

# Baseline LITE

FOR MEN AND WOMEN – SUMMARY

For **SAFRA** members

BUILDING BONDS • CREATING MEMORIES

✓ Covers the essentials

✓ No fasting required

✓ Quick screening time

## One

### Starter package

You are curious about how your body is reacting to your lifestyle, but unsure of where to start. Our starter package is designed to screen for vital body functions and common chronic diseases via a simple blood draw.

\$151

#### Package includes

- ✓ **6+ Laboratory tests**
- ✓ Screens for hypertension, diabetes, kidney and liver diseases, gout and infections
- ✓ Pre-Screen Consultation  
Review Consultation  
Biometric Reading (Height and Weight, Blood Pressure)  
12 Lead Electrocardiogram  
Vision Check

#### RECOMMENDED

## Two

### Intermediate package

You are becoming health-savvy and would like a more detailed health check without spending too much time on it. Our intermediate package provides you with a basic snapshot of your health, extending the screening of vital body functions and common chronic diseases to common cancer risks via a simple blood draw.

\$218

#### Package includes

- ✓ **9+ Laboratory tests**  
+ Chest X-ray
- ✓ Screens for hypertension, diabetes, kidney and liver diseases, hepatitis, thyroid, gout and infections
- ✓ Screens for **3 types of Cancers**  
Liver, Colon, Lung
- ✓ Pre-Screen Consultation  
Review Consultation  
Biometric Reading (Height and Weight, Blood Pressure)  
12 Lead Electrocardiogram  
Vision Check

## Three

### Advanced package

You have health concerns and could use a more comprehensive health check. Our advanced package addresses your health concerns by performing a more thorough screen of body functions, chronic diseases, and cancer risks via a simple blood draw.

\$408

#### Package includes

- ✓ **9+ Laboratory tests**  
+ Chest X-ray
- ✓ Screens for hypertension, diabetes, kidney and liver diseases, hepatitis, thyroid, gout and infections
- ✓ Screens for **6+ types of Cancers**  
Stomach, Liver, Colon, Pancreas, Lung  
+ Prostate for Men  
+ Ovary and Cervical (Papsmear) for Women
- ✓ **1 Lifestyle Bundle**  
Digestive
- ✓ **GASTROClear** – HSA-approved blood test for early detection of stomach cancer
- ✓ Pre-Screen Consultation  
Review Consultation  
Biometric Reading (Height and Weight, Blood Pressure)  
12 Lead Electrocardiogram  
Vision Check

Book your appointment via WhatsApp (+65) 8031 0938 or Email to [hello@early.health](mailto:hello@early.health)

early

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FOR MEN AND WOMEN – TEST COVERED

For **SAFRA** members

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✓ Covers the essentials

✓ No fasting required

✓ Quick screening time

	One	Two	Three
<b>Doctor Consultation</b>			
Pre-screening Consultation + Physical Examination*	●	●	●
Review Consultation	●	●	●
<b>Biometric Reading</b>			
Height and Weight, Blood Pressure	●	●	●
12 Lead Electrocardiogram	●	●	●
<b>Vision Check</b>			
Tonometry, Visual Acuity, Colour Vision Test	●	●	●
<b>Haematology</b>			
Full Blood Count	●	●	●
<b>Diabetes Screen</b>			
HbA1c	●	●	●
<b>Cholesterol Screen</b>			
Total Cholesterol, HDL, LDL, Cholesterol/HDL Ratio, Triglycerides	●	●	●
<b>Kidney Function</b>			
Urea, Creatinine, Sodium, Potassium, Chloride, CO2 (Bicarbonate), eGFR, Urine Microalbumin/Creatinine Ratio	●	●	●
<b>Liver Function</b>			
Total Protein, Albumin, Globulin, A/G Ratio, Total Bilirubin, Indirect Bilirubin, Alkaline Phosphatase, GGT		●	●
ALT/SGOT, AST/SGPT	●	●	●
<b>Hepatitis Screen</b>			
Hepatitis Bs Antigen		●	●
Hepatitis Bs Antibody		●	●
Hepatitis A Total IgG			●
<b>Bone and Joint Screen</b>			
Calcium		●	●
Phosphate		●	●
Uric Acid	●	●	●
Rheumatoid Factor		●	●
<b>Thyroid Function Analysis</b>			
Free T4, Thyroid Stimulating Hormone		●	●
<b>Cancer Screen</b>			
AFP (Liver), CEA (Colon)		●	●
CA19.9 (Pancreas)			●
CA125 (Ovary) and Papsmear (Cervical) <i>for Women</i> <b>or</b> PSA (Prostate) <i>for men</i>			●
<b>STD Screen</b>			
Syphilis TP Ab (VD), RPR & TPPA (if syphilis TP Ab reactive)		●	●
<b>Urinalysis</b>			
Urine FEME	●	●	●
<b>Digestive Bundle</b>			
Stool Occult Blood			●
GASTROClear <small>HSA-approved blood test for early detection of stomach cancer</small>			●
<b>Imaging</b>			
X-ray Chest		●	●

\* Physical Examination excludes breasts (female), external genitalia and rectum. Top up of \$10 is applicable to include.

Prices listed are subject to prevailing GST. Updated 28 October 2022.

## One

### For women under 35

You are at the prime of your life, embarking on new career and relationships. You wish to seek out new experiences and understand your body, spiritually, physically, and mentally. You should optimise your body for performance by understanding your unique body baseline. We aim to provide you with information for a more focused you.

**\$474**

#### Package includes

- ✓ **8+ Laboratory tests**  
**2 Imaging tests**
- ✓ Screens for **3 types of Cancers**  
Cervical, Breast, Lung
- ✓ **1 Lifestyle Bundle**  
Energy
- ✓ Automated Breast Ultrasound System — Comfortable way of detecting cancer in dense breasts (common for Asian Women)
- ✓ TCM Consultation

## Two

### For women between 35 and 50

You have achieved some milestones, and at a life stage where balancing career and well-being can be challenging. With responsibilities at peak, you are possibly experiencing health issues both physically and mentally. This package is designed specifically to help you understand your body and improve your lifestyle.

**\$949**

#### Package includes

- ✓ **10+ Laboratory tests**  
**4 Imaging tests**
- ✓ Screens for **7 types of Cancers**  
Liver, Colon, Ovary, Breast, Pancreas, Cervical, Lung
- ✓ **3 Lifestyle Bundles**  
Energy, Digestive, Cardiovascular
- ✓ Automated Breast Ultrasound System — Comfortable way of detecting cancer in dense breasts (common for Asian Women)
- ✓ TCM Consultation

## Three

### For women above 50

You have started to take a slower pace in your career to enjoy family time. This is also when your body's metabolism and recovery have slowed down. At this point in life, early detection and prevention of illnesses, and maintenance of health will help optimise your golden age.

**\$1424**

#### Package includes

- ✓ **10+ Laboratory tests**  
**6 Imaging tests**
- ✓ Screens for **8 types of Cancers**  
Stomach, Liver, Colon, Ovary, Breast, Pancreas, Cervical, Lung
- ✓ **3 Lifestyle Bundles**  
Energy, Digestive, Cardiovascular
- ✓ Automated Breast Ultrasound System — Comfortable way of detecting cancer in dense breasts (common for Asian Women)
- ✓ GASTROClear — HSA-approved blood test for early detection of stomach cancer
- ✓ TCM Consultation

	One	Two	Three
<b>Doctor Consultation</b>			
Pre-screening Consultation + Physical Examination*	●	●	●
Review Consultation	●	●	●
<b>Biometric Reading</b>			
Height and Weight, Blood Pressure	●	●	●
12 Lead Electrocardiogram	●	●	●
<b>Vision Check</b>			
Tonometry, Visual Acuity, Colour Vision Test	●	●	●
<b>Haematology</b>			
Full Blood Count	●	●	●
<b>Diabetes Screen</b>			
HbA1c	●	●	●
<b>Cholesterol Screen</b>			
Total Cholesterol, HDL, LDL, Cholesterol/HDL Ratio, Triglycerides	●	●	●
<b>Kidney Function</b>			
Urea, Creatinine, Sodium, Potassium, Chloride, CO2 (Bicarbonate), eGFR, Urine Microalbumin/Creatinine Ratio	●	●	●
<b>Liver Function</b>			
Total Protein, Albumin, Globulin, A/G Ratio, Total Bilirubin, Indirect Bilirubin, Alkaline Phosphatase, ALT/SGOT, AST/SGPT, GGT	●	●	●
<b>Hepatitis Screen</b>			
Hepatitis Bs Antigen, Hepatitis A Total IgG, Hepatitis Bs & C Antibody	●	●	●
<b>Bone and Joint Screen</b>			
Calcium, Phosphate, Uric Acid	●	●	●
Rheumatoid Factor			●
<b>Female Hormone Analysis</b>			
Estradiol, Follicle Stimulating Hormone, Luteinizing Hormone		●	●
<b>Thyroid Function Analysis</b>			
Free T4, Thyroid Stimulating Hormone		●	●
<b>Urinalysis</b>			
Urine FEME	●	●	●
<b>Cancer Screen</b>			
AFP (Liver), CEA (Colon), CA125 (Ovary), CA15.3 (Breast), CA19.9 (Pancreas)		●	●
Thinprep (Cervical)	●	●	●
<b>Energy Bundle</b>			
Vitamin D	●	●	●
Folic Acid, Vitamin B12, Ferritin	●		
<b>Digestive Bundle</b>			
Stool Occult Blood		●	●
Helicobacter Pylori		●	●
GASTROClear <small>HSA-approved blood test for early detection of stomach cancer</small>			●
<b>Cardiovascular Bundle</b>			
Apolipoprotein A&B, A/B Ratio, HS-CRP		●	●
CT Calcium Scoring			●
<b>Imaging Tests</b>			
Automated Breast Ultrasound System	●	●	●
2D Mammography <small>Top up to 3D Mammography at \$100.</small>		●	●
Ultrasound Pelvis		●	●
Ultrasound Abdomen — Liver, Gallbladder, Pancreas, Spleen, Kidney			●
X-ray Chest	●	●	●

A complimentary TCM consultation redeemable within 3 months after screening.

## One

### For men under 35

You are at the prime of your life, embarking on new career and relationships. You wish to seek out new experiences and understand your body, spiritually, physically, and mentally. You should optimise your body for performance by understanding your unique body baseline. We aim to provide you with information for a more focused you.

## \$474

#### Package includes

- ✓ **8+ Laboratory** tests  
**2 Imaging** test
- ✓ Screens for **Lung Cancer**
- ✓ **1 Lifestyle Bundle**  
Energy
- ✓ TCM Consultation

## Two

### For men between 35 and 50

You have achieved some milestones, and at a life stage where balancing career and well-being can be challenging. With responsibilities at peak, you are possibly experiencing health issues both physically and mentally. This package is designed specifically to help you understand your body and improve your lifestyle.

## \$949

#### Package includes

- ✓ **10+ Laboratory** tests  
**3 Imaging** tests
- ✓ Screens for **6 types of Cancer**  
Liver, Colon, Pancreas, Prostate, Nasopharyngeal, Lung
- ✓ **3 Lifestyle Bundles**  
Energy, Digestive, Cardiovascular
- ✓ TCM Consultation

## Three

### For men above 50

You have started to take a slower pace in your career to enjoy family time. This is also when your body's metabolism and recovery have slowed down. At this point in life, early detection and prevention of illnesses, and maintenance of health will help optimise your golden age.

## \$1424

#### Package includes

- ✓ **10+ Laboratory** tests  
**4 Imaging** tests
- ✓ Screens for **7 types of Cancers**  
Liver, Colon, Pancreas, Prostate, Nasopharyngeal, Stomach, Lung
- ✓ **3 Lifestyle Bundles**  
Energy, Digestive, Cardiovascular
- ✓ GASTROClear – HSA-approved blood test for early detection of stomach cancer
- ✓ TCM Consultation

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	One	Two	Three
<b>Doctor Consultation</b>			
Pre-screening Consultation + Physical Examination*	●	●	●
Review Consultation	●	●	●
<b>Biometric Reading</b>			
Height and Weight, Blood Pressure	●	●	●
12 Lead Electrocardiogram	●	●	●
<b>Vision Check</b>			
Tonometry, Visual Acuity, Colour Vision Test	●	●	●
<b>Haematology</b>			
Full Blood Count	●	●	●
<b>Diabetes Screen</b>			
HbA1c	●	●	●
<b>Cholesterol Screen</b>			
Total Cholesterol, HDL, LDL, Cholesterol/HDL Ratio, Triglycerides	●	●	●
<b>Kidney Function</b>			
Urea, Creatinine, Sodium, Potassium, Chloride, CO2 (Bicarbonate), eGFR, Urine Microalbumin/Creatinine Ratio	●	●	●
<b>Liver Function</b>			
Total Protein, Albumin, Globulin, A/G Ratio, Total Bilirubin, Indirect Bilirubin, Alkaline Phosphatase, ALT/SGOT, AST/SGPT, GGT	●	●	●
<b>Hepatitis Screen</b>			
Hepatitis Bs Antigen, Hepatitis A Total IgG, Hepatitis Bs & C Antibody	●	●	●
<b>Bone and Joint Screen</b>			
Calcium, Phosphate, Uric Acid	●	●	●
Rheumatoid Factor		●	●
<b>Male Hormone Analysis</b>			
Testosterone		●	●
<b>Thyroid Function Analysis</b>			
Free T4, Thyroid Stimulating Hormone		●	●
<b>Urinalysis</b>			
Urine FEME	●	●	●
<b>Cancer Screen</b>			
AFP (Liver), CEA (Colon), CA19.9 (Pancreas), PSA (Prostate), EBV (Nasopharyngeal)		●	●
<b>Energy Bundle</b>			
Vitamin D	●	●	●
<b>Digestive Bundle</b>			
Stool Occult Blood	●	●	●
Helicobacter Pylori		●	●
GASTROClear <small>HSA-approved blood test for early detection of stomach cancer</small>			●
<b>Cardiovascular Bundle</b>			
Apolipoprotein A&B, A/B Ratio, HS-CRP	●	●	●
CT Calcium Scoring		●	●
<b>Imaging Tests</b>			
Ultrasound Liver and Gallbladder	●		
Ultrasound Abdomen – Liver, Gallbladder, Pancreas, Spleen, Kidney		●	●
Ultrasound Prostate and Bladder			●
Low Dose CT Lung Screen			●
X-ray Chest	●	●	

A complimentary TCM consultation redeemable within 3 months after screening.