

# Health Screening in Singapore: A Comprehensive Guide



## Introduction

Health is wealth, and in Singapore, preventive healthcare is taken seriously. One of the pillars of preventive health is [Health screening in Singapore](#) — a process that helps individuals detect potential health issues early, often before any symptoms appear. In Singapore, health screening is widely promoted by the government and healthcare providers alike, and it's a common part of life for both residents and expatriates.

This guide explores the importance, types, benefits, and options for health screening in Singapore.

## Why is Health Screening Important?

Health screening plays a vital role in maintaining well-being and detecting diseases early. Early detection often means more effective treatment, better health outcomes, and lower healthcare costs.

### Key benefits of regular health screenings include:

- **Early diagnosis:** Conditions like diabetes, hypertension, high cholesterol, and certain cancers can be asymptomatic in the early stages.
- **Improved treatment outcomes:** Early-stage diseases are easier to manage and treat.
- **Peace of mind:** Knowing your health status can reduce anxiety and motivate healthy lifestyle changes.
- **Prevention:** Identifying risk factors early can lead to preventive measures and lifestyle modifications.

## Common Health Screening Tests in Singapore

Health screenings vary depending on age, gender, lifestyle, and family history. In Singapore, common screening tests include:

## **1. Basic Health Screening**

- Blood pressure check
- Body Mass Index (BMI) calculation
- Cholesterol level test
- Blood glucose test

## **2. Advanced Health Screening**

- Liver and kidney function tests
- Full blood count
- Urinalysis
- ECG (Electrocardiogram)
- Chest X-ray

## **3. Gender-Specific Screenings**

- **For Women:**
  - Pap smear
  - Mammogram
  - HPV test
  - Bone density test
- **For Men:**
  - Prostate-Specific Antigen (PSA) test
  - Testosterone level check

## **4. Cancer Screenings**

- Colorectal cancer (via FIT or colonoscopy)
- Breast cancer
- Cervical cancer
- Lung cancer (for high-risk individuals)

## **5. Screening for Specific Groups**

- Pre-marital screening
- Executive health screening
- Elderly health screening

- Pre-employment or work pass screenings (for foreign workers)

## Where to Get Health Screening in Singapore

Singapore offers a range of healthcare providers that conduct health screenings, from public polyclinics to private hospitals and clinics. Some of the key options include:

### 1. Public Healthcare Providers

- **Polyclinics** under SingHealth, NHG, and National University Health System (NUHS)
- Government-subsidized screenings under the **Screen for Life** program

### 2. Private Clinics and Hospitals

- Raffles Medical Group
- Parkway Shenton
- Fullerton Health
- Thomson Medical
- Healthway Medical
- Farrer Park Hospital
- Mount Elizabeth Hospital

These private providers often offer **customized screening packages** that cater to different needs, such as age, gender, and health concerns.

## Government Support: Screen for Life (SFL) Program

The **Screen for Life** program is a national initiative by the Health Promotion Board (HPB) to encourage Singaporeans and Permanent Residents to go for regular screenings.

### Eligibility and subsidies:

- Eligible citizens can enjoy **highly subsidized screening**, sometimes paying as little as \$5 or even free.
- SFL covers screenings for diabetes, high blood pressure, cholesterol, colorectal cancer, cervical cancer, and more.

## How Often Should You Get Screened?

The frequency of screenings depends on individual risk factors:

- **Healthy adults (18–39 years):** Every 1–3 years for basic screening.

- **Adults over 40:** Annually or as recommended by a doctor.
- **People with chronic conditions or risk factors:** More frequent monitoring may be necessary.

### **Preparing for a Health Screening**

Before going for a health screening:

- **Fasting:** You may need to fast for 8–10 hours before a blood test.
- **Medication:** Inform your doctor of any medications or supplements.
- **Clothing:** Wear loose, comfortable clothes, especially for ECG or X-rays.
- **Documentation:** Bring identification and any previous medical records if available.