

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 by 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 more than 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 – 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 Haemoglobin)  
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

### 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

### Cancer

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



# 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 Haemoglobin)  
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  
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



Not sure which is right for you? Our team is happy to help. Feel free to reach out or book a pre-screening consultation.



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

#### 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 Haemoglobin)	✓	✓	✓
	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		✓	✓



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		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 and 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
		Longevity Essentials	Longevity Plus	Longevity Signature
		\$388 Nett	\$888 Nett	\$1388 Nett
<b>Cancer</b>	Stool OB		✓	✓
	PSA (Male)	✓ (Male only)	✓ (Male only)	✓ (Male only)
	CA125 (Female)	✓ (Female only)	✓ (Female only)	✓ (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	✓	✓	✓



Not sure which is right for you? Our team is happy to help. Feel free to reach out or book a pre-screening consultation.



For those 30 and above, Longevity Essentials is a sensible starting point. Screen once a year, include imaging, and add on cancer screening and heart screening according to your individual needs."

## Dr Leonard Leng

MBBS, MMed FM, GDOM

## Choose your add-ons

Prices are NETT and inclusive of GST

### Male Image Package

Chest X-Ray, Ultrasound Thyroid, Ultrasound  
Abdomen, Ultrasound Prostate ..... **\$698**

### Female Image Package

Chest X-Ray, Ultrasound Thyroid, Mammogram  
(40 and above) or Ultrasound Breast (below 40 years old),  
Ultrasound Abdomen, Ultrasound Pelvis ..... **\$888**

### Physiological Assessments (done at our Partner Centre)

BMD Body Composition ..... **\$308.47**  
VO2 Max ..... **Enquire**

### Cardiac Testing

Lipoprotein (a) ..... **\$49.99**  
CT Calcium Score ..... **\$403.30**  
CT Coronary Angiogram ..... **\$1384.30**  
Treadmill ECG ..... **\$218**

### Cancer Screening

Liquid Biopsy up to 75 cancers ..... **From \$654**  
CT Lung (Lung Cancer) ..... **\$436**  
PAP Smear / HPV (Cervical cancer) ..... **From \$70.85**  
Mammogram ..... **\$239.80**  
Full Body MRI Scan ..... **\$4388**  
Gastroscopy / Colonoscopy ..... **Enquire**  
Skin Cancer Check by Dermatologist ..... **Enquire**

### À la carte Ultrasound

Carotid Intima Media Thickness ..... **\$163.50**  
Thyroid ..... **\$163.50**  
Breast ..... **\$163.50**  
Kidney ..... **\$152.60**  
Kidney, Ureters & Bladder (KUB) ..... **\$207.10**  
Liver\* ..... **\$196.20**  
Full Abdomen\* ..... **\$272.50**  
- Liver, Gallbladder, Kidney, Spleen, Pancreas  
Pelvis (Uterus & Ovaries) ..... **\$272.50**  
Prostate ..... **\$228.90**  
Scrotum ..... **\$228.90**

\*Min 6-hours fasting required

### Other tests

Gut Microbiome ..... **\$436**  
Urea Breath Test ..... **\$233.26**  
Vaccinations ..... **Enquire**



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