

Lifestyle Modification Program

Level-up your nutrition and physical fitness routines to change your life for the better.

Need a little help to start living healthy? With our Lifestyle Modification Program, you will be supported by a multidisciplinary team that will assist you in weight management and achieving a healthier lifestyle.



Talk to CLOE to learn more
SCAN NOW

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

@ijnmalaysiaofficial

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

A division of



INSTITUT JANTUNG NEGARA
National Heart Institute

Lifestyle Modification Program

Screening

RM3000

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 & Heart Rate
- Consultation with Wellness Doctor

Cardio-Fitness Exercise with Physiotherapist

- 8 Sessions

Dietary Counselling by Dietitian

- 4 Sessions

Body Composition Analysis

- 4 Times

Consultation by Sports Medicine Specialist

- 2 Sessions

Refreshments

- Provided after each session

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.