

## International Medical Services (IMS)

The International Medical Services (IMS) team provides a wide spectrum of services to overseas patients seeking treatment with NHCS, facilitating a pleasant and comfortable experience for the patients and their family members during their time with us.

These services include:

- Scheduling Medical Appointments
- Doctor Referrals
- Assistance Before, During and After Hospitalisation
- Medical Evacuation and Repatriation Assistance
- Airport Pick-Up
- Hotel / Apartment Reservations
- Visa Extension
- General Hospital Information
- Visitors' Information

For more information or to make an appointment, please contact:

**International Medical Services (IMS)**  
**National Heart Centre Singapore (NHCS)**

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Fax: +65 6323 0663

Email: [ims@nhcs.com.sg](mailto:ims@nhcs.com.sg)

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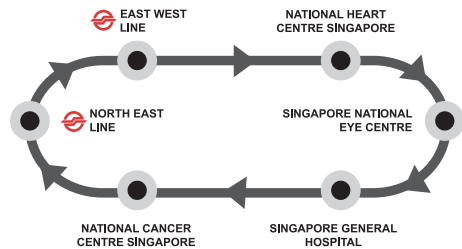
Website: [www.nhcs.com.sg](http://www.nhcs.com.sg)



## LOCATION MAP



### SHUTTLE BUS ROUTE & OPERATING HOURS



**Monday - Friday**  
8am to 7pm  
**Saturday**  
8am to 2pm  
**Sunday & Public Holidays**  
No Service

### BUS SERVICE

- |  |   |
|--|---|
| <b>B1</b> Bus Stop # 10059 • Jalan Bukit Merah<br><b>SBS Transit:</b> 147, 196, 197<br><b>SMRT:</b> 167, 961<br><b>Others:</b> 631, 642              | <b>B4</b> Bus Stop # 10018 • Eu Tong Sen Street<br><b>SBS Transit:</b> 19, 124, 143, 147, 166<br><b>SMRT:</b> 61, 961 |
| <b>B2</b> Bus Stop # 10039 • Kampong Bahru Road<br><b>SBS Transit:</b> 124, 143, 147, 196, 166, 197<br><b>SMRT:</b> 61, 167, 961                     | <b>B5</b> Bus Stop # 06011 • Outram Road<br><b>SBS Transit:</b> 33, 63, 174, 174e<br><b>SMRT:</b> 75, 851, 970        |
| <b>B3</b> Bus Stop # 10017 • New Bridge Road Bus Terminal<br><b>SBS Transit:</b> 2, 12, 54, 174, 174e, 196, CT8, CT18, CT28<br><b>SMRT:</b> 167, 190 |   |

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# Heart Health Assessment Packages



Cardiovascular disease as a whole is the leading cause of mortality and morbidity in Singapore. If we look at the specific disease, then ischaemic heart disease is the number two killer<sup>^</sup> in Singapore and is expected to afflict more people and at a younger age as we become more sedentary and develop unhealthy eating habits.

### Early Detection, Early Treatment

Heart health assessment is a crucial first step towards preventing cardiovascular disease. Early treatment improves the chances of preventing or delaying complications. The heart health assessment programme at National Heart Centre Singapore (NHCS) seeks to help patients diagnose and treat heart disease early through risk factors modification.

### Why choose National Heart Centre Singapore (NHCS)?

National Heart Centre Singapore (NHCS) is a regional referral centre for cardiovascular disease.

The centre provides heart patients with one-stop comprehensive service in cardiovascular care, complete with the latest facilities in screening, diagnostic and treatment. It also has the expertise to treat highly complex cases with good success rates.

It is also the first Heart Centre in Asia to receive the prestigious Joint Commission International (JCI) accreditation for its quality medical care and outcomes.



Your Trusted Heart Care Provider



**National Heart Centre Singapore**  
SingHealth



Organization Accredited  
by Joint Commission International



<sup>^</sup>Source: [www.moh.gov.sg](http://www.moh.gov.sg)

### EXECUTIVE S\$ 380

Recommended for patients who are 35 years old and below, with no pre-existing medical conditions.

This package consists of a clinical examination and a series of blood tests that will assess basic cardiac fitness.

The physician may recommend further investigations based on the clinical findings.

#### INVESTIGATIONS & ASSESSMENT

- Medical history taking
- Physical examination by Cardiologist
- Chest X-ray
- ECG with report

#### BLOOD TESTS

- Haematology
  - Full Blood Count
- Diabetes Test
  - Glucose
- Kidney Function Test
  - Sodium
  - Potassium
  - Chloride
  - Bicarbonate
  - Urea
  - Creatinine
- Urinalysis
  - Urine FEME
- Liver Function Test
  - Protein Total
  - Albumin
  - Bilirubin Total
  - SGPT (ALT)
- Lipid Test
  - Total Cholesterol
  - Triglycerides
  - HDL Cholesterol (Direct)
  - LDL Cholesterol (Calculated)
  - T. Chol/ HDL Cholesterol Ratio

#### MEDICAL REPORT & COUNSELLING

#### HEALTH EDUCATION

### GOLD S\$ 680

Recommended for patients who are 35 years old and above, with no pre-existing medical conditions.

This package consists of a clinical examination and a series of blood tests that will assess basic cardiac fitness. In addition, the package includes a stress treadmill test, which may identify cardiac symptoms, if any, during exercise.

The physician may recommend further investigations based on the clinical findings.

#### INVESTIGATIONS & ASSESSMENT

- Medical history taking
- Physical examination by Cardiologist
- Chest X-ray
- ECG with report
- Exercise stress test

#### BLOOD TESTS

- Haematology
  - Full Blood Count
- Diabetes Test
  - Glucose
- Kidney Function Test
  - Sodium
  - Potassium
  - Chloride
  - Bicarbonate
  - Urea
  - Creatinine
- Urinalysis
  - Urine FEME
- Liver Function Test
  - Protein Total
  - Albumin
  - Bilirubin Total
  - SGPT (ALT)
- Lipid Test
  - Total Cholesterol
  - Triglycerides
  - HDL Cholesterol (Direct)
  - LDL Cholesterol (Calculated)
  - T. Chol/ HDL Cholesterol Ratio
- Thyroid Test
  - Free Thyroxine
  - Thyroid Stimulating Hormone (TSH)

#### MEDICAL REPORT & COUNSELLING

#### HEALTH EDUCATION

### PLATINUM S\$ 1,180

Recommended for patients who are 45 years old and above, with no pre-existing medical conditions.

This package consists of a clinical examination and a series of blood tests that will assess basic cardiac fitness. In addition, the package includes a stress treadmill test, which may identify cardiac symptoms, if any, during exercise; and a calcium score, which helps to assess a person's risk of cardiac events in the future.

The physician may recommend further investigations based on the clinical findings.

#### INVESTIGATIONS & ASSESSMENT

- Medical history taking
- Physical examination by Cardiologist
- Chest X-ray
- ECG with report
- Exercise stress test
- CT Cardiac Calcium Scoring

#### BLOOD TESTS

- Haematology
  - Full Blood Count
- Diabetes Test
  - Glucose
- Kidney Function Test
  - Sodium
  - Potassium
  - Chloride
  - Bicarbonate
  - Urea
  - Creatinine
- Urinalysis
  - Urine FEME
- Liver Function Test
  - Protein Total
  - Albumin
  - Bilirubin Total
  - SGPT (ALT)
- Lipid Test
  - Total Cholesterol
  - Triglycerides
  - HDL Cholesterol (Direct)
  - LDL Cholesterol (Calculated)
  - T. Chol/ HDL Cholesterol Ratio
- Thyroid Test
  - Free Thyroxine
  - Thyroid Stimulating Hormone (TSH)
- High Sensitive C Reactive Protein
- Uric Acid

#### MEDICAL REPORT & COUNSELLING

#### HEALTH EDUCATION

### Heart Health Assessment at NHCS

Heart assessment patients at NHCS can expect to enjoy direct access to a well-trained and experienced multi-disciplinary team of cardiac specialists and supporting healthcare professionals. This means that any cardiovascular health issues identified can be promptly and proactively managed.

### How to make an appointment

To make an appointment, please call Heart Health Assessment Unit at Tel: 6436 7738, Fax: 6323 2113 or Email: heartscreen@nhcs.com.sg.

For international patients, please call International Medical Services (IMS) at Tel: 65 6236 7438, Fax: 65 6323 0663 or Email: ims@nhcs.com.sg.

### Things to note before your heart health assessment

1. Do not take any food or beverage except plain water, the night before (from 10 pm onwards). Light breakfast will be provided after all the necessary tests have been done.
2. Bring any medication prescribed by your regular doctor (if applicable), and your past or recent medical reports (if any).
3. Bring your identity card, passport, Employment Pass or Work Permit on the day of your appointment.
4. Bring your exercise attire (socks and track shoes) for the treadmill test.

### OPTIONAL INVESTIGATIONS

Possible optional investigations include, but not limited to:

2D Echocardiogram

Heart Perfusion Study (Nuclear Scan – MIBI)

Exercise Stress Test

CT Cardiac Calcium Scoring

CT Coronary Angiography

Abdominal Aortic Aneurysm Screening

Optional investigations are subject to doctor's recommendation based on clinical findings.

#### Note:

- Heart Health Assessment Packages exclude Optional Investigations
- Prices quoted in Singapore dollars and subject to changes without prior notice
- Prices quoted exclude prevailing government taxes (GST)