



## PENANG MEDICAL HEALTHY CHECK PACKAGE PENANG ADVENTIST HOSPITAL (PAH) BY MALAYSIA AIRLINES (MH)



### Itinerary :

- Day 01 : Arrival in Penang Airport and transfer to Hotel.
- Day 02 : Transfer from Hotel – Penang Adventist Hospital – Hotel.
- Day 03 : Transfer to Penang Airport.

Min. 02 persons traveling

Hotel	Premier Wellness >25 Years	Superior Wellness <30 Years	Gold Wellness <40 Years	Supreme Wellness <50 Years	Accompany Person
Grand Continental 3*	481	541	589	860	308
Cititel Penang 4*	490	550	598	869	317
Bayview Georgetown 4*					

### Package Include :

- ✓ International Ticket by Malaysia Airlines (change date allowed with USD50) Non Endorse/Non Refund
- ✓ 02 Night Accommodation with selected hotel
- ✓ Daily breakfast in accommodation
- ✓ Medical Healthy Check Arrangement with selected type
- ✓ Return transfer Airport-Hotel-Hospital-Hotel-Airport

### Package Exclude :

- ✓ Fiscal (Rp. 2.500.000 – Non NPWP) + Airport Tax Jakarta (Rp.150.000)
- ✓ International Fuel Surcharge & Airport Tax USD 112.00 (subject to changes)
- ✓ Personal Expenses (Mini Bar, Telephone, etc)
- ✓ Other condition are not mentioned above

### PREMIER WELLNESS → Estimation : 4 hours

- Physical Exam & Consultation by Wellness Doctor
- Lab Tests for Blood & Urine (> 50 test parameters)\*
- Diabetes Screening – Fasting Glucose & HbA1c
- Stool for Occult Blood
- Chest X-ray
- Ultrasound of Upper Abdomen
- Stress ECG \*\*
- Health Risk Appraisal (HRA) which includes:
  - o Lifestyle Evaluation & Aerobic Fitness Evaluation
  - o Diet Recall & Consultation
  - o Body Fat Analysis & Flexibility Test

### SUPERIOR WELLNESS → Estimation : 4-5 hours

- Physical Exam & Consultation by Wellness Doctor
- Lab Tests for Blood & Urine (> 50 test parameters)\*
- Diabetes Screening – Fasting Glucose & HbA1c
- Stool for Occult Blood
- Chest X-ray
- Ultrasound of Upper Abdomen
- Stress ECG \*\*
- Health Risk Appraisal (HRA) which includes:
  - o Lifestyle Evaluation & Aerobic Fitness Evaluation
  - o Diet Recall & Consultation
  - o Body Fat Analysis & Flexibility Test
- Glaucoma Test (Eye Pressure Check)
- Lung Function Test
- DEXA Hip (Osteoporosis Screen)

### Additional Test(s) Included for :

- Men : CEA (Tumour Marker-Colon)
- Ladies : Ultrasound of Pelvis/Lower Abdomen  
CA 125 (Tumour Marker-Ovaries)



## GOLD WELLNESS → Estimation: 5-6 hours

- Physical Exam & Consultation by Wellness Doctor
- Lab Tests for Blood & Urine (> 50 test parameters)\*
- Diabetes Screening – Fasting Glucose & HbA1c
- Stool for Occult Blood
- Chest X-ray
- Ultrasound of Upper Abdomen
- ECG ( Stress or Resting )\*\*
- Health Risk Appraisal (HRA) includes:-
  - o Lifestyle Evaluation & Aerobic Fitness Evaluation
  - o Diet Recall & Consultation
  - o Body Fat Analysis & Flexibility Test
- CEA (Tumour Marker – Colon)
- Lung Function Test
- DEXA Hip & Spine (Osteoporosis Screen)
- Glaucoma Test (Eye Pressure)
- Helicobacter Pylori IGG

### Additional Tests included for:

- Men** : PSA (Tumour Marker -Prostate)  
Ultrasound of Pelvis/Lower Abdomen
- Ladies** : Ultrasound of Pelvis/ Lower Abdomen  
Mammogram (Breast X-ray)  
Pap Smear & Pelvic Exam  
CA 125 (Tumour Marker – Ovaries)

## SUPEREME WELLNESS → Estimation: 5-6 hours

- Physical Exam & Consultation by Wellness Doctor
- Lab Tests for Blood & Urine (> 50 test parameters)\*
- Diabetes Screening – Fasting Glucose & HbA1c
- Stool for Occult Blood
- Chest X-ray
- Stress ECG \*\*
- Health Risk Appraisal (HRA) includes:-
  - o Lifestyle Evaluation & Aerobic Fitness Evaluation
  - o Diet Recall & Consultation
  - o Body Fat Analysis & Flexibility Test
- Lung Function Test
- Audiometry (Hearing Test)
- DEXA Hip & Spine (Osteoporosis Screen)
- MRI Abdomen & Pelvis (without Contrast)
- Glaucoma Test (Eye Pressure)
- Helicobacter Pylori IGG
- Hepatitis A Antibodies – IGG & IGM
- Hepatitis C

### Heart Screening (Blood Test)

- High Sensitive C-Reactive Protein
- Homocysteine

### Additional Tests included for:

- Men** : Male Cancer Profile:  
PSA (Tumour Marker –Prostate)  
CEA (Tumour Marker - Colon)  
CA19.9 (Tumour Marker – Pancreas)

- Ladies** : Mammogram (Breasts X-ray)  
Pap Smear & Pelvic Exam  
Female Cancer Profile:  
CA19.9 (Tumour Marker – Pancreas)  
CA15.3 (Tumour Marker – Breast)  
CA125 (Tumour Marker – Ovaries)  
CEA (Tumour Marker – Colon)

