Our Executive Health Screening Centre is a dedicated one-stop centre, providing comprehensive health screening services tailored to your personal needs, in a warm, cosy and private environment.

**Important Notes**
- Please do not eat at least eight hours prior to commencement of any screening packages. Sips of plain water may be consumed, if thirsty.
- Postpone taking any routine morning medication (except anti-hypertensive drugs), unless advised by your physician, until after the blood investigation.
- Ladies who are going for mammogram are to avoid using deodorant or talcum powder.
- Pap smear is best done 10 to 15 days after the first day of your menstruation.

**Things to Bring**
- Personal identification card or passport.
- If you are covered by insurance or employer medical benefits:
  1. Insurance card
  2. Authorisation letter
- Previous medical records, if any, especially X-rays, MRI or CT Scan from your last check-up for comparison.
- Comfortable loose attire for all packages. Comfortable sports attire and shoes for your Treadmill ECG.
- Glasses for your vision test.

**Opening Hours**
Monday – Friday : 8.00am – 5.30pm
Sunday : 8.30am – 12.30pm
Public Holidays: By appointment only

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**Executive Health Screening Packages**

<table>
<thead>
<tr>
<th>Package</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Basic Package</strong></td>
<td>A basic package to start off with, to maintain a healthy lifestyle.</td>
</tr>
<tr>
<td><strong>Deluxe Package</strong></td>
<td>Designed to maintain your health at the prime of your life, the packages include cancer markers, mammogram for ladies and treadmill stress test for men.</td>
</tr>
<tr>
<td><strong>Wellness Packages</strong></td>
<td>A health screen to determine your general wellness level.</td>
</tr>
<tr>
<td><strong>Premier Package</strong></td>
<td>Built on the Wellness packages to conduct in-depth health screen, with additional focus on digestive disorders and heart health.</td>
</tr>
<tr>
<td><strong>Platinum Heart</strong></td>
<td>A comprehensive screen to ensure your heart is in the pink of health.</td>
</tr>
</tbody>
</table>

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**How to Reach Us**

**By Land**
From the ERL, take ramp 1403A to join JB East Coast Highway (towards Pasir Gudang), and exit at Jalan Ringin.
Alternatively, take the Tebrau Highway to Pasir Gudang Highway and exit at Seri Alam Interchange 3.
Regency is only 15 minutes away from the City Centre via Eastern Dispersal Link (EDL).

**By Air**
Take a flight to Senai International Airport.

**By Sea**
Arrive via zoo ferry terminal at Stulang Laut, Johor.
Free shuttle service from Singapore and in Johor Bahru is available by appointment. Please contact our Customer Service Representative.

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**Regency Specialist Hospital Sdn Bhd**
No 1, Jalan Suria, Bandar Seri Alam, 81750 Masai, Johor, Malaysia.
Email: info@regencyspecialist.com
Main Line: +607-381 7700
Fax: +607-388 7666

24-Hour Emergency Hotline: 1800-222-505
www.regencyspecialist.com

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**Regency Wellness Centre**
Passion for health
<table>
<thead>
<tr>
<th>REGENCY WELLNESS EVALUATION</th>
<th>Platinum Heart</th>
<th>Premier</th>
<th>Wellness</th>
<th>Deluxe</th>
<th>Basic</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Woman / Man</td>
<td>Woman</td>
<td>Man</td>
<td>Woman</td>
<td>Man</td>
</tr>
</tbody>
</table>

**DETAILED PRE-SCREENING DOCTOR'S CONSULTATION & Full Physical Examination**

- Personal, Family & Social Medical History Review and Full Physical Examination

**COMPREHENSIVE BODY MEASUREMENT**

- Physical Measurement: Blood Pressure, Heart Rate, Temperature, Visual Acuity, Colour Vision
- Anthropometry: Height, Weight, Body Mass Index (BMI), Waist Circumference

**FUNCTIONAL EXAMINATION**

- Audiometry
- Spirometry (Lung Function Test)
- Tonsilometry

**COMPREHENSIVE BLOOD INVESTIGATION**

- Full Blood Examination: WBC with Differential Count, BIC, Hb, HCT/PCV, MCV, MCH, MCHC, Platelet, RDW
- Liver & Bilirubin Profile: Total Protein, Albumin, Globulin, Total Bilirubin, AUR, GGT, ALT, AST
- Renal (Kidney) Profile: Creatinine, eGFR, Urea, Uric Acid, Sodium, Potassium, Chloride, Calcium, Phosphate
- Diabetic Screen: Fasting Glucose
- Lipid (Fat) Profile: Triglycerides, Total Cholesterol, HDL Cholesterol, LDL Cholesterol
- Sexually Transmitted Diseases (STD): Venereal Disease Research Laboratory (VDRL) - Syphilis
- Hepatitis Screen: Hepatitis A & B Antibody
- Thyroid Function Test: Thyroid Stimulating Hormone (TSH), Triiodothyronine (T3), Thyroxine (T4)
- Bone & Joint Profile: Rheumatoid Factor (Rheum Acid & Calcium are within Renal Profile)
- Tumour (Cancer) Marker Studies: Alpha Fetoprotein (AFP) - Commonly for Liver

**Cardiovascular Examination**

- Resting Electrocardiogram (ECG)
- Cardiac Stress Test (Treadmill ECG)
- Coronary Calcium Score (*Radiological Procedure*)
- Coronary Angiogram (*Radiological Procedure*)

**GYNAECOLOGICAL EXAMINATION**

- Pap Smear
- Mammogram or Breast Ultrasound (According to your Age and Clinical Indication)

- RADIOTHERAPY EXAMINATION

- Chest X-Ray
- Abdominal X-Ray

- Upper Abdomen Ultrasound - Gallbladder, Kidneys, Uter, Pancreas, Spleen

**EXCLUSIVE PACKAGE PRICE**

- Prices are subject to change without prior notice.
- For more information, please call +607-381 7730 (ext 3340)