

# Seacare Medical Scheme (SMS) – LOCAL

## Health Screening

### i. Eligibility Criteria

#### Ordinary Member, Participating Local Member, Participating Staff

Ordinary Member, Participating Local Member, Participating Staff must be a paid up member in the month of the health screening appointment.

#### Associate for Life, Cadre & Founder Member

All Associate for Life, Cadre and Founder Member shall automatically be eligible.

A member who meets the above criteria will be classified as Qualified SOS Local Member

### ii. Benefits & Conditions

A Qualified SOS Local Member is entitled to receive the following benefits:

#### Complimentary Health Screening at the Seacare Maritime Medical Centre

The health screening package provides:

Consultation and Complete Physical Examination		
Biophysical Measurement		
Office tests	Imaging Studies	Lipid Profile
Liver Profile	Hepatitis Profile	Kidney Profile
Endocrine Profile	Bone & Joint Profile	Venereal Profile
Urinalysis	Full Blood Count	3 Cancer Markers
Medical Review		

The benefits are subject to the following conditions:

1. Qualified SOS Local Member and one dependent are entitled to receive one complimentary health screening each at SMMC per calendar year from 1<sup>st</sup> January to 31<sup>st</sup> December.
2. Any unutilised benefit(s) for the term is not allowed to be carried forward beyond the validity date or exchanged for cash.
3. The benefit is strictly not transferable
4. The complimentary Health Screening is extended to one (1) Dependent. For single member, dependent refers to his mother or father. For married member, dependent refers to his legitimate spouse.
5. Member’s marital status is current as at the appointment date.

### **iii. Procedures**

The following procedures are to be adhered:

#### **Step 1: Booking of appointment**

- Contact the SOS Membership Services Division at 63795666 to verify your eligibility status and to obtain an appointment. The booking of appointment is on a first-come-first-served basis subject to a maximum of 4 members and dependants per day.  
For cancellation or request for change of appointment date, a minimum of 3 working days' notice is to be given to the SOS Membership Services Division.

#### **Step 2: Issuance of application form**

- To collect the following from the SOS Membership Services Division not less than 2 days before the appointment date:
  - i. Application Form for Health Screening;
  - ii. Pre-Health screening instruction and medical container

#### **Step 3: On appointment day**

- To report at SMMC on the appointment date and time with the following:
  - i. NRIC and SOS Membership Card
  - ii. Application form for basic health screening and/or comprehensive eye examination benefit (with the required sections duly completed)
  - iii. Medical container with samples collected, if applicable.

#### **Step 4:**

- To attend Health Screening medical review scheduled by SMMC.

#### **Exclusion**

Any need for repeated and/or additional test(s) and follow-up treatment(s) and/or medication(s) as recommended by SMMC and/or any Singapore licensed healthcare establishments such as eye centre, clinic, hospitals shall be absolutely and entirely at the member's discretion and own expense.

#### **Amendment**

SOS reserves the right to repeal or amend in any way from time to time any or all of the benefits, conditions, procedures and providers relating to the SMS for SOS Local Members at its absolute discretion. The Qualified SOS Local Member shall be bound by any variation or amendment or addition to or subtraction from the said SMS.

#### **Interpretation**

If a query or dispute arises over the construction or interpretation of any provision in the SMS, the opinion of the Executive Committee of SOS shall be final and binding on all Qualified SOS Local Members.

#### **Disclaimer Clause**

While every reasonable effort is made by the SOS to ensure that all information presented is accurate, the SOS disclaims any liability for any injury, loss or damage whatsoever that may have arisen whether directly or indirectly as a result of any inaccuracy, error or omission.

### **iv. Contact Us**

Please contact SOS Membership Services at 63795666 for appointment booking or should you need more information on the scheme.

## **Contact details**

The Health Screening is available from Mondays to Saturdays from 9am to 12pm (close on Public Holidays) at:

### **Seacare Maritime Medical Centre Pte Ltd (SMMC)**

100 Tras Street  
#18-02/03 100 AM  
Singapore 079027

Tel: 6222 7728  
Fax: 6224 6387  
Email: [seacaremedical@singnet.com.sg](mailto:seacaremedical@singnet.com.sg)

### HEALTH SCREENING FOR LOCAL MEMBERS AND DEPENDENT

Superior Package \$200	Item Description	Remarks
Medical Consultation	Detailed Consultation and Complete Physical Examination	
Biophysical Measurement	Height/Weight/Eyesight BMI	
Office Tests	Electrocardiogram (ECG)	To detect rhythm disorders and CAD
	Lung Function Test	To measure lung vol & airflow
Imaging Studies	Chest X-ray	For detection of lung pathology
Lipid Profile	Total Cholesterol	For prevention of coronary artery disease for both men & women above 50s.
	HDL Cholesterol	
	Total Cholesterol / HDL ratio	
	LDL Cholesterol	
	Triglyceride	
Liver Profile	Total Protein	Analysis of liver function. Detect liver disease including hepatitis & cancer
	Albumin	
	Globulin	
	Total Bilirubin	
	ALP	
	SGOT	
	SGPT	
Hepatitis Profile	Hepatitis Bs Ag	Detect Hep A & B virus and state of immunity
	Hepatitis Bs Ab	
	Hepatitis A IgG	
Kidney Profile	Sodium	Analysis of kidney function.
	Potassium	
	Chloride	
	Urea	
	Creatinine	
Endocrine Profile	Glucose	Study of endocrine abnormalities like diabetes & thyrotoxicosis
	Free T4	
	TSH	
Bone & Joint Profile	Calcium	Analysis of common bone disorders including gout & rheumatoid arthritis
	Phosphate	
	RA Factor	
	Uric Acid	
Cancer Markers *	CEA	Markers of common cancer. CEA-colon & stomach, AFP - liver, PSA-prostate (for men) Ovaries (for women)
	AFP	
	PSA	
	CA125	
Venereal Profile	VDRL	Detect exposure to venereal disease
Urinalysis	Urine FEME	Analysis of urine
Full Blood Count	Haemoglobin	Complete blood analysis
	Red Blood Count	
	White Blood Count	
	Platelet count	
	Hb Indices	
	Blood Film	
Blood Group		
Medical Review	Interpretation of results & Recommendations	