

Active Plus Endurance Screening

A specialised, sports-focused wellness assessment for sports enthusiasts looking to up their game.

In the sporting world, good heart health equals optimum performance. Whether you're a professional or an amateur, our Active Plus Endurance Screening helps to determine the risk of heart problems, measures your fitness level and offers a sport prescription to keep you at the top of your game.



IJN PRIVATE
BEYOND CARDIAC EXCELLENCE
WE ARE HERE
IJN Private Healthcare,
Level 6 Block A

LAKE TITIWANGSA
RECREATIONAL CLUB

● ISTANA BUDAYA (NATIONAL THEATRE)
● NATIONAL ART GALLERY

NATIONAL CANCER SOCIETY MALAYSIA

AVENUE K S

S SURIA KLCC

PETRONAS TWIN TOWERS

H MANDARIN ORIENTAL

SINGAPORE HIGH COMMISSION

KL TOWER

H JW MARRIOTT

BUKIT BINTANG

A division of
IJN
INSTITUT JANTUNG NEGARA
National Heart Institute



@IJN.Malaysia
INSTITUT JANTUNG NEGARA -
The National Heart Institute of Malaysia

@ijnmalaysiaofficial

Institut Jantung Negara,
145 Jalan Tun Razak,
50400 Kuala Lumpur,
Malaysia

Active Plus Endurance Screening

RM2,100

Operational Hours

Monday - Friday: 7.30am - 5.00pm

Saturday: 7.30am - 1.00pm

Sunday & Public Holiday: Closed

For more information or
to make an appointment:

+603 2600 6421/6423

+6019 323 2659

wellness@ijn.com.my

Package Content

General Assessment

- Physical Examination
- Body Mass Index (BMI)
- Blood Pressure and Heart Rate

Cardiac Service Investigation

- Electrocardiogram (ECG)
- Cardio-Pulmonary Exercise Test (VO2 Max)
- 2D Echocardiogram

Imaging Investigation

- Chest X-Ray

Physiotherapy

- Spirometry
- Body Composition Analysis



Laboratory Tests

- Urine FEME
- Full Blood Count
- Kidney Function Test
- Uric Acid
- Serum Calcium and Phosphate
- Liver Function Test
- Fasting Blood Sugar
- Fasting Serum Lipid
- Thyroid Function Test (FT4 & TSH)
- High-sensitivity C-Reactive Protein (hs-CRP)

+ Consultation by Cardiology Clinical Specialist

+ Consultation by Sports Medicine Specialist

+ Refreshments

- Provided after each session

+ Report Summary

Add-On Packages

Imaging

• MSCT Coronary Screening*

A test to determine coronary artery blockages and risks of a heart attack.

• LDCT Chest Screening*

A scan that provides detailed images of your lungs to determine the risk of lung cancer.

• Stroke Screening **RM1500**

An ultrasound scan of the arteries in your neck and MRI Brain with MRA to detect blockages and determine the risk of a stroke.

• Women's Health Screening

A comprehensive series of tests for female physical and reproductive health.

BELOW 40 **RM400**

- Ultrasound Abdomen & Pelvis
- Ultrasound Breast
- Pap Smear (Thin Prep)

ABOVE 40 **RM500**

- Ultrasound Abdomen & Pelvis
- Mammogram
- Pap Smear (Thin Prep)

Laboratory

• Anaemia Screening **RM150**

Comprehensive blood tests to determine the risk of anaemia.

BLOOD INVESTIGATION

- Full Blood Picture
- Iron Studies
- Serum Vitamin B12
- Serum Folate

• Infective Screening **RM150**

Comprehensive tests to determine the risk or presence of infectious diseases.

BLOOD INVESTIGATION

- Hepatitis A IgM antibody
- Hepatitis A IgG antibody
- Hepatitis B Surface Antigen
- Hepatitis B Antibody
- Hepatitis C
- Anti HIV (screening)
- VDRL

• Cancer Screening **RM150**

General and targeted tests to determine the risk or presence of cancer.

MALE

- Carcino-Embryonic Antigen (CEA)
- Alpha Fetoprotein
- Prostate Specific Antigen (PSA)
- Carbohydrate Antigen 19-9 (Ca 19-9)

FEMALE

- Carcino-Embryonic Antigen (CEA)
- Alpha Fetoprotein
- Ovarian Cancer (Ca - 125)
- Breast Cancer (Ca-15-3)
- Carbohydrate Antigen 19-9 (Ca 19-9)

*Screening prices are determined on a case-to-case basis and will be made available upon request.