



# WELL-binar WELLNESS WORKSHOP



**Public Health**  
*Medical Doctor*



**Physical Health**  
*Certified Fitness Trainer*



**Ear Health**  
*Certified Audiologist*



**Nutrition Health**  
*Certified Dietitian*



**Financial Wellness**  
*Licensed Financial Adviser*



**Mental Health**  
*Clinical Psychologist*



**Eye Health**  
*Certified Optometrist*



**Ergonomics Health**  
*Certified Chiropractor  
Certified Physiologist*



**Environmental Health**  
*Green Technology Assistant Professor  
Indoor Farming Specialist*

# In-House Health Check

10 MIN



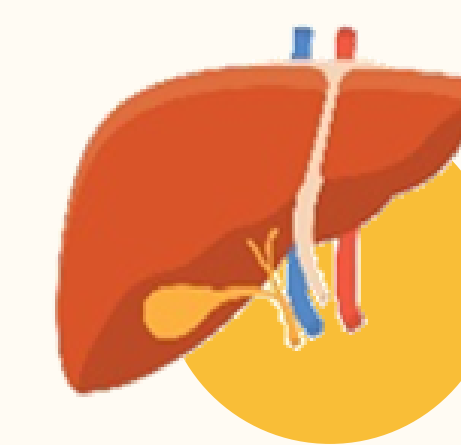
## Full Blood Count

Hemoglobin, Red Blood Cells, PCV, MCV, MCH, MCHC, RDW, White Cell Count, Neutrophils, Lymphocytes, Monocytes, Eosinophils, Basophils, Platelets, Peripheral Blood Film



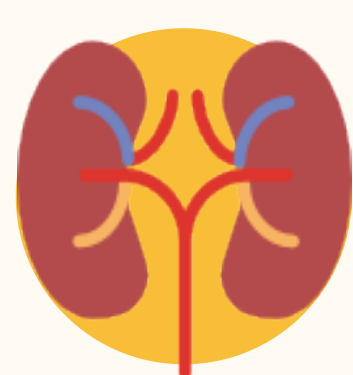
## Lipid Studies

Total Cholesterol, Triglyceride, HDL Cholesterol, LDL Cholesterol, Non-HDL Cholesterol, Total Cholesterol/HDL Ratio



## Liver Function Test

Total Protein, Albumin, Globulin, Albumin/ Globulin Ratio, Alkaline Phosphatase, Total Bilirubin, GGT, AST, ALT



## Renal Profile

Urea, Creatinine, eGFR, Uric Acid, Calcium, Corrected Calcium, Phosphate, Sodium, Potassium, Chloride



## Urine Analysis

Protein, Glucose, Specific Gravity, pH, Ketones, Blood, Leucocytes, Erythrocytes, Epithelial Cells



## Diabetes Test

Fasting Blood Glucose

Category	Description	Silver <35 years old	Gold 35-50 years old	Platinum >50 years old	Diamond >50 years old
Essential Blood & Urine Test	Full Blood Count	/	/	/	/
	Liver Function Test	/	/	/	/
	Renal Function Test	/	/	/	/
	Lipid Profile	/	/	/	/
	Fasting Blood Glucose	/	/	/	/
	Urine Feme	/	/	/	/
Hepatitis Screening	Hepatitis B Surface Antigen		/	/	/
	Hepatitis B Surface Antibody		/	/	/
	Hepatitis A IgG			/	/
Cardiac Markers	Hs-CRP (Inflammation)		/	/	/
	Homocysteine (Hardening of Arteries)			/	/
Cancer Markers	AFP (Liver)		/	/	/
	CEA (Colon, Lung & General)		/	/	/
	CA19-9 (Pancreas)		/	/	/
	Female: CA125 (Ovary) & CA153 (Breast)			/	/
	Male: PSA (Prostate)			/	/
	EBV VCA IgA (NPV - Nasopharyngeal)				/
Thyroid Profile	Free T4			/	/
	Free T3				/
	TSH				/
Others	Rheumatoid Factor (Rheumatoid Arthritis)			/	/
	ABO Blood Group + Rh			/	/
	H. Pylori IgG (Stomach Ulcer/Gastritis)			/	/
	HbA1c (3 Months Glucose Monitoring)		/	/	/
	Urine Microalbumin (Early Kidney Disease)				/
	Total IgE (Detect Allergic Response)				/