

## Aviva Privilege Card

The Aviva Privilege card, available exclusively to MyCare & MyCare Plus policyholders, offers even more value for your premium, with a special health and wellness discount programme. The Aviva Privilege Card's benefits are always being updated, but you can expect tremendous savings on selected healthcare services as follows.

### Terms & Conditions for use of the Aviva Privilege Card

- The Aviva Privilege Card must be presented on day of appointment and prior to payment.
- Privileges are not valid with any other promotional offers and/or discounts.
- All prices quoted are inclusive of GST.
- The Aviva Privilege Card does not guarantee availability of service(s). Where applicable, appointments/reservations must be made in advance, quoting "Aviva policyholder" when making appointments/reservations.
- The Aviva Privilege Card is the property of Aviva Ltd and shall be returned upon request.
- Replacement cards due to loss or damage is subject to an administrative fee of \$10.00 per card.
- Aviva Ltd reserves the right to amend, withdraw or cancel a portion of or the entire privilege programme without prior notice. Terms and conditions may change without prior notice or liability or assigning.

### How to enjoy the privileges

- Make an appointment with the service providers and identify you are an Aviva Privilege Cardholder.
- On the day of appointment, produce your Aviva Privilege Card.
- Make payment directly to the service providers.
- Receive health check reports, if any, directly from the service provider. Note that Aviva will not have access to your health check reports.
- Other terms and conditions from the service providers for purchasing the health services apply.

**Benefits Available:**

**A) Asia Health Partners (AHP) and SATA**

**5 Health Screening Packages to choose from:**

<b>Aviva Insurance Screening Package A</b>			
<b>SATA : \$85.60/per person (including GST)</b>			
<b>AHP : \$94.16/per person (including GST)</b>			
1. Medical History 2. Physical Examination 3. Medical Report and Review by a Doctor 4. Lab Testing: <table border="0" style="width: 100%;"> <tr> <td style="vertical-align: top;"> <b>Haematology Screen</b>                1. Haemoglobin                2. Total RBC                3. Haematocrit (HCT/PVC)                4. MCV, MCH, MCHC                5. Total WBC                6. Differential Count                7. Platelet Count                8. Peripheral Blood Film (PBF)             </td> <td style="vertical-align: top;"> <b>Diabetic Screen</b>                9. Glucose  <b>Renal Function Screen</b>                10. Urea                11. Creatinine  <b>Lipid Screen</b>                12. Total Cholesterol                13. Triglycerides                14. HDL Cholesterol                15. LDL Cholesterol                16. T.Chol/HDL Cholesterol ratio  <b>Urinalysis</b>                17. Urine FEME             </td> </tr> </table>		<b>Haematology Screen</b> 1. Haemoglobin 2. Total RBC 3. Haematocrit (HCT/PVC) 4. MCV, MCH, MCHC 5. Total WBC 6. Differential Count 7. Platelet Count 8. Peripheral Blood Film (PBF)	<b>Diabetic Screen</b> 9. Glucose <b>Renal Function Screen</b> 10. Urea 11. Creatinine <b>Lipid Screen</b> 12. Total Cholesterol 13. Triglycerides 14. HDL Cholesterol 15. LDL Cholesterol 16. T.Chol/HDL Cholesterol ratio <b>Urinalysis</b> 17. Urine FEME
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<b>Aviva Insurance Screening Package B</b>			
<b>SATA : \$117.70 per person (including GST)</b>			
<b>AHP : \$129.47 per person (including GST)</b>			
1. Chest X-ray 2. ECG 3. Medical History 4. Physical Examination 5. Medical Report and Review by a Doctor 6. Lab Testing: <table border="0" style="width: 100%;"> <tr> <td style="vertical-align: top;"> <b>Haematology Screen</b>                1. Haemoglobin                2. Total RBC                3. Haematocrit (HCT/PVC)                4. MCV, MCH, MCHC                5. Total WBC                6. Differential Count                7. Platelet Count                8. Peripheral Blood Film (PBF)             </td> <td style="vertical-align: top;"> <b>Diabetic Screen</b>                9. Glucose  <b>Renal Function Screen</b>                10. Urea                11. Creatinine  <b>Lipid Screen</b>                12. Total Cholesterol                13. Triglycerides                14. HDL Cholesterol                15. LDL Cholesterol                16. T.Chol/HDL Cholesterol ratio  <b>Urinalysis</b>                17. Urine FEME             </td> </tr> </table>		<b>Haematology Screen</b> 1. Haemoglobin 2. Total RBC 3. Haematocrit (HCT/PVC) 4. MCV, MCH, MCHC 5. Total WBC 6. Differential Count 7. Platelet Count 8. Peripheral Blood Film (PBF)	<b>Diabetic Screen</b> 9. Glucose <b>Renal Function Screen</b> 10. Urea 11. Creatinine <b>Lipid Screen</b> 12. Total Cholesterol 13. Triglycerides 14. HDL Cholesterol 15. LDL Cholesterol 16. T.Chol/HDL Cholesterol ratio <b>Urinalysis</b> 17. Urine FEME
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<b>Aviva Insurance Screening Package C</b>			
<b>SATA : \$158.36/per person (including GST)</b>			
<b>AHP : \$174.20/per person (including GST)</b>			
<ol style="list-style-type: none"> <li>1. Chest X-ray</li> <li>2. ECG</li> <li>3. Physical Examination &amp; Medical History</li> <li>4. Medical Report and Review by a Doctor</li> <li>5. Lab Testing:               <table style="width: 100%; border: none;"> <tr> <td style="vertical-align: top; width: 50%;"> <p><b>Haematology Screen</b></p> <ol style="list-style-type: none"> <li>1. Haemoglobin</li> <li>2. Total RBC</li> <li>3. Haematocrit (HCT/PVC)</li> <li>4. MCV, MCH, MCHC</li> <li>5. Total WBC</li> <li>6. Differential Count</li> <li>7. Platelet Count</li> <li>8. Peripheral Blood Film (PBF)</li> <li>9. ESR</li> </ol> <p><b>Diabetic Screen</b></p> <ol style="list-style-type: none"> <li>10. Glucose</li> </ol> <p><b>Renal Function Screen</b></p> <ol style="list-style-type: none"> <li>11. Urea</li> <li>12. Creatinine</li> <li>13. Uric Acid</li> </ol> <p><b>Lipid Screen</b></p> <ol style="list-style-type: none"> <li>14. Total Cholesterol</li> <li>15. Triglycerides</li> <li>16. HDL Cholesterol</li> <li>17. LDL Cholesterol</li> <li>18. T.Chol/HDL Cholesterol ratio</li> </ol> </td> <td style="vertical-align: top; width: 50%;"> <p><b>Liver &amp; Biliary Screen</b></p> <ol style="list-style-type: none"> <li>19. SGOT/AST</li> <li>20. SGPT/ALT</li> <li>21. Gamma GT</li> <li>22. Total Protein</li> <li>23. Albumin</li> <li>24. Globulin</li> <li>25. A/G Ratio</li> <li>26. Total Bilirubin</li> <li>27. Alkaline Phosphatase</li> </ol> <p><b>Thyroid Function Screen</b></p> <ol style="list-style-type: none"> <li>28. FT4</li> <li>29. TSH (when FT4 is high)</li> </ol> <p><b>Hepatitis Virus Screen</b></p> <ol style="list-style-type: none"> <li>30. Heps Bs Ag</li> <li>31. Heps Bs Ab</li> <li>32. Heps Be Ag</li> </ol> <p><b>Tumour Markers</b></p> <ol style="list-style-type: none"> <li>33. AFP</li> <li>34. CEA</li> </ol> <p><b>STD Screen</b></p> <ol style="list-style-type: none"> <li>35. VDRL</li> <li>36. TPHA (if VD is positive)</li> </ol> <p><b>Urinalysis</b></p> <ol style="list-style-type: none"> <li>37. Urine FEME</li> </ol> </td> </tr> </table> </li> </ol>		<p><b>Haematology Screen</b></p> <ol style="list-style-type: none"> <li>1. Haemoglobin</li> <li>2. Total RBC</li> <li>3. Haematocrit (HCT/PVC)</li> <li>4. MCV, MCH, MCHC</li> <li>5. Total WBC</li> <li>6. Differential Count</li> <li>7. Platelet Count</li> <li>8. Peripheral Blood Film (PBF)</li> <li>9. ESR</li> </ol> <p><b>Diabetic Screen</b></p> <ol style="list-style-type: none"> <li>10. Glucose</li> </ol> <p><b>Renal Function Screen</b></p> <ol style="list-style-type: none"> <li>11. Urea</li> <li>12. Creatinine</li> <li>13. Uric Acid</li> </ol> <p><b>Lipid Screen</b></p> <ol style="list-style-type: none"> <li>14. Total Cholesterol</li> <li>15. Triglycerides</li> <li>16. HDL Cholesterol</li> <li>17. LDL Cholesterol</li> <li>18. T.Chol/HDL Cholesterol ratio</li> </ol>	<p><b>Liver &amp; Biliary Screen</b></p> <ol style="list-style-type: none"> <li>19. SGOT/AST</li> <li>20. SGPT/ALT</li> <li>21. Gamma GT</li> <li>22. Total Protein</li> <li>23. Albumin</li> <li>24. Globulin</li> <li>25. A/G Ratio</li> <li>26. Total Bilirubin</li> <li>27. Alkaline Phosphatase</li> </ol> <p><b>Thyroid Function Screen</b></p> <ol style="list-style-type: none"> <li>28. FT4</li> <li>29. TSH (when FT4 is high)</li> </ol> <p><b>Hepatitis Virus Screen</b></p> <ol style="list-style-type: none"> <li>30. Heps Bs Ag</li> <li>31. Heps Bs Ab</li> <li>32. Heps Be Ag</li> </ol> <p><b>Tumour Markers</b></p> <ol style="list-style-type: none"> <li>33. AFP</li> <li>34. CEA</li> </ol> <p><b>STD Screen</b></p> <ol style="list-style-type: none"> <li>35. VDRL</li> <li>36. TPHA (if VD is positive)</li> </ol> <p><b>Urinalysis</b></p> <ol style="list-style-type: none"> <li>37. Urine FEME</li> </ol>
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<b>Aviva Insurance Screening Package D</b>	
<b>SATA : \$363.80/per person (including GST)</b>	
<b>AHP : \$400.18/per person (including GST)</b>	
1. Chest X-ray 2. ECG 3. Ultrasound Abdomen 4. Ultrasound Pelvis 5. Physical Examination & Medical History 6. Medical Report and Review by a Doctor 7. Lab Testing:	
<b>Haematology Screen</b> 1. Haemoglobin 2. Total RBC 3. Haematocrit (HCT/PVC) 4. MCV, MCH, MCHC 5. Total WBC 6. Differential Count 7. Platelet Count 8. Peripheral Blood Film (PBF) 9. ESR <b>Diabetic Screen</b> 10. Glucose <b>Renal Function Screen</b> 11. Urea 12. Creatinine 13. Uric Acid <b>Lipid Screen</b> 14. Total Cholesterol 15. Triglycerides 16. HDL Cholesterol 17. LDL Cholesterol 18. T.Chol/HDL Cholesterol ratio	<b>Liver &amp; Biliary Screen</b> 19. SGOT/AST 20. SGPT/ALT 21. Gamma GT 22. Total Protein 23. Albumin 24. Globulin 25. A/G Ratio 26. Total Bilirubin 27. Alkaline Phosphatase <b>Thyroid Function Screen</b> 28. FT4 29. TSH (when FT4 is high) <b>Hepatitis Virus Screen</b> 30. Heps Bs Ag 31. Heps Bs Ab 32. Heps Be Ag <b>Tumour Markers</b> 33. AFP 34. CEA <b>STD Screen</b> 35. VDRL 36. TPHA (if VD is positive) <b>Urinalysis</b> 37. Urine FEME

<b>Aviva Insurance Screening Package E</b>	
<b>SATA : \$96.30/per person (including GST)</b>	
<b>AHP : \$105.93/per person (including GST)</b>	
1. Chest X-ray 2. Medical History 3. Physical Examination 4. Medical Report and Review by a Doctor 5. Lab Testing:	
<b>Haematology Screen</b> 1. Haemoglobin 2. Total RBC 3. Haematocrit (HCT/PVC) 4. MCV, MCH, MCHC 5. Total WBC 6. Differential Count 7. Platelet Count 8. Peripheral Blood Film (PBF)	<b>Diabetic Screen</b> 9. Glucose <b>Renal Function Screen</b> 10. Urea 11. Creatinine <b>Lipid Screen</b> 12. Total Cholesterol 13. Triglycerides 14. HDL Cholesterol 15. LDL Cholesterol 16. T.Chol/HDL Cholesterol ratio <b>Urinalysis</b> 17. Urine Labstix

### Terms and Conditions

The prices listed do not include the cost of follow-up investigations for abnormal or review cases, treatment, medication and tests that are prescribed by the medical doctors and those which are not listed in this proposal.

Panel of Medical Centres for Health Screening:

Asia Health Partners Pte Ltd  
304 Orchard Road, Lucky Plaza #05-06  
Singapore 238863  
Tel: 6235 7888

SATA Jurong Medical Centre  
Blk 135 Jurong Gateway Road  
#04-345  
Singapore 600135  
Tel: 6244 6688

SATA Ang Mo Kio Medical Centre  
715 Ang Mo Kio Ave 6,  
#01-4008/4010  
Singapore 560715  
Tel: 6244 6688

SATA Woodlands Medical Centre  
900 South Woodlands Civic Centre  
Singapore 730900  
Tel: 6244 6688

SATA Uttamram Medical Centre  
351 Chai Chee Street  
Singapore 468982  
Tel: 6244 6688

## **B) National University Hospital**

### **(1) Eye Screening Package at S\$104.90 (including GST)**

- Consultation with a specialist
- Slit lamp examination
- Intraocular pressure checks
- Fundus photo screenings
- Refraction Screenings

This service is to be performed at NUH Eye Surgery Centre.

Please make your appointment at:  
Tel: 6772 2414/4114

### **(2) Dental Package – Scaling and Polishing \$74.90 (including GST)**

This service is to be performed at NUH Dental Centre.

Please make your appointment at:  
Tel: 6772 4921  
Email: [Dental\\_Centre@nuhs.edu.sg](mailto:Dental_Centre@nuhs.edu.sg)

**(3) Travel Screening and Vaccinations services at corporate rates**

This service is to be performed at NUH Wellness Centre.

Please make your appointment at:  
Tel: 6772 4461/4462  
Email: [Wellness@nuhs.edu.sg](mailto:Wellness@nuhs.edu.sg)

Please check with the service provider for the rates.

**(4) Health Screening Services (Refer to the following information)**

This service is to be performed at NUH Wellness Centre. Breakfast is included.

Please make your appointment at:  
Tel: 6772 4461/4462  
Email: [Wellness@nuhs.edu.sg](mailto:Wellness@nuhs.edu.sg)

**2 Health Screening Packages and Additional Tests Available:**

<b>Package 1: Evidence Based Plus Screening - \$160.50 (including GST)</b> <i>~ Recommended for people above 50 years old (inclusive Part A, B and C)</i>	
<b>A. Comprehensive Medical History &amp; Physical Examination</b>	
<ul style="list-style-type: none"><li>• Present Complaints (If Any)</li><li>• Past Medical, Family, Social &amp; Drug History</li><li>• Review of Entire Body System</li></ul>	
<b>B. Biometrics Parameters &amp; Investigations</b>	
<ul style="list-style-type: none"><li>• Height &amp; Weight</li><li>• Blood Pressure</li><li>• Body Mass Index</li><li>• Visual Acuity</li></ul>	
<b>Laboratory Investigations</b>	
<ul style="list-style-type: none"><li>• <b>Lipid Profile</b> Total Cholesterol Triglycerides Cholesterol HDL Cholesterol LDL Cholesterol/HDL Ratio</li><li>• <b>Venereal Disease</b> Total Syphilis Antibody Screening HIV Screening (HIV Ag-Ab)</li><li>• <b>Diabetes Mellitus Screening</b></li><li>• <b>Stool Analysis</b> Occult Blood</li></ul>	<ul style="list-style-type: none"><li>• <b>Urine Analysis</b> Screenings for 10 conditions :<ul style="list-style-type: none"><li>- Blood</li><li>- Glucose</li><li>- Protein</li><li>- Ketone</li><li>- pH</li><li>- SG</li><li>- Leucocytes</li><li>- Urobilinogen</li><li>- Nitrite</li><li>- Bilirubin</li></ul></li><li>• <b>Hepatitis "B"</b> Surface Antigen Surface Antibody</li></ul>
<b>C. Medical Report</b>	
<ul style="list-style-type: none"><li>• Detailed medical and family history</li><li>• Discussion and interpretation of all laboratory results.</li><li>• Recommendations and health education</li><li>• Medical follow-up and direct referrals to other specialists' services within NUH</li></ul>	

**Package 2: Evidence Based Ladies Plus Screening - \$310.30 (including GST)**

*~ Recommended for Ladies above 50 years old (inclusive Part A, B and C)*

**A. Comprehensive Medical History & Physical Examination**

- Present Complaints (If Any)
- Past Medical, Family, Social & Drug History
- Review of Entire Body System

**B. Biometrics Parameters & Investigations**

- Height & Weight
- Blood Pressure
- Body Mass Index
- Visual Acuity

**Laboratory Investigations**

• **Lipid Profile**

Total Cholesterol  
Triglycerides  
Cholesterol HDL  
Cholesterol LDL  
Cholesterol/HDL Ratio

• **Venereal Disease**

Total Syphilis Antibody Screening  
HIV Screening (HIV Ag-Ab)

• **Diabetes Mellitus Screening**

• **Stool Analysis**

Occult Blood

• **Urine Analysis**

Screenings for 10 conditions :

- Blood
- Glucose
- Protein
- Ketone
- pH
- SG
- Leucocytes
- Urobilinogen
- Nitrite
- Bilirubin

• **Hepatitis "B"**

Surface Antigen  
Surface Antibody

**C. Other Investigations**

- Pap Smear Test
- Mammogram

**D. Medical Report**

- Detailed medical and family history
- Discussion and interpretation of all laboratory results.
- Recommendations and health education
- Medical follow-up and direct referrals to other specialists' services within NUH

**Additional Tests that can be added to Basic Package after Consultation with Doctor:**

<p><b>1. Ladies Wellness</b> (For ladies above 50 years old) - \$80.25 (including GST)</p> <ul style="list-style-type: none"> <li>• Full Blood Count</li> <li>• Erythrocyte Sedimentation (ESR)</li> <li>• Gout</li> <li>• Bone Disease</li> <li>• Rheumatoid Arthritis Factor (RAF)</li> <li>• Electrocardiogram (ECG)</li> <li>• Hormonal Test for Menopause - Female (FSH, LH, E2)</li> <li>• Tonometry (Glaucoma Screening)</li> </ul> <p><b>2. Men Wellness</b> (For gentlemen above 50 years old) - \$85.60 (including GST)</p> <ul style="list-style-type: none"> <li>• Full Blood Count</li> <li>• Erythrocyte Sedimentation (ESR)</li> <li>• Gout</li> <li>• Bone Disease</li> <li>• Rheumatoid Arthritis Factor (RAF)</li> <li>• Electrocardiogram (ECG)</li> <li>• Prostate Specific Antigen (PSA - Cancer Marker)</li> <li>• Hormonal Test for Menopause - Male (FSH, Testosterone, Prolactin)</li> <li>• Tonometry (Glaucoma Screening)</li> </ul> <p><b>3. Senior Female Wellness</b> (For ladies above 60 years old) \$133.75 (including GST)</p> <ul style="list-style-type: none"> <li>• Full Blood Count</li> <li>• Erythrocyte Sedimentation (ESR)</li> <li>• Gout</li> <li>• Bone Disease</li> <li>• Rheumatoid Arthritis Factor (RAF)</li> <li>• Chest X-Ray</li> <li>• Electrocardiogram (ECG)</li> <li>• Audiometry (Hearing Test)</li> <li>• Tonometry (Glaucoma Screening)</li> </ul>	<p><b>4. Senior Male Wellness</b> (For males above 60 years old) - \$139.10 (including GST)</p> <ul style="list-style-type: none"> <li>• Full Blood Count</li> <li>• Erythrocyte Sedimentation (ESR)</li> <li>• Gout</li> <li>• Bone Disease</li> <li>• Rheumatoid Arthritis Factor (RAF)</li> <li>• Prostate Specific Antigen (PSA - Cancer Marker)</li> <li>• Chest X-Ray</li> <li>• Electrocardiogram (ECG)</li> <li>• Audiometry (Hearing Test)</li> <li>• Tonometry (Glaucoma Screening)</li> </ul> <p><b>5. Targeted Cardio Package - \$181.90 (including GST)</b></p> <ul style="list-style-type: none"> <li>• Electrocardiogram (ECG)</li> <li>• Treadmill Stress Test</li> </ul> <p><b>6. Other Targeted Individual Screening Tests</b></p> <ul style="list-style-type: none"> <li>• Abdomen Ultrasound</li> <li>• Audiometry Test</li> <li>• Breast Ultrasound (1 Side)</li> <li>• Breast Cancer Markers (CA15-3)</li> <li>• Chest X-Ray (1 View)</li> <li>• Colon Cancer Markers (CEA)</li> <li>• Electrocardiogram (ECG)</li> <li>• Hormonal Test for Menopause (Male)</li> <li>• Hormonal Test for Menopause (Female)</li> <li>• Kidneys &amp; Bladder Ultrasound</li> <li>• Mammogram</li> <li>• Ovarian Cancer Markers (CA125)</li> <li>• Pap Smear</li> <li>• Pelvis Ultrasound</li> <li>• Prostate Cancer Markers (PSA)</li> <li>• Spirometry</li> <li>• Tonometry</li> <li>• Treadmill Stress Test</li> </ul> <p>Please contact the service provider for the rates.</p>
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**Terms & Conditions**

NUH reserves the right to amend the offer without prior notice.