

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 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 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 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)

Physical Examination
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



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)

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)

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 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
Biometrics	Height, Weight, BMI, Blood Pressure	✓	✓	✓
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)			✓
Cardiovascular Health	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	✓	✓	✓
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	✓	✓	✓
Hepatitis	Hep A Antibody	✓	✓	✓
	Hep B antigen	✓	✓	✓
	Anti-HBs Antibody	✓	✓	✓
	Anti-HCV		✓	✓



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



Longevity Packages

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



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Longevity Packages

		69 Biomarkers	93 Biomarkers	105 Biomarkers
		Longevity Essentials	Longevity Plus	Longevity Signature
		\$388 Nett	\$888 Nett	\$1388 Nett
Cancer	Stool OB		✓	✓
	PSA (Male)		✓ (Male only)	✓ (Male only)
	CA125 (Female)		✓ (Female only)	✓ (Female only)
Hormonal Health	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		✓	✓
	Vitamins & Nutrients	Vitamin D (25-OH Vitamin D)	✓	✓
Vitamin B12			✓	✓
Folate (Vitamin B9)			✓	✓
Ferritin		✓ (Female only)	✓	✓
TIBC			✓	✓
Iron			✓	✓
Iron Saturation			✓	✓
Magnesium			✓	✓
Zinc				✓
Selenium			✓	
Metal Toxicity	Lead			✓
	Mercury			✓
	Urine Arsenic			✓
Medical Review	Post Screening Review	✓	✓	✓



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"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 year old),
Ultrasound Abdomen, Ultrasound Pelvis **\$888**

Physiological Assessments (done at our Partner clinic)

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

Cardiac Testing

Lipoprotein (a) **\$54.50**
À la carte at \$59.95
CT Calcium Score **\$403.30**
CT Coronary Angiogram **\$1384.30**
Treadmill ECG **\$218.00**

Cancer Screening

Liquid Biopsy up to 75 cancers **\$899.00**
CT Lung (Lung Cancer) **\$436.00**
PAP Smear / HPV (Cervical cancer) **\$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 **\$436.00**
Urea Breath Test **\$221.27**
Vaccinations **Enquire**



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