

Packages Curated By  
*Your Partner in  
Longevity*



## *Dr Leonard Leng*

MBBS, MMed FM, GDOM

Medical Doctor - Family Physician - Designated Workplace Doctor

*“Staying healthy starts with understanding where you are today and making thoughtful choices from there. We are here to guide you, one step at a time.”*

Our longevity screening packages are thoughtfully **curated by Dr Leonard Leng** and can be conducted by any of **our qualified doctors at ATA Medical**.

## *Why Longevity Screening?*

### *Catch Issues Early*

Many health conditions develop silently. Our comprehensive panels detect early warning signs years before symptoms appear, giving you time to act.

### *Beyond Standard Tests*

We include markers like ApoB, HOMA-IR, and homocysteine that most health screenings miss but are crucial for predicting long-term health.

### *Personalised Insights*

Every report comes with a one-on-one review with our doctors, who take time to explain your results and create an actionable plan tailored to you.

### *A Caring Approach*

At ATA Medical, you're not just a number. We build lasting relationships and support you on your journey to living healthier, longer.

*Ready to take the first step toward a healthier future?*

Book your longevity screening today and let's start your journey together.



# PACKAGES

## Longevity Essentials

\$ 388 Nett

69 Biomarkers

### Biometrics

Height  
Weight  
BMI  
Blood Pressure

### Cardiovascular Health

Total Cholesterol  
HDL Cholesterol  
LDL Cholesterol  
Triglycerides  
Apolipoprotein B (ApoB)  
hs-CRP (High-sensitivity  
C-Reactive Protein)  
Homocysteine

### Metabolic Health

Fasting Glucose  
HbA1c (Glycated Hemoglobin)  
Fasting Insulin  
HOMA-IR (Insulin Resistance Index)

### Liver Function

Total Protein  
Albumin  
Globulin  
A/G Ratio  
Alkaline Phosphatase (ALP)  
ALT (Alanine Aminotransferase)  
AST (Aspartate Aminotransferase)  
GGT (Gamma-glutamyl transferase)  
Total Bilirubin  
Indirect Bilirubin

### In-Clinic Assessments

(not available for home screening)

Hand Grip  
Body Composition (Inbody)

### Kidney Function

Urea  
Sodium  
Potassium  
Chloride  
Bicarbonate  
Creatinine  
eGFR (Estimated Glomerular  
Filtration Rate) with Creatinine  
Urine Albumin-Creatinine Ratio (uACR)

### Urine Analysis

Appearance  
RBC  
WBC  
EC  
Glucose  
Ketones  
pH  
Protein

### Bone and Joint Health

Calcium  
Corrected Calcium  
Phosphate  
Uric Acid  
Rheumatoid Factor

### Inflammation & Immune System

ESR (Erythrocyte Sedimentation Rate)

### Hepatitis

Hep A Antibody  
Hep B antigen  
Anti-HBs Antibody

### Blood / Immunity

White Blood Cell with differential  
Haemoglobin  
RBC Count  
Haematocrit  
MCH  
MCHC  
MCV  
Platelet

### Cancer

PSA (Male Only)  
CA125 (Female Only)

### Medical Review

Post Screening Review

### Vitamins & Nutrients

Vitamin D (25-OH Vitamin D)  
Ferritin (Female Only)

### Hormonal Health

Total Testosterone (Male Only)  
Thyroid Stimulating Hormone (TSH)  
Free T4



# PACKAGES

## Longevity Plus

**\$ 888 Nett**

### 93 Biomarkers

#### Biometrics

Height  
Weight  
BMI  
Blood Pressure

#### Cardiovascular Health

Total Cholesterol  
HDL Cholesterol  
LDL Cholesterol  
Triglycerides  
Apolipoprotein B (ApoB)  
hs-CRP (High-sensitivity  
C-Reactive Protein)  
Homocysteine  
Apolipoprotein A1 (ApoA1)  
Apo B/A1 Ratio

#### Metabolic Health

Fasting Glucose  
HbA1c (Glycated Hemoglobin)  
Fasting Insulin  
HOMA-IR (Insulin Resistance Index)

#### Liver Function

Total Protein  
Albumin  
Globulin  
A/G Ratio  
Alkaline Phosphatase (ALP)  
ALT (Alanine Aminotransferase)  
AST (Aspartate Aminotransferase)  
GGT (Gamma-glutamyl transferase)  
Total Bilirubin  
Indirect Bilirubin

#### Bone and Joint Health

Calcium  
Corrected Calcium  
Phosphate  
Uric Acid  
Rheumatoid Factor

#### Inflammation & Immune System

| ESR (Erythrocyte Sedimentation Rate)

#### Hepatitis

Hep A Antibody  
Hep B antigen  
Anti-HBs Antibody  
Anti-HCV

#### Kidney Function

Urea  
Sodium  
Potassium  
Chloride  
Bicarbonate  
Creatinine  
eGFR (Estimated Glomerular  
Filtration Rate) with Creatinine  
Urine Albumin-Creatinine Ratio (uACR)  
Cystatin-C

#### Urine Analysis

Appearance  
RBC  
WBC  
EC  
Glucose  
Ketones  
pH  
Protein

#### Vitamins & Nutrients

Vitamin D (25-OH Vitamin D)  
Ferritin (*Female Only*)  
Vitamin B12  
Folate (Vitamin B9)  
TIBC  
Iron  
Iron Saturation  
Magnesium

#### Medical Review

| Post Screening Review

#### In-Clinic Assessments

(not available for home screening)

Hand Grip  
Body Composition (Inbody)  
Visual Acuity  
Tonometry (Eye Pressure)  
Screening Ultrasound Carotid  
Intima-Media Thickness (CIMT)  
(Risk of Heart Disease and Stroke)

#### Blood / Immunity

White Blood Cell with differential  
Haemoglobin  
RBC Count  
Haematocrit  
MCH  
MCHC  
MCV  
Platelet

#### Cancer

PSA (*Male Only*)  
CA125 (*Female Only*)  
Stool OB

#### Hormonal Health

Total Testosterone (*Male Only*)  
Thyroid Stimulating Hormone (TSH)  
Free T4  
Estradiol (*Female Only*)  
FSH  
LH  
Prolactin  
SHBG (*Male Only*)  
Calculated Free Testosterone  
(From SHBG & Testosterone) (*Male Only*)  
Cortisol  
Free T3

#### Infections

Syphilis  
HIV



# PACKAGES

## Longevity Signature

**\$ 1388 Nett**

### 105 Biomarkers

#### **Biometrics**

Height  
Weight  
BMI  
Blood Pressure

#### **Cardiovascular Health**

Total Cholesterol  
HDL Cholesterol  
LDL Cholesterol  
Triglycerides  
Apolipoprotein B (ApoB)  
hs-CRP (High-sensitivity  
C-Reactive Protein)  
Homocysteine  
Apolipoprotein A1 (ApoA1)  
Apo B/A1 Ratio

#### **Metabolic Health**

Fasting Glucose  
HbA1c (Glycated Hemoglobin)  
Fasting Insulin  
HOMA-IR (Insulin Resistance Index)

#### **Liver Function**

Total Protein  
Albumin  
Globulin  
A/G Ratio  
Alkaline Phosphatase (ALP)  
ALT (Alanine Aminotransferase)  
AST (Aspartate Aminotransferase)  
GGT (Gamma-glutamyl transferase)  
Total Bilirubin  
Indirect Bilirubin

#### **Bone and Joint Health**

Calcium  
Corrected Calcium  
Phosphate  
Uric Acid  
Rheumatoid Factor

#### **Metal Toxicity**

Lead  
Mercury  
Urine Arsenic

#### **Inflammation & Immune System**

| ESR (Erythrocyte Sedimentation Rate)

#### **Hepatitis**

Hep A Antibody  
Hep B antigen  
Anti-HBs Antibody  
Anti-HCV

#### **Kidney Function**

Urea  
Sodium  
Potassium  
Chloride  
Bicarbonate  
Creatinine  
eGFR (Estimated Glomerular  
Filtration Rate) with Creatinine  
Urine Albumin-Creatinine Ratio (uACR)  
Cystatin-C

#### **Urine Analysis**

Appearance  
RBC  
WBC  
EC  
Glucose  
Ketones  
pH  
Protein

#### **Vitamins & Nutrients**

Vitamin D (25-OH Vitamin D)  
Ferritin (*Female Only*)  
Vitamin B12  
Folate (Vitamin B9)  
TIBC  
Iron  
Iron Saturation  
Magnesium  
Zinc  
Selenium

#### **Infections**

Syphilis  
HIV  
HSV1, HSV 2 Antibodies  
Helicobacter Antibody

#### **In-Clinic Assessments**

(not available for home screening)

Physical Examination  
Hand Grip  
Body Composition (Inbody)  
Visual Acuity  
Tonometry (Eye Pressure)  
Screening Ultrasound Carotid  
Intima-Media Thickness (CIMT)  
(Risk of Heart Disease and Stroke)  
Spirometry (Lung Function)

#### **Blood / Immunity**

White Blood Cell with differential  
Haemoglobin  
RBC Count  
Haematocrit  
MCH  
MCHC  
MCV  
Platelet

#### **Cancer**

PSA (*Male Only*)  
CA125 (*Female Only*)  
Stool OB

#### **Hormonal Health**

Total Testosterone (*Male Only*)  
Thyroid Stimulating Hormone (TSH)  
Free T4  
Estradiol (*Female Only*)  
FSH  
LH  
Prolactin  
SHBG (*Male Only*)  
Calculated Free Testosterone  
(From SHBG & Testosterone) (*Male Only*)  
Cortisol  
Free T3  
IGF-1  
DHEA-S  
(Dehydroepiandrosterone Sulfate)  
Progesterone

#### **Medical Review**

| Post Screening Review



**ATA**  
Medical

# Longevity Packages

		69 Biomarkers	93 Biomarkers	105 Biomarkers
		Longevity Essentials	Longevity Plus	Longevity Signature
		\$388 Nett	\$888 Nett	\$1388 Nett
<b>Biometrics</b>	Height, Weight, BMI, Blood Pressure	✓	✓	✓
<b>In-Clinic Assessments (not available for home screening)</b>	Physical Examination			✓
	Hand Grip	✓	✓	✓
	Body Composition (Inbody)	✓	✓	✓
	Visual Acuity		✓	✓
	Tonometry (Eye Pressure)		✓	✓
	Screening Ultrasound Carotid Intima-Media Thickness (CIMT) (Risk of Heart Disease and Stroke)		✓	✓
	Spirometry (Lung Function)	✓	✓	✓
<b>Cardiovascular Health</b>	Total Cholesterol	✓	✓	✓
	HDL Cholesterol	✓	✓	✓
	LDL Cholesterol	✓	✓	✓
	Triglycerides	✓	✓	✓
	Apolipoprotein A1 (ApoA1)		✓	✓
	Apolipoprotein B (ApoB)	✓	✓	✓
	Apo B/A1 Ratio		✓	✓
	hs-CRP (High-sensitivity C-Reactive Protein)	✓	✓	✓
	Homocysteine	✓	✓	✓
<b>Metabolic Health</b>	Fasting Glucose	✓	✓	✓
	HbA1c (Glycated Hemoglobin)	✓	✓	✓
	Fasting Insulin	✓	✓	✓
	HOMA-IR (Insulin Resistance Index)	✓	✓	✓
<b>Liver Function</b>	Total Protein	✓	✓	✓
	Albumin	✓	✓	✓
	Globulin	✓	✓	✓
	A/G Ratio	✓	✓	✓
	Alkaline Phosphatase (ALP)	✓	✓	✓
	ALT (Alanine Aminotransferase)	✓	✓	✓
	AST (Aspartate Aminotransferase)	✓	✓	✓
	GGT (Gamma-glutamyl transferase)	✓	✓	✓
	Total Bilirubin	✓	✓	✓
	Indirect Bilirubin	✓	✓	✓
<b>Hepatitis</b>	Hep A Antibody	✓	✓	✓
	Hep B antigen	✓	✓	✓
	Anti-HBs Antibody	✓	✓	✓
	Anti-HCV		✓	✓



# Longevity Packages

		69 Biomarkers	93 Biomarkers	105 Biomarkers
		Longevity Essentials	Longevity Plus	Longevity Signature
		\$388 Nett	\$888 Nett	\$1388 Nett
<b>Infections</b>	Syphilis		✓	✓
	HIV		✓	✓
	HSV1, HSV 2 Antibodies			✓
	Helicobacter Antibody			✓
<b>Kidney Function</b>	Urea	✓	✓	✓
	Sodium	✓	✓	✓
	Potassium	✓	✓	✓
	Chloride	✓	✓	✓
	Bicarbonate	✓	✓	✓
	Creatinine	✓	✓	✓
	eGFR (Estimated Glomerular Filtration Rate) with Creatinine	✓	✓	✓
	Cystatin-C		✓	✓
	Urine Albumin-Creatinine Ratio (uACR)	✓	✓	✓
	<b>Urine Analysis</b>	Appearance	✓	✓
RBC		✓	✓	✓
WBC		✓	✓	✓
EC		✓	✓	✓
Glucose		✓	✓	✓
Ketones		✓	✓	✓
pH		✓	✓	✓
Protein		✓	✓	✓
<b>Bone &amp; Joint Health</b>	Calcium	✓	✓	✓
	Corrected Calcium	✓	✓	✓
	Phosphate	✓	✓	✓
	Uric Acid	✓	✓	✓
	Rheumatoid Factor	✓	✓	✓
<b>Inflammation &amp; Immune System</b>	ESR (Erythrocyte Sedimentation Rate)	✓	✓	✓
<b>Blood / Immunity</b>	Haemoglobin	✓	✓	✓
	RBC Count	✓	✓	✓
	Haematocrit	✓	✓	✓
	MCH	✓	✓	✓
	MCHC	✓	✓	✓
	MCV	✓	✓	✓
	Platelet	✓	✓	✓
	White Blood Cell with differential	✓	✓	✓



# Longevity Packages

69 Biomarkers	93 Biomarkers	105 Biomarkers
<b>Longevity Essentials</b>	<b>Longevity Plus</b>	<b>Longevity Signature</b>
<b>\$388 Nett</b>	<b>\$888 Nett</b>	<b>\$1388 Nett</b>

	69 Biomarkers	93 Biomarkers	105 Biomarkers	
<b>Cancer</b>	Stool OB		✓	
	PSA (Male)		✓ (Male only)	
	CA125 (Female)		✓ (Female only)	
<b>Hormonal Health</b>	IGF-1		✓	
	DHEA-S (Dehydroepiandrosterone Sulfate)		✓	
	Total Testosterone	✓ (Male only)	✓ (Male only)	
	Estradiol		✓ (Female only)	
	Progesterone		✓	
	FSH		✓	
	LH		✓	
	Prolactin		✓	
	SHBG		✓ (Male only)	
	Calculated Free Testosterone (From SHBG & Testosterone)		✓ (Male only)	
	Thyroid Stimulating Hormone (TSH)		✓	
	Free T4	✓	✓	
	Free T3	✓	✓	
	Anti-TPO		✓	
	Cortisol		✓	
	<b>Vitamins &amp; Nutrients</b>	Vitamin D (25-OH Vitamin D)	✓	✓
		Vitamin B12		✓
		Folate (Vitamin B9)		✓
Ferritin		✓ (Female only)	✓	
TIBC			✓	
Iron			✓	
Iron Saturation			✓	
Magnesium			✓	
Zinc			✓	
Selenium			✓	
<b>Metal Toxicity</b>	Lead		✓	
	Mercury		✓	
	Urine Arsenic		✓	
<b>Medical Review</b>	Post Screening Review	✓	✓	



"For those 40 and above, Longevity Essentials is a sensible starting point. Screen once a year, include imaging, and adjust according to your individual needs."

**Dr Leonard Leng**

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## Recommended Addons

Prices are NETT and starts from:

### Cardiac Testing

Lipoprotein (a) .....	<b>\$54.50</b>
Alacarte at \$59.95	
Electrocardiogram (ECG) .....	<b>\$49.05</b>
Stress Treadmill .....	<b>\$218.00</b>
CT Coronary Calcium Score .....	<b>\$403.30</b>
CT Coronary Angiogram .....	<b>\$1384.30</b>

### Alacarte Ultrasound

Carotid Intima Media Thickness .....	<b>\$163.50</b>
Thyroid .....	<b>\$163.50</b>
Breast .....	<b>\$163.50</b>
Kidney .....	<b>\$152.60</b>
Kidney, Ureters & Bladder (KUB) .....	<b>\$207.10</b>
Liver* .....	<b>\$218.00</b>
Full Abdomen* .....	<b>\$272.50</b>
Liver, Gallbladder, Kidney, Spleen, Pancreas	
Pelvis (Uterus & Ovaries) .....	<b>\$272.50</b>
Prostate .....	<b>\$228.90</b>
Scrotum .....	<b>\$228.90</b>

\*Min 6-hours fasting required

### Male Image Package

Chest X-Ray, Ultrasound Thyroid, Ultrasound Abdomen, Ultrasound Prostate .....	<b>\$620</b>
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### Female Image Package

Chest X-Ray, Ultrasound Thyroid, Mammogram (40 and above) or Ultrasound Breast (below 40 year old), Ultrasound Abdomen, Ultrasound Pelvis .....	<b>\$810</b>
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### Cancer Screening

Liquid Biopsy up to 75 cancers .....	<b>\$899.00</b>
CT Lung (Lung Cancer) .....	<b>\$386.00</b>
Alacarte price \$436	
PAP Smear / HPV (Cervical cancer) .....	<b>\$70.85</b>
Gastroscopy / Colonoscopy	
Skin Cancer Check by Dermatologist	

### Other tests

Gut Microbiome .....	<b>\$436.00</b>
Urea Breath Test .....	<b>\$221.27</b>

