

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.



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:

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+6019 323 2659
healthscreening@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

- 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

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.