




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.Malaysia
 INSTITUT JANTUNG NEGARA -
 The National Heart Institute of Malaysia
 @ijnmalaysiaofficial
 Institut Jantung Negara,
 145 Jalan Tun Razak,
 50400 Kuala Lumpur,
 Malaysia

CCD/202407/WG/APE

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
healthscreeningcentre@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
- 3D 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.