



HEALTH IS GOOD

by DoutresGroup

2026 EDITION

USD

Health-check packages

Health Is Good is the healthcare coordination branch of DOUTRES Group. We support international patients and families with preparation, provider communication and appointment coordination in China.

Basic

US\$160-170

per person

Men	US\$160
Women — unmarried	US\$160
Women — married	US\$170

[Full programme →](#)

Advanced

US\$340-350

per person

Men	US\$340
Women — unmarried	US\$340
Women — married	US\$350

[Full programme →](#)

Premium

US\$780-790

per person

Men	US\$780
Women — unmarried	US\$780
Women — married	US\$790

[Full programme →](#)

These health-check packages are presented through Health Is Good. Examinations are performed by healthcare providers; medical suitability and decisions remain with qualified professionals.

Prices are shown in US dollars (USD). Inclusions depend on the applicable column. Availability, suitability, coordination scope and final terms must be confirmed with HIG before booking.

Compare the packages

See the package sheets for the full examination list and the comparison sheet for an overview.

Comparison item	Basic package	Advanced package	Premium package
Total number of items	Approx. 41 items	Approx. 62 items	Approx. 78 items
Price: men / women unmarried / women married (USD)	US\$160 / US\$160 / US\$170	US\$340 / US\$340 / US\$350	US\$780 / US\$780 / US\$790
Eye examinations	Slit lamp, external eye examination, visual acuity	Slit lamp, external eye examination, visual acuity + fundus examination and intraocular pressure	Slit lamp, external eye examination, visual acuity, fundus examination and intraocular pressure + fundus photography and an audiometry upgrade
Oral examination	Not included	Oral examination	Oral examination
Gynaecological cancer screening	Cervical cancer screening by thin-layer cytology (TCT)	Cervical cancer screening by TCT + HPV genotyping (≥23 types)	Cervical cancer screening by TCT + HPV genotyping (≥23 types)
Tumour markers	CEA, AFP, PSA, CA125, CA15-3 (5 items)	Adds CA19-9, CA50, CA242, CA72-4, Cyfra21-1, NSE, SCC, TSGF (13 items in total)	Adds Epstein-Barr virus IgA (nasopharyngeal cancer) (14 items in total)
Glucose metabolism	Fasting blood glucose + glycated haemoglobin	Fasting blood glucose + glycated haemoglobin	Fasting blood glucose + glycated haemoglobin + adiponectin (ADPN)
Thyroid	Thyroid function—3 parameters	Thyroid function—3 parameters	New: Thyroid function—5 parameters (+ free T3/T4)
Renal function	Renal function—3 parameters	Renal function—3 parameters + serum cystatin C	Renal function—3 parameters + serum cystatin C



Comparison item	Basic package	Advanced package	Premium package
Blood lipids	Lipid profile—5 parameters	New: Lipid profile—9 parameters (+ apolipoproteins A1/B and lipoprotein(a))	New: Lipid profile—9 parameters (+ apolipoproteins A1/B and lipoprotein(a))
Anaemia / vitamins	Not included	Not included	New: Folate + vitamin B12
Inflammation / rheumatology	Not included	Not included	New: High-sensitivity CRP, Lp-PLA2, RF, ASO, CKMB
Cardiovascular / cerebrovascular	ECG, haemorheology	ECG, haemorheology + cardiac colour Doppler ultrasound, carotid colour Doppler ultrasound and blood homocysteine	ECG, haemorheology, cardiac colour Doppler ultrasound, carotid colour Doppler ultrasound and blood homocysteine + arteriosclerosis testing and lung function
Imaging—stomach	Carbon-14 breath test (Helicobacter pylori)	Carbon-14 breath test	New: Magnetically controlled capsule gastroscopy + gastrin-17 + carbon-13 breath test
Imaging—bone density	Not included	Not included	New: Ultrasound bone density testing
Imaging—head and neck	None	New: Non-contrast head MRI, cervical spine digital radiography	Non-contrast head MRI, cervical spine digital radiography + lumbar spine digital radiography
Imaging—chest	Chest CT	Chest CT	Chest CT
Ultrasound examinations	Liver, gallbladder, spleen, pancreas, kidneys, thyroid, breasts, prostate, uterus and adnexa; transvaginal ultrasound	Liver, gallbladder, spleen, pancreas, kidneys, thyroid, breasts, prostate, uterus and adnexa; transvaginal ultrasound + carotid and cardiac colour Doppler ultrasound	Liver, gallbladder, spleen, pancreas, kidneys, thyroid, breasts, prostate, uterus and adnexa; transvaginal ultrasound + carotid and cardiac colour Doppler ultrasound

Basic

Package price (USD / person)

Men: US\$160 | Women — unmarried: US\$160 | Women — married: US\$170

★ Included — Not listed for this category. Eligibility is confirmed by the provider.

Examination / category	Men	Women unmarried	Women married	Clinical significance	Detailed components
Clinical examinations					
General examination	★	★	★	Basic health measurements, including height, weight and blood pressure, assess whether weight is normal or whether underweight, overweight or obesity is present, and provide a basis for diagnosis by the relevant departments.	Height; Weight; Body mass index; Ideal body weight; Systolic blood pressure; Diastolic blood pressure; Pulse
Surgical examination	★	—	—	Checks for enlarged lymph nodes; abnormalities of the thyroid, breasts, external genitalia, prostate and anorectal region; and deformities of the limbs or spine.	Prostate; Digital rectal examination; Skin; Superficial lymph nodes; Thyroid; Breasts; Spine; Limb joints; External genitalia; Other; Medical history
Surgical examination	—	★	★	Checks for enlarged lymph nodes; abnormalities of the thyroid, breasts and anorectal region; and deformities of the limbs or spine.	Digital rectal examination; Thyroid; Superficial lymph nodes; Skin; Other; Limb joints; Spine; Breasts; Medical history
Internal medicine	★	★	★	Checks for heart or lung abnormalities, enlargement of the liver or spleen, and abdominal masses.	Chest; Heart—rate; Heart—murmurs; Heart—rhythm; Heart—sounds; Heart—borders; Lungs—respiratory rate; Lungs—crackles/rales; Lungs—breath sounds; Lungs—pleural friction rub; Liver—size; Liver—consistency; Liver—tenderness; Gallbladder—size; Gallbladder—tenderness; Spleen—size; Spleen—consistency; Spleen—tenderness; Kidneys—percussion tenderness; Abdominal wall; Knee reflex; Other; Medical history; Family history
Slit-lamp examination Ophthalmology	★	★	★	Examines the cornea and lens for abnormalities, such as cataracts.	Cornea; Anterior chamber; Iris; Pupil; Lens; Vitreous body



Examination / category	Men	Women unmarried	Women married	Clinical significance	Detailed components
External eye examination Ophthalmology	★	★	★	Checks the external appearance of the eyes and looks for conditions such as trachoma and conjunctivitis.	Eyelids; Lacrimal apparatus; Conjunctiva; Sclera; Eyeball; Other; Medical history
Visual acuity Visual acuity and colour vision testing	★	★	★	Primarily measures visual acuity to identify abnormal vision.	Uncorrected visual acuity—left eye; Uncorrected visual acuity—right eye; Corrected visual acuity—left eye; Corrected visual acuity—right eye
ENT examination 1 Ear, nose and throat (ENT)	★	★	★	Checks the ears, nose, pharynx and larynx for abnormalities, such as otitis media, a perforated eardrum or enlarged tonsils.	Auricle; External ear canal; Eardrum; Mastoid; External nose; Nasal septum; Nasal turbinates; Nasal mucosa; Paranasal sinuses; Uvula; Tonsils; Pharyngeal mucosa; Other; Medical history
Routine gynaecological examination Gynaecology	—	—	★	Checks the female reproductive organs for abnormal changes and lesions of the cervix or vagina.	Uterus; Adnexa; Vulva; Vagina; Cervix; Other; Medical history; Menstrual and obstetric history
Routine vaginal discharge analysis	—	—	★	A routine gynaecological test used in the assessment of inflammatory conditions, tumours and other diseases of the female reproductive system, providing important evidence for the clinical diagnosis of vaginal disorders.	Vaginal cleanliness grade; Clue cells; Trichomonads; Fungi; White blood cells; Red blood cells; Epithelial cells; pH; Other
Liquid-based thin-layer cytology Thin-layer cytology (TCT)	—	—	★	Cervical cancer screening	Liquid-based thin-layer cytology
Resting ECG Electrocardiogram (ECG)	★	★	★	Used to investigate heart conditions such as myocardial infarction, arrhythmias and myocardial ischaemia.	Standard ECG (12-lead)



Examination / category	Men	Women unmarried	Women married	Clinical significance	Detailed components
Laboratory tests					
Complete blood count with 5-part differential Complete blood count (CBC)	★	★	★	One of the most commonly used initial screening tests in clinical practice, providing findings to support the diagnosis of blood disorders and other conditions.	White blood cell count; Platelet large cell ratio; Large platelet count; Haematocrit; Haemoglobin; Red cell distribution width—coefficient of variation; Mean corpuscular haemoglobin; Mean corpuscular haemoglobin concentration; Platelet count; Neutrophil percentage; Absolute neutrophil count; Lymphocyte percentage; Absolute lymphocyte count; Red blood cell count; Mean platelet volume; Mean corpuscular volume; Plateletcrit; Red cell distribution width—standard deviation; Platelet distribution width; Monocyte percentage; Absolute monocyte count; Eosinophil percentage; Absolute eosinophil count; Basophil percentage; Absolute basophil count; Absolute nucleated red blood cell count; Nucleated red blood cell percentage; Immature granulocyte percentage; Immature granulocyte count
Routine urinalysis	★	★	★	May indicate urinary tract disorders, including acute or chronic nephritis, pyelonephritis, cystitis, urethritis, nephrotic syndrome, lupus nephritis, haemoglobinuria, renal infarction, acute renal tubular necrosis caused by heavy-metal salts or medicines, and kidney or bladder tumours; also checks for glucose in the urine.	Urine occult blood; Urine specific gravity; Urine glucose; Urine protein; Urine bilirubin; Urine clarity; Urine white blood cells (microscopy); Urine red blood cells (microscopy); Urobilinogen; Urine nitrites; Urine crystals (microscopy); Urine ketones; Urine leukocyte esterase; Other urine findings; Urine colour; Urine pH; Urinary casts (microscopy); Urine vitamin C; Urine epithelial cells (microscopy)
Haemorheology	★	★	★	Has some value in the prevention and diagnosis of cardiovascular and cerebrovascular diseases.	Whole-blood viscosity (1/s); Whole-blood viscosity (30/s); Whole-blood viscosity (50/s); Whole-blood viscosity (200/s); Plasma viscosity; Reduced whole-blood viscosity (1/s); Reduced whole-blood viscosity (30/s); Red blood cell aggregation index; Red blood cell rigidity index; Red blood cell deformability index
Renal function—3 parameters Biochemistry tests	★	★	★	Tests kidney function and assesses the risk of kidney disease.	Serum urea; Serum uric acid; Serum creatinine



Examination / category	Men	Women unmarried	Women married	Clinical significance	Detailed components
Serum creatine kinase assay Biochemistry tests	★	★	★	Measures creatine kinase (CK), one of the commonly used tests in cardiac assessment.	Serum creatine kinase
Serum α-hydroxybutyrate dehydrogenase assay Biochemistry tests	★	★	★	Helps improve the sensitivity and specificity of coronary heart disease diagnosis, reflects the extent of myocardial injury, and can be used to assess treatment response and prognosis.	Serum α -hydroxybutyrate dehydrogenase
Serum lactate dehydrogenase assay Biochemistry tests	★	★	★	Measures serum lactate dehydrogenase, one of the commonly used tests in cardiac and liver assessment.	Serum lactate dehydrogenase
Lipid profile—5 parameters Biochemistry tests	★	★	★	Important indicators for early detection of hyperlipidaemia, supporting the diagnosis of atherosclerosis, assessing the risk of coronary heart disease and cerebral infarction, and monitoring the effectiveness of drug treatment.	Atherogenic index (calculated); Serum total cholesterol; Serum triglycerides; Serum HDL cholesterol; Serum LDL cholesterol
Liver function—11 parameters Biochemistry tests	★	★	★	Interpreted alongside the clinical assessment, these tests are mainly used in the laboratory diagnosis of hepatobiliary disease. They reflect acute or chronic liver injury and gallbladder disorders, including acute infectious hepatitis, drug- or alcohol-related toxicity, chronic hepatitis, fatty liver, cirrhosis, gallstones, extrahepatic biliary obstruction and jaundice caused by hepatocellular injury.	Albumin/globulin ratio (calculated); Serum total protein; Serum albumin; Serum total bilirubin; Serum direct bilirubin (conjugated); Serum indirect bilirubin (calculated, unconjugated); Serum alanine aminotransferase; Serum aspartate aminotransferase; Serum γ -glutamyltransferase; Serum globulin (calculated); Aspartate aminotransferase/alanine aminotransferase ratio (calculated)
Quantitative carcinoembryonic antigen assay Tumour marker tests	★	★	★	A broad-spectrum tumour marker that may indicate rectal, colon, lung, breast or pancreatic cancer, among others.	Carcinoembryonic antigen (quantitative)
Total prostate-specific antigen assay Tumour marker tests	★	—	—	A specific marker used in screening for prostate tumours; prostatic hyperplasia and inflammation may also cause a slight increase.	Total prostate-specific antigen
Free prostate-specific antigen assay Tumour marker tests	★	—	—	An adjunct marker for prostate cancer that can be used in prostate cancer screening.	Free prostate-specific antigen



Examination / category	Men	Women unmarried	Women married	Clinical significance	Detailed components
Quantitative alpha-fetoprotein assay Tumour marker tests	★	★	★	May indicate primary liver cancer, gonadal embryonal tumours or cirrhosis, among other conditions.	Alpha-fetoprotein (quantitative)
Carbohydrate antigen 125 assay Tumour marker tests	—	★	★	Measures carbohydrate antigen 125, a tumour marker mainly used to support the diagnosis of malignant serous and epithelial ovarian cancers and to monitor response after ovarian cancer surgery and chemotherapy. Use alongside other tumour markers is recommended.	Carbohydrate antigen 125
Carbohydrate antigen 153 assay Tumour marker tests	—	★	★	Measures carbohydrate antigen 15-3, a tumour marker of some value in breast cancer diagnosis and postoperative follow-up. Use alongside other tumour markers is recommended.	Carbohydrate antigen 15-3
Thyroid function—3 parameters Thyroid function tests	★	★	★	Helps diagnose thyroid disease or dysfunction and is among the most commonly used endocrine investigations.	Serum thyroid-stimulating hormone; Serum thyroxine; Serum triiodothyronine
Glycated haemoglobin Diabetes tests	★	★	★	Reflects blood glucose levels over the preceding 2–3 months and is an indicator used in diabetes screening.	Glycated haemoglobin (biochemical method)
Fasting blood glucose Diabetes tests	★	★	★	Blood sugar is the glucose present in the blood. It is important for assessing glucose metabolism, diagnosing disorders of glucose metabolism and helping clinicians establish and adjust treatment plans when appropriate.	Fasting blood glucose
Carbon-14 urea breath test Urea breath test	★	★	★	A breath test to detect Helicobacter pylori infection in the stomach. This infection is closely associated with gastritis, peptic ulcers and gastric cancer.	Carbon-14 urea breath test
Imaging examinations					
Colour Doppler ultrasound of the uterus and adnexa Routine colour Doppler ultrasound—gynaecology	—	★	—	Provides a clearer view of the uterus, ovaries and pelvic reproductive organs to detect lesions.	Uterine colour Doppler ultrasound (transabdominal); Adnexal colour Doppler ultrasound (transabdominal)



Examination / category	Men	Women unmarried	Women married	Clinical significance	Detailed components
Colour Doppler ultrasound of the liver, gallbladder, spleen, pancreas and kidneys Routine colour Doppler ultrasound—abdomen	★	★	★	Provides clearer visualisation of the organs to detect inflammation, cysts, tumours, stones or fluid accumulation.	Colour Doppler ultrasound of both kidneys; Liver colour Doppler ultrasound; Gallbladder colour Doppler ultrasound; Spleen colour Doppler ultrasound; Pancreatic colour Doppler ultrasound
Prostate colour Doppler ultrasound Routine colour Doppler ultrasound—urinary system	★	—	—	Clearly shows the shape and size of the prostate, supporting assessment of conditions such as prostatic hyperplasia, enlargement and calcification. Provides high-definition, dynamic colour ultrasound cross-sectional images for diagnosis.	Prostate colour Doppler ultrasound
Bladder and ureter colour Doppler ultrasound Routine colour Doppler ultrasound—urinary system	★	—	—	Provides clearer visualisation of the organs to detect inflammation, cysts, tumours, stones or fluid accumulation.	Bladder colour Doppler ultrasound; Ureter colour Doppler ultrasound
Thyroid colour Doppler ultrasound Superficial-organ colour Doppler ultrasound—salivary glands, thyroid and cervical lymph nodes	★	★	★	Examines thyroid structure and shape to identify abnormal lesions.	Thyroid colour Doppler ultrasound
Transvaginal colour Doppler ultrasound Intracavitary colour Doppler ultrasound	—	—	★	Allows close access to the pelvic organs for better visualisation of lesions affecting the uterus, ovaries and pelvis.	Uterine colour Doppler ultrasound (transvaginal); Adnexal colour Doppler ultrasound (transvaginal)
Breast colour Doppler ultrasound Breast ultrasound	—	★	★	May indicate breast lumps or other space-occupying breast lesions.	Breast ultrasound
Chest CT Low-dose helical chest CT	★	★	★	Used to investigate diseases of the lungs, heart, aorta, mediastinum and diaphragm.	Non-contrast chest CT
Other					
Overall medical review Other	★	★	★		
Blood sample collection Other	★	★	★		



Examination / category	Men	Women unmarried	Women married	Clinical significance	Detailed components
Breakfast Other	★	★	★		

Basic — Price summary

Men

US\$160

Women — unmarried

US\$160

Women — married

US\$170

Prices are shown in US dollars (USD). Inclusions depend on the applicable column. Availability, suitability, coordination scope and final terms must be confirmed with HIG before booking.

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Advanced

Package price (USD / person)

Men: US\$340 | Women — unmarried: US\$340 | Women — married: US\$350

★ Included — Not listed for this category. Eligibility is confirmed by the provider.

Examination / category	Men	Women unmarried	Women married	Clinical significance	Detailed components
Clinical examinations					
General examination	★	★	★	Basic health measurements, including height, weight and blood pressure, assess whether weight is normal or whether underweight, overweight or obesity is present, and provide a basis for diagnosis by the relevant departments.	Height; Weight; Body mass index; Ideal body weight; Systolic blood pressure; Diastolic blood pressure; Pulse
Surgical examination	★	—	—	Checks for enlarged lymph nodes; abnormalities of the thyroid, breasts, external genitalia, prostate and anorectal region; and deformities of the limbs or spine.	Prostate; Digital rectal examination; Skin; Superficial lymph nodes; Thyroid; Breasts; Spine; Limb joints; External genitalia; Other; Medical history
Surgical examination	—	★	★	Checks for enlarged lymph nodes; abnormalities of the thyroid, breasts and anorectal region; and deformities of the limbs or spine.	Digital rectal examination; Thyroid; Superficial lymph nodes; Skin; Other; Limb joints; Spine; Breasts; Medical history
Internal medicine	★	★	★	Checks for heart or lung abnormalities, enlargement of the liver or spleen, and abdominal masses.	Chest; Heart—rate; Heart—murmurs; Heart—rhythm; Heart—sounds; Heart—borders; Lungs—respiratory rate; Lungs—crackles/rales; Lungs—breath sounds; Lungs—pleural friction rub; Liver—size; Liver—consistency; Liver—tenderness; Gallbladder—size; Gallbladder—tenderness; Spleen—size; Spleen—consistency; Spleen—tenderness; Kidneys—percussion tenderness; Abdominal wall; Knee reflex; Other; Medical history; Family history
External eye examination Ophthalmology	★	★	★	Checks the external appearance of the eyes and looks for conditions such as trachoma and conjunctivitis.	Eyelids; Lacrimal apparatus; Conjunctiva; Sclera; Eyeball; Other; Medical history



Examination / category	Men	Women unmarried	Women married	Clinical significance	Detailed components
Fundus examination Ophthalmology	★	★	★	Ophthalmoscopic examination of the fundus to detect conditions such as macular degeneration and arteriosclerosis.	Optic disc; Macula; Retina
Slit-lamp examination Ophthalmology	★	★	★	Examines the cornea and lens for abnormalities, such as cataracts.	Cornea; Anterior chamber; Iris; Pupil; Lens; Vitreous body
Visual acuity Visual acuity and colour vision testing	★	★	★	Primarily measures visual acuity to identify abnormal vision.	Uncorrected visual acuity—left eye; Uncorrected visual acuity—right eye; Corrected visual acuity—left eye; Corrected visual acuity—right eye
Intraocular pressure Non-contact tonometry	★	★	★	Intraocular pressure is the pressure inside the eyeball: the balanced pressure exerted by the ocular contents on the wall of the eye. In healthy individuals, it remains within a stable range, maintaining the eye's normal shape and allowing the refractive media to function optimally. The normal range is 1.47–2.79 kPa (11–21 mmHg). This test measures the pressure inside the eye.	Intraocular pressure—left eye; Intraocular pressure—right eye
ENT examination 1 Ear, nose and throat (ENT)	★	★	★	Checks the ears, nose, pharynx and larynx for abnormalities, such as otitis media, a perforated eardrum or enlarged tonsils.	Auricle; External ear canal; Eardrum; Mastoid; External nose; Nasal septum; Nasal turbinates; Nasal mucosa; Paranasal sinuses; Uvula; Tonsils; Pharyngeal mucosa; Other; Medical history
Oral examination Dentistry	★	★	★	Enables early detection of dental caries, gingivitis and periodontitis, and provides oral-health guidance.	Oral mucosa; Gums; Periodontium; Dental caries; Missing teeth; Tooth mobility; Dentures; Temporomandibular joint; Parotid glands; Tongue; Other; Medical history
Routine gynaecological examination Gynaecology	—	—	★	Checks the female reproductive organs for abnormal changes and lesions of the cervix or vagina.	Uterus; Adnexa; Vulva; Vagina; Cervix; Other; Medical history; Menstrual and obstetric history
Routine vaginal discharge analysis Gynaecology	—	—	★	A routine gynaecological test used in the assessment of inflammatory conditions, tumours and other diseases of the female reproductive system, providing important evidence for the clinical diagnosis of vaginal disorders.	Vaginal cleanliness grade; Clue cells; Trichomonads; Fungi; White blood cells; Red blood cells; Epithelial cells; pH; Other



Examination / category	Men	Women unmarried	Women married	Clinical significance	Detailed components
HPV genotyping (at least 23 types) Gynaecology	—	—	★	An important indicator in cervical cancer screening. HPV can directly cause cervical cancer. However, not everyone with a positive HPV result develops cervical cancer; a positive result identifies a higher-risk group.	HPV 18 (high-risk type); HPV 31 (high-risk type); HPV 33 (high-risk type); HPV 35 (high-risk type); HPV 39 (high-risk type); HPV 45 (high-risk type); HPV 51 (high-risk type); HPV 52 (high-risk type); HPV 56 (high-risk type); HPV 58 (high-risk type); HPV 59 (high-risk type); HPV 68 (high-risk type); HPV 6 (low-risk type); HPV 11 (low-risk type); HPV 26 (high-risk type); HPV 55 (low-risk type); HPV 66 (high-risk type); HPV 82 (high-risk type); HPV 83 (low-risk type); HPV 40 (low-risk type); HPV 42 (low-risk type); HPV 43 (low-risk type); HPV 61 (low-risk type); HPV 44 (low-risk type); HPV 53 (high-risk type); HPV 81 (low-risk type); HPV 73 (high-risk type); HPV 84 (low-risk type); Human papillomavirus genotyping—12 other high-risk HPV types; HPV 67 (low-risk type); HPV 57 (low-risk type); HPV 70 (low-risk type); HPV 16 (high-risk type); HPV 18, 39, 45, 59, 68; HPV 51, 53, 56, 66, 73; HPV 54 (low-risk type); HPV 34 (low-risk type); HPV 69 (low-risk type); HPV 71 (low-risk type); HPV 72 (low-risk type)
Liquid-based thin-layer cytology Gynaecology	—	—	★	Cervical cancer screening	Liquid-based thin-layer cytology
Resting ECG Electrocardiogram (ECG)	★	★	★	Used to investigate heart conditions such as myocardial infarction, arrhythmias and myocardial ischaemia.	Standard ECG (12-lead)
Body composition analysis	★	★	★	Quickly measures health indicators such as body weight and body fat percentage.	Body composition analysis



Examination / category	Men	Women unmarried	Women married	Clinical significance	Detailed components
Laboratory tests					
Complete blood count with 5-part differential Complete blood count (CBC)	★	★	★	One of the most commonly used initial screening tests in clinical practice, providing findings to support the diagnosis of blood disorders and other conditions.	White blood cell count; Platelet large cell ratio; Large platelet count; Haematocrit; Haemoglobin; Red cell distribution width—coefficient of variation; Mean corpuscular haemoglobin; Mean corpuscular haemoglobin concentration; Platelet count; Neutrophil percentage; Absolute neutrophil count; Lymphocyte percentage; Absolute lymphocyte count; Red blood cell count; Mean platelet volume; Mean corpuscular volume; Plateletcrit; Red cell distribution width—standard deviation; Platelet distribution width; Monocyte percentage; Absolute monocyte count; Eosinophil percentage; Absolute eosinophil count; Basophil percentage; Absolute basophil count; Absolute nucleated red blood cell count; Nucleated red blood cell percentage; Immature granulocyte percentage; Immature granulocyte count
Routine urinalysis	★	★	★	May indicate urinary tract disorders, including acute or chronic nephritis, pyelonephritis, cystitis, urethritis, nephrotic syndrome, lupus nephritis, haemoglobinuria, renal infarction, acute renal tubular necrosis caused by heavy-metal salts or medicines, and kidney or bladder tumours; also checks for glucose in the urine.	Urine occult blood; Urine specific gravity; Urine glucose; Urine protein; Urine bilirubin; Urine clarity; Urine white blood cells (microscopy); Urine red blood cells (microscopy); Urobilinogen; Urine nitrites; Urine crystals (microscopy); Urine ketones; Urine leukocyte esterase; Other urine findings; Urine colour; Urine pH; Urinary casts (microscopy); Urine vitamin C; Urine epithelial cells (microscopy)
Quantitative faecal immunochemical test (qFIT) Faecal occult blood	★	★	★	Detects gastrointestinal bleeding from various causes and is an important screening indicator for the early diagnosis of gastrointestinal malignancies.	Quantitative faecal immunochemical test (qFIT)
Haemorheology	★	★	★	Has some value in the prevention and diagnosis of cardiovascular and cerebrovascular diseases.	Whole-blood viscosity (1/s); Whole-blood viscosity (30/s); Whole-blood viscosity (50/s); Whole-blood viscosity (200/s); Plasma viscosity; Reduced whole-blood viscosity (1/s); Reduced whole-blood viscosity (30/s); Red blood cell aggregation index; Red blood cell rigidity index; Red blood cell deformability index



Examination / category	Men	Women unmarried	Women married	Clinical significance	Detailed components
Renal function—3 parameters Biochemistry tests	★	★	★	Tests kidney function and assesses the risk of kidney disease.	Serum urea; Serum uric acid; Serum creatinine
Serum cystatin assay Biochemistry tests	★	★	★	One of the sensitive indicators of impaired kidney function.	Serum cystatin C
Liver function—11 parameters Biochemistry tests	★	★	★	Interpreted alongside the clinical assessment, these tests are mainly used in the laboratory diagnosis of hepatobiliary disease. They reflect acute or chronic liver injury and gallbladder disorders, including acute infectious hepatitis, drug- or alcohol-related toxicity, chronic hepatitis, fatty liver, cirrhosis, gallstones, extrahepatic biliary obstruction and jaundice caused by hepatocellular injury.	Albumin/globulin ratio (calculated); Serum total protein; Serum albumin; Serum total bilirubin; Serum direct bilirubin (conjugated); Serum indirect bilirubin (calculated, unconjugated); Serum alanine aminotransferase; Serum aspartate aminotransferase; Serum γ -glutamyltransferase; Serum globulin (calculated); Aspartate aminotransferase/alanine aminotransferase ratio (calculated)
Lipid profile—9 parameters Biochemistry tests	★	★	★	Important indicators for early detection of hyperlipidaemia, supporting the diagnosis of atherosclerosis, assessing the risk of coronary heart disease and cerebral infarction, and monitoring the effectiveness of drug treatment.	Atherogenic index (calculated); Serum total cholesterol; Serum triglycerides; Serum HDL cholesterol; Serum LDL cholesterol; Serum apolipoprotein A1; Serum apolipoprotein B; Lipoprotein(a); Apolipoprotein A1/apolipoprotein B ratio (calculated)
Serum lactate dehydrogenase assay Biochemistry tests	★	★	★	Measures serum lactate dehydrogenase, one of the commonly used tests in cardiac and liver assessment.	Serum lactate dehydrogenase
Serum α-hydroxybutyrate dehydrogenase assay Biochemistry tests	★	★	★	Helps improve the sensitivity and specificity of coronary heart disease diagnosis, reflects the extent of myocardial injury, and can be used to assess treatment response and prognosis.	Serum α -hydroxybutyrate dehydrogenase
Serum creatine kinase assay Biochemistry tests	★	★	★	Measures creatine kinase (CK), one of the commonly used tests in cardiac assessment.	Serum creatine kinase
Serum homocysteine assay Biochemistry tests	★	★	★	A marker of cardiovascular disease risk that can be used as a risk-assessment factor to indicate the likelihood of disease.	Blood homocysteine
Carbohydrate antigen 50 assay Tumour marker tests	★	★	★	Measures carbohydrate antigen 50, a tumour marker. Use alongside other tumour markers is recommended.	Carbohydrate antigen 50



Examination / category	Men	Women unmarried	Women married	Clinical significance	Detailed components
Carbohydrate antigen 242 assay Tumour marker tests	★	★	★	Measures carbohydrate antigen 242, a tumour marker. Use alongside other tumour markers is recommended.	Carbohydrate antigen 242
Cytokeratin 19 fragment assay Tumour marker tests	★	★	★	Cytokeratin 19 fragment measurement is an important indicator for the differential diagnosis, treatment monitoring and prognosis of non-small cell lung cancer (NSCLC).	Cytokeratin 19 fragment
Carbohydrate antigen 724 assay Tumour marker tests	★	★	★	Measures carbohydrate antigen 72-4, which can serve as a gastrointestinal tumour marker. Use alongside other tumour markers is recommended.	Carbohydrate antigen 72-4
Squamous cell carcinoma-associated antigen assay Tumour marker tests	★	—	—	A marker of squamous cell carcinoma, used to support diagnosis and monitor treatment. It has relatively high specificity; a marked increase should raise suspicion of squamous cell carcinoma.	Squamous cell carcinoma-associated antigen
Neuron-specific enolase assay Tumour marker tests	★	★	★	Measures neuron-specific enolase, a tumour marker. Use alongside other tumour markers is recommended.	Neuron-specific enolase
Carbohydrate antigen 199 assay Tumour marker tests	★	★	★	Measures carbohydrate antigen 19-9, a gastrointestinal tumour marker. Use alongside other tumour markers is recommended.	Carbohydrate antigen 19-9
Quantitative alpha-fetoprotein assay Tumour marker tests	★	★	★	May indicate primary liver cancer, gonadal embryonal tumours or cirrhosis, among other conditions.	Alpha-fetoprotein (quantitative)
Quantitative carcinoembryonic antigen assay Tumour marker tests	★	★	★	A broad-spectrum tumour marker that may indicate rectal, colon, lung, breast or pancreatic cancer, among others.	Carcinoembryonic antigen (quantitative)
Total prostate-specific antigen assay Tumour marker tests	★	—	—	A specific marker used in screening for prostate tumours; prostatic hyperplasia and inflammation may also cause a slight increase.	Total prostate-specific antigen
Free prostate-specific antigen assay Tumour marker tests	★	—	—	An adjunct marker for prostate cancer that can be used in prostate cancer screening.	Free prostate-specific antigen



Examination / category	Men	Women unmarried	Women married	Clinical significance	Detailed components
Carbohydrate antigen 153 assay Tumour marker tests	—	★	★	Measures carbohydrate antigen 15-3, a tumour marker of some value in breast cancer diagnosis and postoperative follow-up. Use alongside other tumour markers is recommended.	Carbohydrate antigen 15-3
Carbohydrate antigen 125 assay Tumour marker tests	—	★	★	Measures carbohydrate antigen 125, a tumour marker mainly used to support the diagnosis of malignant serous and epithelial ovarian cancers and to monitor response after ovarian cancer surgery and chemotherapy. Use alongside other tumour markers is recommended.	Carbohydrate antigen 125
Tumour-specific growth factor assay Tumour marker tests	★	★	★	A broad-spectrum tumour marker used to support tumour diagnosis and follow-up of high-risk groups.	Specific growth factor
Gastric function—3 parameters Gastric function tests	★	★	★	Assesses secretion by the gastric digestive glands to help evaluate the risk of gastric disease.	Pepsinogen I; Pepsinogen II; Pepsinogen ratio (calculated)
Thyroid function—3 parameters Thyroid function tests	★	★	★	Helps diagnose thyroid disease or dysfunction and is among the most commonly used endocrine investigations.	Serum thyroid-stimulating hormone; Serum thyroxine; Serum triiodothyronine
Fasting blood glucose Diabetes tests	★	★	★	Blood sugar is the glucose present in the blood. It is important for assessing glucose metabolism, diagnosing disorders of glucose metabolism and helping clinicians establish and adjust treatment plans when appropriate.	Fasting blood glucose
Glycated haemoglobin Diabetes tests	★	★	★	Reflects blood glucose levels over the preceding 2–3 months and is an indicator used in diabetes screening.	Glycated haemoglobin (biochemical method)
Carbon-14 urea breath test Urea breath test	★	★	★	A breath test to detect Helicobacter pylori infection in the stomach. This infection is closely associated with gastritis, peptic ulcers and gastric cancer.	Carbon-14 urea breath test



Examination / category	Men	Women unmarried	Women married	Clinical significance	Detailed components
Imaging examinations					
Colour Doppler ultrasound of the uterus and adnexa Routine colour Doppler ultrasound—gynaecology	—	★	—	Provides a clearer view of the uterus, ovaries and pelvic reproductive organs to detect lesions.	Uterine colour Doppler ultrasound (transabdominal); Adnexal colour Doppler ultrasound (transabdominal)
Colour Doppler ultrasound of the liver, gallbladder, spleen, pancreas and kidneys Routine colour Doppler ultrasound—abdomen	★	★	★	Provides clearer visualisation of the organs to detect inflammation, cysts, tumours, stones or fluid accumulation.	Colour Doppler ultrasound of both kidneys; Liver colour Doppler ultrasound; Gallbladder colour Doppler ultrasound; Spleen colour Doppler ultrasound; Pancreatic colour Doppler ultrasound
Prostate colour Doppler ultrasound Routine colour Doppler ultrasound—urinary system	★	—	—	Clearly shows the shape and size of the prostate, supporting assessment of conditions such as prostatic hyperplasia, enlargement and calcification. Provides high-definition, dynamic colour ultrasound cross-sectional images for diagnosis.	Prostate colour Doppler ultrasound
Bladder and ureter colour Doppler ultrasound Routine colour Doppler ultrasound—urinary system	★	—	—	Provides clearer visualisation of the organs to detect inflammation, cysts, tumours, stones or fluid accumulation.	Bladder colour Doppler ultrasound; Ureter colour Doppler ultrasound
Carotid colour Doppler ultrasound Neck vessel colour Doppler ultrasound	★	★	★	Checks the large arteries in the neck for abnormalities such as plaques, sclerosis or narrowing.	Carotid colour Doppler ultrasound
Thyroid colour Doppler ultrasound Superficial-organ colour Doppler ultrasound—salivary glands, thyroid and cervical lymph nodes	★	★	★	Examines thyroid structure and shape to identify abnormal lesions.	Thyroid colour Doppler ultrasound
Transvaginal colour Doppler ultrasound Intracavitary colour Doppler ultrasound	—	—	★	Allows close access to the pelvic organs for better visualisation of lesions affecting the uterus, ovaries and pelvis.	Uterine colour Doppler ultrasound (transvaginal); Adnexal colour Doppler ultrasound (transvaginal)



Examination / category	Men	Women unmarried	Women married	Clinical significance	Detailed components
Cardiac colour Doppler ultrasound	★	★	★	An important method for diagnosing cardiovascular disease. Provides dynamic visualisation of cardiac chamber structures, heart motion and blood flow, with substantial diagnostic value for congenital heart disease, cardiomyopathy, coronary heart disease, complications of myocardial infarction and cor pulmonale.	Cardiac colour Doppler ultrasound
Breast colour Doppler ultrasound Breast ultrasound	—	★	★	May indicate breast lumps or other space-occupying breast lesions.	Breast ultrasound
Lateral cervical spine examination Cervical spine digital radiography (DR)	★	★	★	May show changes in cervical curvature, narrowing of intervertebral spaces, bony overgrowth or ligament calcification.	Lateral cervical spine digital radiography
Chest CT Low-dose helical chest CT	★	★	★	Used to investigate diseases of the lungs, heart, aorta, mediastinum and diaphragm.	Non-contrast chest CT
Non-contrast head MRI Head MRI	★	★	★	MRI may be performed in: 1. Patients with cerebral infarction or cerebral haemorrhage. 2. Vascular lesions. 3. Patients with viral infections, brain abscesses or meningitis. 4. Patients with brain tumours. 5. Newborns with brain abnormalities.	Non-contrast head MRI
Other					
Overall medical review Other	★	★	★		
Blood sample collection Other	★	★	★		
Breakfast Other	★	★	★		

Premium

Package price (USD / person)

Men: US\$780 | Women — unmarried: US\$780 | Women — married: US\$790

★ Included — Not listed for this category. Eligibility is confirmed by the provider.

Examination / category	Men	Women unmarried	Women married	Clinical significance	Detailed components
Clinical examinations					
General examination	★	★	★	Basic health measurements, including height, weight and blood pressure, assess whether weight is normal or whether underweight, overweight or obesity is present, and provide a basis for diagnosis by the relevant departments.	Height; Weight; Body mass index; Ideal body weight; Systolic blood pressure; Diastolic blood pressure; Pulse
Surgical examination	—	★	★	Checks for enlarged lymph nodes; abnormalities of the thyroid, breasts and anorectal region; and deformities of the limbs or spine.	Digital rectal examination; Thyroid; Superficial lymph nodes; Skin; Other; Limb joints; Spine; Breasts; Medical history
Internal medicine	★	★	★	Checks for heart or lung abnormalities, enlargement of the liver or spleen, and abdominal masses.	Chest; Heart—rate; Heart—murmurs; Heart—rhythm; Heart—sounds; Heart—borders; Lungs—respiratory rate; Lungs—crackles/rales; Lungs—breath sounds; Lungs—pleural friction rub; Liver—size; Liver—consistency; Liver—tenderness; Gallbladder—size; Gallbladder—tenderness; Spleen—size; Spleen—consistency; Spleen—tenderness; Kidneys—percussion tenderness; Abdominal wall; Knee reflex; Other; Medical history; Family history
Slit-lamp examination Ophthalmology	★	★	★	Examines the cornea and lens for abnormalities, such as cataracts.	Cornea; Anterior chamber; Iris; Pupil; Lens; Vitreous body
Fundus examination Ophthalmology	★	★	★	Ophthalmoscopic examination of the fundus to detect conditions such as macular degeneration and arteriosclerosis.	Optic disc; Macula; Retina



Examination / category	Men	Women unmarried	Women married	Clinical significance	Detailed components
External eye examination Ophthalmology	★	★	★	Checks the external appearance of the eyes and looks for conditions such as trachoma and conjunctivitis.	Eyelids; Lacrimal apparatus; Conjunctiva; Sclera; Eyeball; Other; Medical history
Fundus photography	★	★	★	Screens for common fundus conditions, such as diabetic retinopathy, age-related fundus disease and hypertensive fundus changes. It can also provide warning signs of systemic diseases such as hypertension, stroke and coronary heart disease.	Fundus photography
Visual acuity Visual acuity and colour vision testing	★	★	★	Primarily measures visual acuity to identify abnormal vision.	Uncorrected visual acuity—left eye; Uncorrected visual acuity—right eye; Corrected visual acuity—left eye; Corrected visual acuity—right eye
Intraocular pressure Non-contact tonometry	★	★	★	Intraocular pressure is the pressure inside the eyeball: the balanced pressure exerted by the ocular contents on the wall of the eye. In healthy individuals, it remains within a stable range, maintaining the eye's normal shape and allowing the refractive media to function optimally. The normal range is 1.47–2.79 kPa (11–21 mmHg). This test measures the pressure inside the eye.	Intraocular pressure—left eye; Intraocular pressure—right eye
ENT examination 1 Ear, nose and throat (ENT)	★	★	★	Checks the ears, nose, pharynx and larynx for abnormalities, such as otitis media, a perforated eardrum or enlarged tonsils.	Auricle; External ear canal; Eardrum; Mastoid; External nose; Nasal septum; Nasal turbinates; Nasal mucosa; Paranasal sinuses; Uvula; Tonsils; Pharyngeal mucosa; Other; Medical history
Audiometry	★	★	★	Objectively assesses the functional status of the auditory system.	Audiometry
Oral examination Dentistry	★	★	★	Enables early detection of dental caries, gingivitis and periodontitis, and provides oral-health guidance.	Oral mucosa; Gums; Periodontium; Dental caries; Missing teeth; Tooth mobility; Dentures; Temporomandibular joint; Parotid glands; Tongue; Other; Medical history
Routine gynaecological examination Gynaecology	—	—	★	Checks the female reproductive organs for abnormal changes and lesions of the cervix or vagina.	Uterus; Adnexa; Vulva; Vagina; Cervix; Other; Medical history; Menstrual and obstetric history



Examination / category	Men	Women unmarried	Women married	Clinical significance	Detailed components
Routine vaginal discharge analysis Gynaecology	—	—	★	A routine gynaecological test used in the assessment of inflammatory conditions, tumours and other diseases of the female reproductive system, providing important evidence for the clinical diagnosis of vaginal disorders.	Vaginal cleanliness grade; Clue cells; Trichomonads; Fungi; White blood cells; Red blood cells; Epithelial cells; pH; Other
HPV genotyping (at least 23 types) Gynaecology	—	—	★	An important indicator in cervical cancer screening. HPV can directly cause cervical cancer. However, not everyone with a positive HPV result develops cervical cancer; a positive result identifies a higher-risk group.	HPV 18 (high-risk type); HPV 31 (high-risk type); HPV 33 (high-risk type); HPV 35 (high-risk type); HPV 39 (high-risk type); HPV 45 (high-risk type); HPV 51 (high-risk type); HPV 52 (high-risk type); HPV 56 (high-risk type); HPV 58 (high-risk type); HPV 59 (high-risk type); HPV 68 (high-risk type); HPV 6 (low-risk type); HPV 11 (low-risk type); HPV 26 (high-risk type); HPV 55 (low-risk type); HPV 66 (high-risk type); HPV 82 (high-risk type); HPV 83 (low-risk type); HPV 40 (low-risk type); HPV 42 (low-risk type); HPV 43 (low-risk type); HPV 61 (low-risk type); HPV 44 (low-risk type); HPV 53 (high-risk type); HPV 81 (low-risk type); HPV 73 (high-risk type); HPV 84 (low-risk type); Human papillomavirus genotyping—12 other high-risk HPV types; HPV 67 (low-risk type); HPV 57 (low-risk type); HPV 70 (low-risk type); HPV 16 (high-risk type); HPV 18, 39, 45, 59, 68; HPV 51, 53, 56, 66, 73; HPV 54 (low-risk type); HPV 34 (low-risk type); HPV 69 (low-risk type); HPV 71 (low-risk type); HPV 72 (low-risk type)
Liquid-based thin-layer cytology Gynaecology	—	—	★	Cervical cancer screening	Liquid-based thin-layer cytology
Resting ECG Electrocardiogram (ECG)	★	★	★	Used to investigate heart conditions such as myocardial infarction, arrhythmias and myocardial ischaemia.	Standard ECG (12-lead)
Body composition analysis	★	★	★	Quickly measures health indicators such as body weight and body fat percentage.	Body composition analysis



Examination / category	Men	Women unmarried	Women married	Clinical significance	Detailed components
Bone density testing Ultrasound bone density examination	★	★	★	A method of assessing bone strength, mainly used for initial osteoporosis screening.	Ultrasound bone density testing
Lung function Lung function tests	★	★	★	Assesses lung function.	Lung function
Arteriosclerosis testing	★	★	★	Assesses arteriosclerosis for qualitative evaluation and screening.	Arteriosclerosis testing
Capsule gastroscopy (gastric endoscopy) Magnetically controlled capsule gastroscopy	★	★	★	Non-invasive, infection-free, radiation-free, painless and requiring no anaesthesia. A miniature camera continuously captures images inside the digestive tract for subsequent analysis and diagnosis. Areas that can be examined include the cardia, gastric body, antrum and pylorus.	Capsule gastroscopy
Laboratory tests					
Complete blood count with 5-part differential Complete blood count (CBC)	★	★	★	One of the most commonly used initial screening tests in clinical practice, providing findings to support the diagnosis of blood disorders and other conditions.	White blood cell count; Platelet large cell ratio; Large platelet count; Haematocrit; Haemoglobin; Red cell distribution width—coefficient of variation; Mean corpuscular haemoglobin; Mean corpuscular haemoglobin concentration; Platelet count; Neutrophil percentage; Absolute neutrophil count; Lymphocyte percentage; Absolute lymphocyte count; Red blood cell count; Mean platelet volume; Mean corpuscular volume; Plateletcrit; Red cell distribution width—standard deviation; Platelet distribution width; Monocyte percentage; Absolute monocyte count; Eosinophil percentage; Absolute eosinophil count; Basophil percentage; Absolute basophil count; Absolute nucleated red blood cell count; Nucleated red blood cell percentage; Immature granulocyte percentage; Immature granulocyte count



Examination / category	Men	Women unmarried	Women married	Clinical significance	Detailed components
Routine urinalysis	★	★	★	May indicate urinary tract disorders, including acute or chronic nephritis, pyelonephritis, cystitis, urethritis, nephrotic syndrome, lupus nephritis, haemoglobinuria, renal infarction, acute renal tubular necrosis caused by heavy-metal salts or medicines, and kidney or bladder tumours; also checks for glucose in the urine.	Urine occult blood; Urine specific gravity; Urine glucose; Urine protein; Urine bilirubin; Urine clarity; Urine white blood cells (microscopy); Urine red blood cells (microscopy); Urobilinogen; Urine nitrites; Urine crystals (microscopy); Urine ketones; Urine leukocyte esterase; Other urine findings; Urine colour; Urine pH; Urinary casts (microscopy); Urine vitamin C; Urine epithelial cells (microscopy)
Quantitative faecal immunochemical test (qFIT) Faecal occult blood	★	★	★	Detects gastrointestinal bleeding from various causes and is an important screening indicator for the early diagnosis of gastrointestinal malignancies.	Quantitative faecal immunochemical test (qFIT)
Haemorheology	★	★	★	Has some value in the prevention and diagnosis of cardiovascular and cerebrovascular diseases.	Whole-blood viscosity (1/s); Whole-blood viscosity (30/s); Whole-blood viscosity (50/s); Whole-blood viscosity (200/s); Plasma viscosity; Reduced whole-blood viscosity (1/s); Reduced whole-blood viscosity (30/s); Red blood cell aggregation index; Red blood cell rigidity index; Red blood cell deformability index
High-sensitivity C-reactive protein Biochemistry tests	★	★	★	Important for the diagnosis and treatment monitoring of inflammation, tissue injury, malignancies and other conditions.	High-sensitivity C-reactive protein
Lipoprotein-associated phospholipase A2 (Lp-PLA2) Biochemistry tests	★	★	—	Lp-PLA2 levels are positively correlated with atherosclerotic disease in affected patients.	Lipoprotein phospholipase A2
Renal function—3 parameters Biochemistry tests	★	★	★	Tests kidney function and assesses the risk of kidney disease.	Serum urea; Serum uric acid; Serum creatinine
Lipid profile—9 parameters Biochemistry tests	★	★	★	Important indicators for early detection of hyperlipidaemia, supporting the diagnosis of atherosclerosis, assessing the risk of coronary heart disease and cerebral infarction, and monitoring the effectiveness of drug treatment.	Atherogenic index (calculated); Serum total cholesterol; Serum triglycerides; Serum HDL cholesterol; Serum LDL cholesterol; Serum apolipoprotein A1; Serum apolipoprotein B; Lipoprotein(a); Apolipoprotein A1/apolipoprotein B ratio (calculated)
Serum cystatin assay Biochemistry tests	★	★	★	One of the sensitive indicators of impaired kidney function.	Serum cystatin C



Examination / category	Men	Women unmarried	Women married	Clinical significance	Detailed components
Liver function—11 parameters Biochemistry tests	★	★	★	Interpreted alongside the clinical assessment, these tests are mainly used in the laboratory diagnosis of hepatobiliary disease. They reflect acute or chronic liver injury and gallbladder disorders, including acute infectious hepatitis, drug- or alcohol-related toxicity, chronic hepatitis, fatty liver, cirrhosis, gallstones, extrahepatic biliary obstruction and jaundice caused by hepatocellular injury.	Albumin/globulin ratio (calculated); Serum total protein; Serum albumin; Serum total bilirubin; Serum direct bilirubin (conjugated); Serum indirect bilirubin (calculated, unconjugated); Serum alanine aminotransferase; Serum aspartate aminotransferase; Serum γ -glutamyltransferase; Serum globulin (calculated); Aspartate aminotransferase/alanine aminotransferase ratio (calculated)
Serum creatine kinase assay Biochemistry tests	★	★	★	Measures creatine kinase (CK), one of the commonly used tests in cardiac assessment.	Serum creatine kinase
Serum homocysteine assay Biochemistry tests	★	★	★	A marker of cardiovascular disease risk that can be used as a risk-assessment factor to indicate the likelihood of disease.	Blood homocysteine
Serum creatine kinase isoenzyme Biochemistry tests	★	★	★	Measures the CKMB isoenzyme, one of the commonly used tests in cardiac assessment.	Serum creatine kinase isoenzyme
Serum α-hydroxybutyrate dehydrogenase assay Biochemistry tests	★	★	★	Helps improve the sensitivity and specificity of coronary heart disease diagnosis, reflects the extent of myocardial injury, and can be used to assess treatment response and prognosis.	Serum α -hydroxybutyrate dehydrogenase
Serum lactate dehydrogenase assay Biochemistry tests	★	★	★	Measures serum lactate dehydrogenase, one of the commonly used tests in cardiac and liver assessment.	Serum lactate dehydrogenase
Rheumatoid factor assay Rheumatology tests	★	★	★	A laboratory test for rheumatic diseases that provides findings to support their diagnosis.	Rheumatoid factor
Antistreptolysin O Rheumatology tests	★	★	★	One of the commonly used laboratory tests for rheumatic diseases, providing findings to support their diagnosis.	Antistreptolysin O
Tumour-specific growth factor assay Tumour marker tests	★	★	★	A broad-spectrum tumour marker used to support tumour diagnosis and follow-up of high-risk groups.	Specific growth factor



Examination / category	Men	Women unmarried	Women married	Clinical significance	Detailed components
Neuron-specific enolase assay Tumour marker tests	★	★	★	Measures neuron-specific enolase, a tumour marker. Use alongside other tumour markers is recommended.	Neuron-specific enolase
Squamous cell carcinoma-associated antigen assay Tumour marker tests	★	★	★	A marker of squamous cell carcinoma, used to support diagnosis and monitor treatment. It has relatively high specificity; a marked increase should raise suspicion of squamous cell carcinoma.	Squamous cell carcinoma-associated antigen
Carbohydrate antigen 724 assay Tumour marker tests	★	★	★	Measures carbohydrate antigen 72-4, which can serve as a gastrointestinal tumour marker. Use alongside other tumour markers is recommended.	Carbohydrate antigen 72-4
Carbohydrate antigen 242 assay Tumour marker tests	★	★	★	Measures carbohydrate antigen 242, a tumour marker. Use alongside other tumour markers is recommended.	Carbohydrate antigen 242
Cytokeratin 19 fragment assay Tumour marker tests	★	★	★	Cytokeratin 19 fragment measurement is an important indicator for the differential diagnosis, treatment monitoring and prognosis of non-small cell lung cancer (NSCLC).	Cytokeratin 19 fragment
Carbohydrate antigen 50 assay Tumour marker tests	★	★	★	Measures carbohydrate antigen 50, a tumour marker. Use alongside other tumour markers is recommended.	Carbohydrate antigen 50
Carbohydrate antigen 199 assay Tumour marker tests	★	★	★	Measures carbohydrate antigen 19-9, a gastrointestinal tumour marker. Use alongside other tumour markers is recommended.	Carbohydrate antigen 19-9
Free prostate-specific antigen assay Tumour marker tests	★	—	—	An adjunct marker for prostate cancer that can be used in prostate cancer screening.	Free prostate-specific antigen
Total prostate-specific antigen assay Tumour marker tests	★	—	—	A specific marker used in screening for prostate tumours; prostatic hyperplasia and inflammation may also cause a slight increase.	Total prostate-specific antigen
Quantitative carcinoembryonic antigen assay Tumour marker tests	★	★	★	A broad-spectrum tumour marker that may indicate rectal, colon, lung, breast or pancreatic cancer, among others.	Carcinoembryonic antigen (quantitative)



Examination / category	Men	Women unmarried	Women married	Clinical significance	Detailed components
Quantitative alpha-fetoprotein assay Tumour marker tests	★	★	★	May indicate primary liver cancer, gonadal embryonal tumours or cirrhosis, among other conditions.	Alpha-fetoprotein (quantitative)
Carbohydrate antigen 153 assay Tumour marker tests	—	★	★	Measures carbohydrate antigen 15-3, a tumour marker of some value in breast cancer diagnosis and postoperative follow-up. Use alongside other tumour markers is recommended.	Carbohydrate antigen 15-3
Carbohydrate antigen 125 assay Tumour marker tests	—	★	★	Measures carbohydrate antigen 125, a tumour marker mainly used to support the diagnosis of malignant serous and epithelial ovarian cancers and to monitor response after ovarian cancer surgery and chemotherapy. Use alongside other tumour markers is recommended.	Carbohydrate antigen 125
IgA antibodies to Epstein-Barr virus early antigen Tumour marker tests	★	★	★	Measures antibodies associated with Epstein-Barr virus and is an indicator of nasopharyngeal cancer risk.	IgA antibodies to Epstein-Barr virus early antigen
Gastrin-17 Gastric function tests	★	★	★	Gastrin-17 reflects damage to the gastric mucosa, helps assess gastric function and the risk of gastric disease, and indicates gastric acid levels. It is an effective indicator for screening for gastric precancerous disease and early gastric cancer.	Gastrin 17
Gastric function—3 parameters Gastric function tests	★	★	★	Assesses secretion by the gastric digestive glands to help evaluate the risk of gastric disease.	Pepsinogen I; Pepsinogen II; Pepsinogen ratio (calculated)
Thyroid function—5 parameters Thyroid function tests	★	★	★	Helps diagnose thyroid disease or dysfunction and is among the most commonly used endocrine investigations.	Serum thyroid-stimulating hormone; Serum thyroxine; Serum triiodothyronine; Serum free thyroxine; Serum free triiodothyronine
Fasting blood glucose Diabetes tests	★	★	★	Blood sugar is the glucose present in the blood. It is important for assessing glucose metabolism, diagnosing disorders of glucose metabolism and helping clinicians establish and adjust treatment plans when appropriate.	Fasting blood glucose



Examination / category	Men	Women unmarried	Women married	Clinical significance	Detailed components
Adiponectin (ADPN) assay Diabetes tests	★	★	★	Adiponectin measurement	Adiponectin
Glycated haemoglobin Diabetes tests	★	★	★	Reflects blood glucose levels over the preceding 2–3 months and is an indicator used in diabetes screening.	Glycated haemoglobin (biochemical method)
Folate assay Anaemia tests	★	★	★	Measures folate and, combined with other tests, can support the diagnosis of anaemia and tumours.	Folate
Vitamin B12 Anaemia tests	★	★	★	Measures vitamin B12. Combined with a complete blood count and other tests, it helps investigate the clinical causes and mechanisms of anaemia, particularly megaloblastic anaemia.	Serum vitamin B12
Carbon-13 urea breath test Urea breath test	★	★	★	A breath test to detect Helicobacter pylori infection in the stomach. This infection is closely associated with gastritis, peptic ulcers and gastric cancer.	Carbon-13 urea breath test
Imaging examinations					
Colour Doppler ultrasound of the uterus and adnexa Routine colour Doppler ultrasound—gynaecology	—	★	—	Provides a clearer view of the uterus, ovaries and pelvic reproductive organs to detect lesions.	Uterine colour Doppler ultrasound (transabdominal); Adnexal colour Doppler ultrasound (transabdominal)
Colour Doppler ultrasound of the liver, gallbladder, spleen, pancreas and kidneys Routine colour Doppler ultrasound—abdomen	★	★	★	Provides clearer visualisation of the organs to detect inflammation, cysts, tumours, stones or fluid accumulation.	Colour Doppler ultrasound of both kidneys; Liver colour Doppler ultrasound; Gallbladder colour Doppler ultrasound; Spleen colour Doppler ultrasound; Pancreatic colour Doppler ultrasound
Prostate colour Doppler ultrasound Routine colour Doppler ultrasound—urinary system	★	—	—	Clearly shows the shape and size of the prostate, supporting assessment of conditions such as prostatic hyperplasia, enlargement and calcification. Provides high-definition, dynamic colour ultrasound cross-sectional images for diagnosis.	Prostate colour Doppler ultrasound



Examination / category	Men	Women unmarried	Women married	Clinical significance	Detailed components
Bladder and ureter colour Doppler ultrasound Routine colour Doppler ultrasound—urinary system	★	—	—	Provides clearer visualisation of the organs to detect inflammation, cysts, tumours, stones or fluid accumulation.	Bladder colour Doppler ultrasound; Ureter colour Doppler ultrasound
Carotid colour Doppler ultrasound Neck vessel colour Doppler ultrasound	★	★	★	Checks the large arteries in the neck for abnormalities such as plaques, sclerosis or narrowing.	Carotid colour Doppler ultrasound
Thyroid colour Doppler ultrasound Superficial-organ colour Doppler ultrasound—salivary glands, thyroid and cervical lymph nodes	★	★	★	Examines thyroid structure and shape to identify abnormal lesions.	Thyroid colour Doppler ultrasound
Transvaginal colour Doppler ultrasound Intracavitary colour Doppler ultrasound	—	—	★	Allows close access to the pelvic organs for better visualisation of lesions affecting the uterus, ovaries and pelvis.	Uterine colour Doppler ultrasound (transvaginal); Adnexal colour Doppler ultrasound (transvaginal)
Cardiac colour Doppler ultrasound	★	★	★	An important method for diagnosing cardiovascular disease. Provides dynamic visualisation of cardiac chamber structures, heart motion and blood flow, with substantial diagnostic value for congenital heart disease, cardiomyopathy, coronary heart disease, complications of myocardial infarction and cor pulmonale.	Cardiac colour Doppler ultrasound
Breast colour Doppler ultrasound Breast ultrasound	—	★	★	May indicate breast lumps or other space-occupying breast lesions.	Breast ultrasound
Lateral cervical spine examination Cervical spine digital radiography (DR)	★	★	★	May show changes in cervical curvature, narrowing of intervertebral spaces, bony overgrowth or ligament calcification.	Lateral cervical spine digital radiography
Lateral lumbar spine examination Lumbar spine digital radiography (DR)	★	★	★	Used to examine lumbar vertebral bone and morphology, intervertebral discs, spinous processes and articular processes.	Lateral lumbar spine digital radiography



Examination / category	Men	Women unmarried	Women married	Clinical significance	Detailed components
Chest CT Low-dose helical chest CT	★	★	★	Used to investigate diseases of the lungs, heart, aorta, mediastinum and diaphragm.	Non-contrast chest CT
Non-contrast head MRI Head MRI	★	★	★	MRI may be performed in: 1. Patients with cerebral infarction or cerebral haemorrhage. 2. Vascular lesions. 3. Patients with viral infections, brain abscesses or meningitis. 4. Patients with brain tumours. 5. Newborns with brain abnormalities.	Non-contrast head MRI
Other					
Breakfast Other	★	★	★		
Blood sample collection Other	★	★	★		
Overall medical review Other	★	★	★		

Information & contact

Reading the inclusions

★ = included for the indicated category. Blank cells do not indicate inclusion. The women's categories follow the provider programme and are not, by themselves, medical eligibility criteria.

Medical and coordination scope

Clinical descriptions are informational and reflect the provider programme, not independent guarantees or medical advice. HIG coordinates services; it does not provide diagnosis or treatment and is not an emergency service.

Your enquiry and privacy

For initial enquiries, share only a brief description of your needs. Do not send full medical records or identity documents through general contact forms.

Enquiries & booking coordination

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