

Active Fitness Screening

Take active living to new heights with a detailed look at your physical wellness.

Even for people living an active lifestyle, heart conditions like coronary artery disease and hypertrophic cardiomyopathy can sometimes occur. So before you get moving, make sure your heart is healthy with our Active Fitness Screening.



Active Fitness Screening

RM1,388

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:

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healthscreening@ijn.com.my

Package Content

General Assessment

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

Cardiac Service Investigation

- Electrocardiogram (ECG)
- Exercise Treadmill Stress Test
- 2D Echocardiogram

Imaging Investigation

- Chest X-Ray

Physiotherapy

- Spirometry
- Body Composition Analysis



Laboratory Tests

- Urine FEME
- Full Blood Count
- Kidney Function Test
- Uric Acid
- 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

+ Refreshments • Provided after each session

+ Report Summary

Add-On Packages

Imaging

• CT Scan Calcium Score and Full Coronary Artery*

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)

3D MAMMOGRAM ONLY RM280

- For women 40 years old & above

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

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)