Haemoglobin
- Total White Cells
- Total Red Cells
- Platelets
- Differential Count

Coronary Risk

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

Liver Function

- SGPT
- SGOT
- Hep B Antibody
- Hep B Antigen
- Hep A IgG Antibody

Kidney Function

- Creatinine

Diabetic Screen

- Blood Glucose
- HBA1-C

Thyroid Study

- Free T4 Concentration

Hormones

- Total Testosterone
- Follicle Stimulating Hormone
- Estradiol
- IGF1



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With "Celebrating Life" as its inspiration, the centre provides a holistic and comprehensive range of health-related lifestyle services ranging from health screening, anti-aging clinics and specialist outpatient clinics.

Multi Phasic Health Screening Packages:

Pre Marital Screening For Men (\$300)

- Physical Examination and review of medical history
- Urine analysis
- Diagnostic Imaging: -
 - Chest X ray

•Blood Analysis

Haematological

- Haemoglobin
- Total White Cells
- Total Red Cells
- Platelets
- Differential Count
- Peripheral Blood Film
- PCV, MCV, MCH, MCHC
- Blood Group
- Hb Electrophoresis
- Erythrocyte Sedimentation Rate

Diabetic Screen

- Blood Glucose

Hepatitis Screening

- Hep B Antibody
- Hep B Antigen
- Hep A IgG Antibody

Serology

- VDRL
- TPHA (if VDRL Reactive)
- HIV



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With "Celebrating Life" as its inspiration, the centre provides a holistic and comprehensive range of health-related lifestyle services ranging from health screening, anti-aging clinics and specialist outpatient clinics.

Multi Phasic Health Screening Packages:

Pre Marital Screening For Women (\$300)

- Physical Examination and review of medical history
- Urine analysis
- Diagnostic Imaging: -
 - Pelvic Ultrasound

•Blood Analysis

Haematological

- Haemoglobin
- Total White Cells
- Total Red Cells
- Platelets
- Differential Count
- Peripheral Blood Film
- PCV, MCV, MCH, MCHC
- Blood Group
- Erythrocyte Sedimentation Rate

Diabetic Screen

- Blood Glucose

Hepatitis Screening

- Hep B Antibody
- Hep B Antigen
- Hep A IgG Antibody
- Rubella IGG Antibody

Serology

- VDRL
- TPHA (if VDRL Reactive)
- HIV



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With "Celebrating Life" as its inspiration, the centre provides a holistic and comprehensive range of health-related lifestyle services ranging from health screening, anti-aging clinics and specialist outpatient clinics.

Multi Phasic Health Screening Packages:

List of optional tests:-

Optional Cancer Markers Tests

- CA15.3 – Breast (Female)
- CA 125 – Ovaries (Female)
- AFP – Liver (Female/Male)
- CEA – Digestive (Female/Male)
- PSA – Prostate (Male)
- CA 19.9 – Colon (Female/Male)

Optional Diagnostic Imaging Tests

- Electrocardiogram
- Mammogram
- Breast Ultrasound
- Pelvic Ultrasound
- Bone Mineral Density
- Abdominal Ultrasound

Optional Blood Tests

- Hep B Screening
- Hep A Screening
- Thyroid Screening (Free T4 & TSH)

Optional Vaccines

- Flu vaccine
- Typhoid
- Hep A
- Hep B
- Hep A & B
- Chicken Pox
- Tetanus
- Human Papillomavirus Types 16 & 18



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THOMSON LIFESTYLE CENTRE

We are located at:

Novena Medical Centre

No. 10 Sinaran Drive

#10-14/15 Novena Square 2

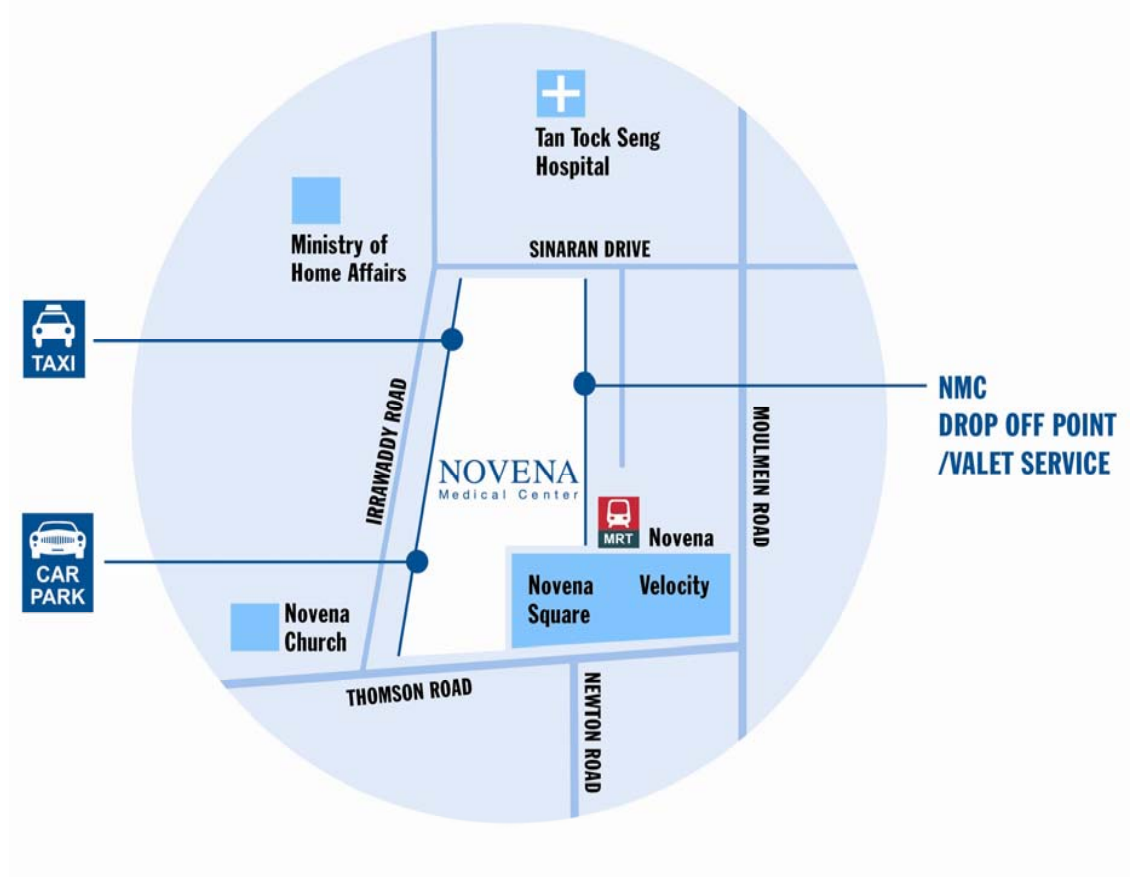
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Email: lifestyle@tmc-sin.com.sg

Nearest MRT Station: NOVENA



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