



Ara Damansara  
Medical Centre



# EXECUTIVE HEALTH SCREENING PACKAGES

# ADMC HEALTH SCREENING WELLNESS PACKAGES

## WELLNESS

### Medical Consultation\*

- Comprehensive Medical History
- Physical Examination
- Post examination consultation & interpretation on Medical Report

### Body analysis

- Height, Weight & Body Mass Index

### Vital Signs

- Blood Pressure

### Diagnostics & Imaging

- Resting ECG
- Chest X-Ray

### Blood & Urine Test

- Full Blood Count
- Blood Grouping & Rhesus
- Fasting Blood Sugar
- Renal Profile
- Lipid Profile
- Arthritis / Joints Screening - Rheumatoid Factor (RF)
- VDRL
- HIV Screening
- Liver Profile
- Hepatitis A, B & C Screening
- Thyroid Screening - T4
- Urine Profile

### Health Screening Report

Price Per Person:

\*Consultation by  
Health Screening Doctor

RM **398**

\*Consultation by  
Consultant Specialist

RM **470**

## COMPREHENSIVE 1

### Medical Consultation\*

- Comprehensive Medical History
- Physical Examination
- Post examination consultation & interpretation on Medical Report

### Body analysis

- Height, Weight & Body Mass Index

### Vital Signs

- Blood Pressure

### Diagnostics & Imaging

- Resting ECG
- Chest X-Ray

- Ultrasound Upper Abdomen & Pelvis

### Blood & Urine Test

- Full Blood Count
- Blood Grouping & Rhesus
- Fasting Blood Sugar
- Renal Profile
- Lipid Profile
- Arthritis / Joints Screening - Rheumatoid Factor (RF)
- VDRL
- HIV Screening
- Liver Profile
- Hepatitis A, B & C Screening
- Thyroid Screening - T4 & TSH
- Urine Profile

### Diet Counselling

- Nutritional Screening & Assessment by Dietitian

### Health Screening Report

Price Per Person:

\*Consultation by  
Health Screening Doctor

RM **705**

\*Consultation by  
Consultant Specialist

RM **777**

## COMPREHENSIVE 2

### Medical Consultation\*

- Comprehensive Medical History
- Physical Examination
- Post examination consultation & interpretation on Medical Report

### Body analysis

- Height, Weight & Body Mass Index

### Vital Signs

- Blood Pressure

### Diagnostics & Imaging

- Resting ECG
- Chest X-Ray
- Lung Function Test

- Ankle Branchial Index (blood pressure of peripheral arteries)
- Ultrasound Upper Abdomen & Pelvis

### Blood & Urine Test

- Full Blood Count
- Blood Grouping & Rhesus
- Fasting Blood Sugar
- Renal Profile
- Lipid Profile
- Arthritis / Joints Screening - Rheumatoid Factor (RF)
- VDRL
- HIV Screening
- Liver Profile
- Hepatitis A, B & C Screening
- Thyroid Screening - T4 & TSH
- Urine Profile

### Diet Counselling

- Nutritional Screening & Assessment by Dietitian

### Health Screening Report

Price Per Person:

\*Consultation by  
Health Screening Doctor

RM **886**

\*Consultation by  
Consultant Specialist

RM **958**

## COMPREHENSIVE 3

### Medical Consultation\*

- Comprehensive Medical History
- Physical Examination
- Post examination consultation & interpretation on Medical Report

### Body analysis

- Height, Weight & Body Mass Index

### Vital Signs

- Blood Pressure

### Diagnostics & Imaging

- Resting ECG
- Chest X-Ray
- Stress Test/Treadmill

- Ultrasound Upper Abdomen & Pelvis

### Blood & Urine Test

- Full Blood Count
- Blood Grouping & Rhesus
- Fasting Blood Sugar
- Renal Profile
- Lipid Profile
- Arthritis / Joints Screening - Rheumatoid Factor (RF)
- VDRL
- HIV Screening
- Liver Profile
- Hepatitis A, B & C Screening
- Thyroid Screening - T4 & TSH
- Urine Profile

### Diet Counselling

- Nutritional Screening & Assessment by Dietitian

### Health Screening Report

Price Per Person:

\*Consultation by  
Health Screening Doctor

RM **927**

\*Consultation by  
Consultant Specialist

RM **999**

# ADMC HEALTH SCREENING HEART & STROKE PACKAGES

## HEART WELLNESS

### Medical Consultation\*

- Comprehensive Medical History
- Physical Examination
- Post examination consultation & interpretation on Medical Report

### Body analysis

- Height, Weight & Body Mass Index

### Vital Signs

- Blood Pressure

### Diagnostics & Imaging

- Resting ECG
- Chest X-Ray
- Stress Test/Treadmill
- Ultrasound Upper Abdomen & Pelvis
- Ultrasound of the Heart / Echocardiography

### Blood & Urine Test

- Full Blood Count
- Blood Grouping & Rhesus
- Fasting Blood Sugar
- Renal Profile
- Lipid Profile
- Arthritis / Joints Screening - Rheumatoid Factor (RF)
- VDRL
- HIV Screening
- Liver Profile
- Hepatitis A,B & C Screening
- Thyroid Screening - T4 & TSH
- Urine Profile

### Diet Counselling

- Nutritional Screening & Assessment by Dietitian

### Health Screening Report

Price Per Person:

\*Consultation by  
Consultant Specialist

RM **1,425**

## COMPREHENSIVE STROKE SCREENING

### Medical Consultation\*

- Comprehensive Medical History
- Physical Examination
- Post examination consultation & interpretation on Medical Report

### Body analysis

- Height, Weight & Body Mass Index

### Vital Signs

- Blood Pressure

### Diagnostics & Imaging

- Resting ECG
- Chest X-Ray
- Stress Test/Treadmill
- MRA & MRI Brain
- Ultrasound Upper Abdomen & Pelvis
- Ultrasound of the Heart / Echocardiography

### Blood & Urine Test

- Full Blood Count
- Blood Grouping & Rhesus
- Fasting Blood Sugar
- Renal Profile
- Lipid Profile
- Arthritis / Joints Screening - Rheumatoid Factor (RF)
- VDRL
- Liver Profile
- Hepatitis A,B & C Screening
- Thyroid Screening - T4 & TSH
- Urine Profile

### Diet Counselling

- Nutritional Screening & Assessment by Dietitian

### Health Screening Report

Price Per Person:

\*Consultation by  
Consultant Specialist

RM **3,380**

## BASIC STROKE SCREENING

### Medical Consultation\*

- Comprehensive Medical History
- Physical Examination
- Post examination consultation & interpretation on Medical Report

### Body analysis

- Height, Weight & Body Mass Index

### Vital Signs

- Blood Pressure

### Diagnostics & Imaging

- Resting ECG
- Chest X-Ray
- Stress Test/Treadmill
- Transcranial Doppler (TCD)
- Ultrasound of the Heart / Echocardiography
- Ultrasound Upper Abdomen & Pelvis

### Blood & Urine Test

- Full Blood Count
- Blood Grouping & Rhesus
- Fasting Blood Sugar
- Renal Profile
- Lipid Profile
- Arthritis / Joints Screening - Rheumatoid Factor (RF)
- VDRL
- HIV Screening
- Liver Profile
- Hepatitis A,B & C Screening
- Thyroid Screening - T4 & TSH
- Urine Profile

### Diet Counselling

- Nutritional Screening & Assessment by Dietitian

### Health Screening Report

Price Per Person:

\*Consultation by  
Consultant Specialist

RM **1,787**

# DIGESTIVE WELLNESS SCREENING PACKAGES

## TRANS NASAL OR TRANS ORAL ENDOSCOPY PACKAGE

*Esophagogastroduodenoscopy*

### Medical Consultations & Tests

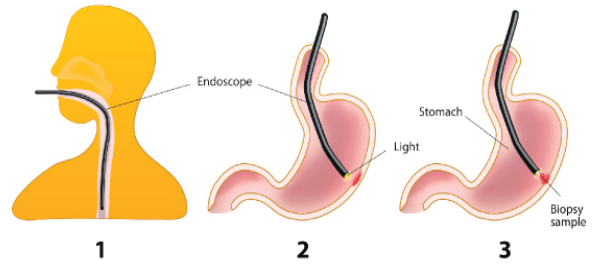
- By Consultant Gastroenterologist
- Comprehensive Medical History
- Physical Examination
- Post examination consultation
- Interpretation on Medical Report
- Health Screening Report
- Covid 19 Test (to be done 3 days prior)

### Body analysis

- Height, Weight & Body Mass Index

### Vital Signs

- Blood Pressure



Price Per Person:

**RM 1,688**

## COLORECTAL SCREENING PACKAGE

*Colonoscopy*

### Medical Consultations & Tests

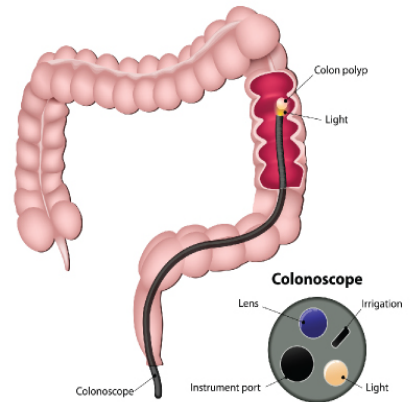
- By Consultant Gastroenterologist
- Comprehensive Medical History
- Physical Examination
- Post examination consultation
- Interpretation on Medical Report
- Health Screening Report
- Covid 19 Test (to be done 3 days prior)

### Body analysis

- Height, Weight & Body Mass Index

### Vital Signs

- Blood Pressure



Price Per Person:

**RM 2,088**

## DIGESTIVE TRACT SCREENING PACKAGE

*Lower Endoscopy*

*Upper Endoscopy*

### Medical Consultations & Tests

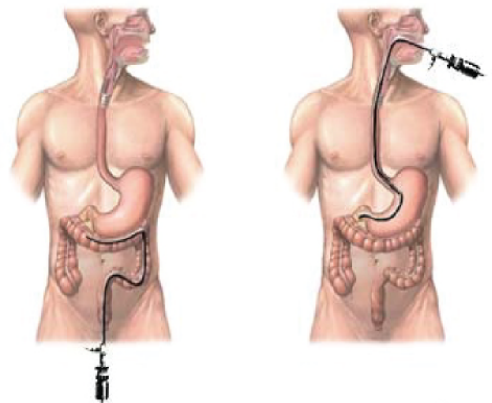
- By Consultant Gastroenterologist
- Comprehensive Medical History
- Physical Examination
- Post examination consultation
- Interpretation on Medical Report
- Health Screening Report
- Covid 19 Test (to be done 3 days prior)

### Body analysis

- Height, Weight & Body Mass Index

### Vital Signs

- Blood Pressure



Price Per Person:

**RM 2,988**

# HEALTH SCREENING PROCESS

## APPOINTMENT BOOKING

- ▶ Call us at **+603-78399249** (office hours: 8:30am – 5:30pm)
- ▶ Email: [admc.hsc@ramsaysimedarbyhealth.com](mailto:admc.hsc@ramsaysimedarbyhealth.com)

## FASTING

- ▶ You are required to fast at least 10 hours prior to your health screening.
- ▶ Plain water is allowed during the fasting period.
- ▶ A complimentary breakfast voucher will be provided after the fasting test has completed.

## FOR THE LADIES

- ▶ We recommend to set your appointment for health screening while you are not having your period and at least 10 days after the first day of your last period cycle.
- ▶ You should also be sure that you are not pregnant as the x-rays are harmful to the fetus.

## REGISTRATION

- ▶ Please bring your NRIC or passport (for international customers).
- ▶ If you are covered by employer medical benefits, please bring the authorization or guarantee letter (if applicable).

## MEDICATION

- ▶ All routine medication (except anti-hypertensive drugs) should be postponed until the blood sample is taken.
- ▶ You are advised to bring along all your medications (you can take after completing the tests).

## X-RAY

- ▶ Make sure to remove all accessories (jewelry, watches, etc.) before any x-ray procedures.  
i.e. Chest X-ray, Bone Densitometry.

## ULTRASOUND ABDOMEN AND PELVIS

- ▶ For a better view of the internal organs, you are required to have a full bladder and we advise abstaining from going to the toilet at least 1 hour before for the examination. The procedure will take about 30 minutes and can become uncomfortable due to the full bladder.

## MAMMOGRAM

- ▶ Ladies above 40 years old are advisable to do every 2 years once.
- ▶ You are advised to avoid using deodorant and talcum powder.

## TREADMILL / STRESS TEST

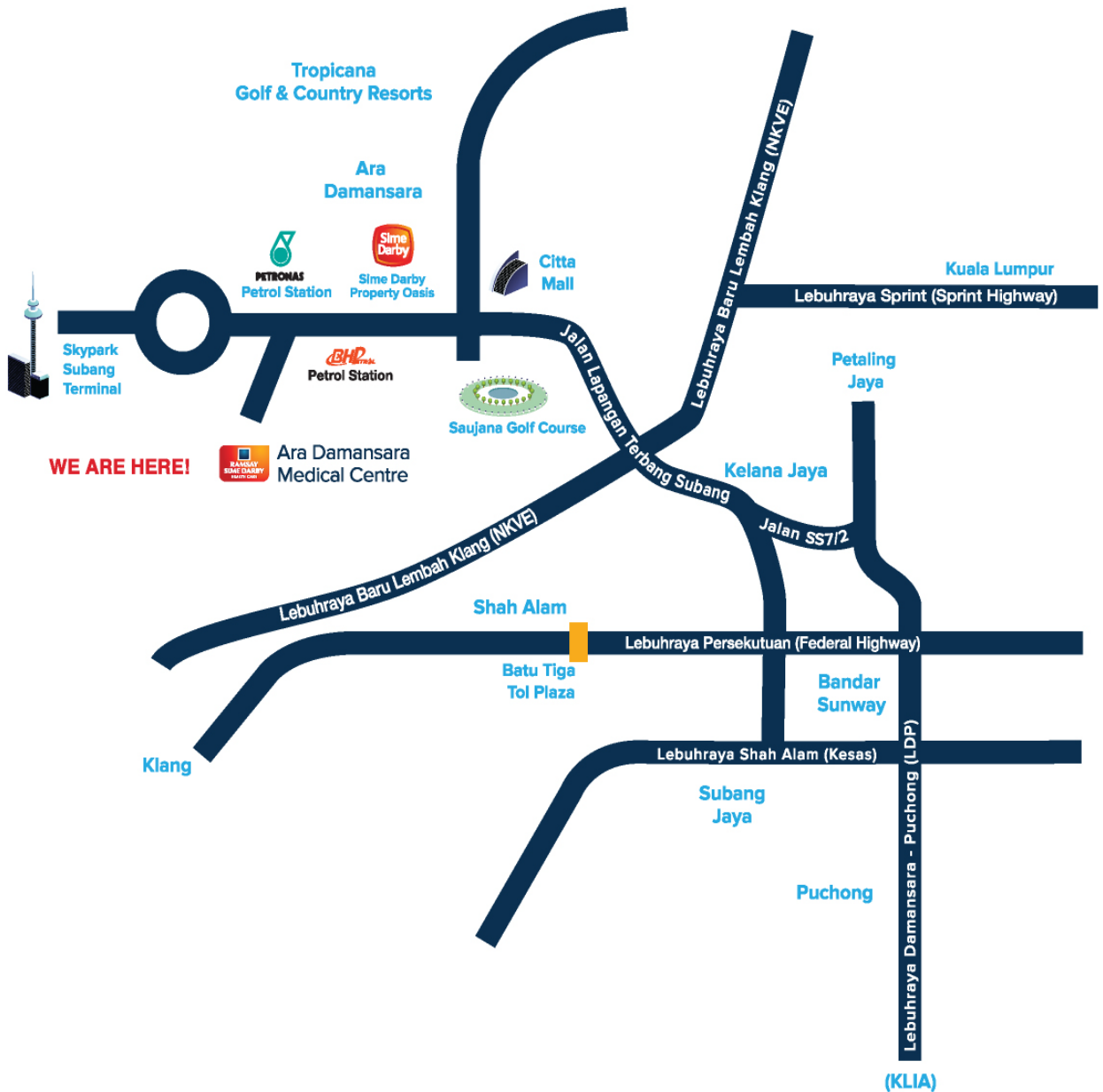
- ▶ Our doctors will assess if you are fit enough to do this test beforehand.
- ▶ You are advised to wear comfortable shoes and clothing as sweating is expected.
- ▶ Body lotion are not allowed to use due to oily body surface may interfere the result.

## SCREENING REPORT

- ▶ Kindly bring your latest previous screening report if you have done any at others hospital or clinic (for comparison).
- ▶ For appointments before 10am, you will receive the completed medical report on the same day. Medical reports for Pap smear result will only be ready after 7-10 days.

# HOW TO GET THERE

The Hospital is located along the route to Skypark Subang Terminal and in the vicinity of the upscale residential neighbourhood of Ara Damansara and Saujana.



For booking, please contact Health Screening Unit

Health Screening Unit	+603 7839 9249 (office hours only)
Email	admc.hsc@ramsaysimedarbyhealth.com
Stroke Careline	+60 19 217 9442
Emergency Department	+60 3 7839 9210

**Ara Damansara Medical Centre Sdn Bhd** (876408-7)  
Lot 2, Jalan Lapangan Terbang Subang Seksyen U2,  
40150 Shah Alam Selangor Darul Ehsan, Malaysia

[www.aradamansaramedicalcentre.com](http://www.aradamansaramedicalcentre.com)



**Ara Damansara  
Medical Centre**