

LOVE YOUR HEART. Keep It Strong.

Beat to the rhythm of a healthy life with regular cardiovascular risk screening




Why Do I Need to do Cardiovascular Risk Screening?

In 2020, about one in three deaths in Singapore was caused by cardiovascular disease (Registry of birth and death, 2020). The term "cardiovascular disease" refers to any damage to the heart or blood vessels caused by a build-up of fatty deposits in the blood vessels. This build-up prevents blood flowing through the blood vessels to the body's organs and tissues resulting in a heart disease or stroke.

What does Cardiovascular Risk Screening include?

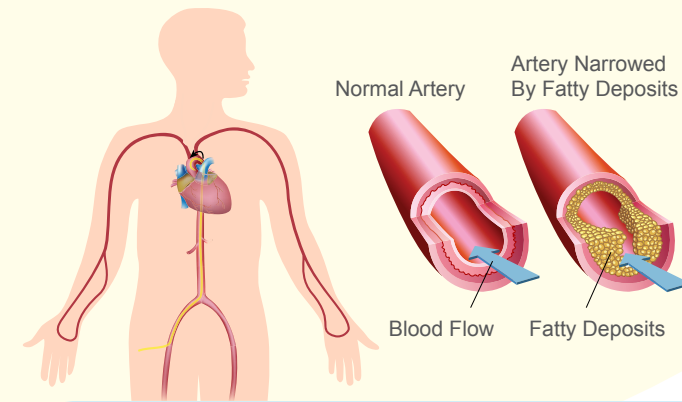
Cardiovascular Risk Screening will pick up the risk factors for heart disease and stroke. The screening includes the following:

-  • **Height and weight taking** - to check your Body Mass Index (BMI) to see if you are overweight or obese
- **Blood test** - to pick up abnormal blood cholesterol levels and abnormal blood sugar levels
- **Blood pressure taking** - to check whether you have high blood pressure
- **Online screening questionnaire** - to check smoking status and other risk factors



Early Detection Saves Lives

People with high blood pressure, abnormal blood cholesterol levels and high blood sugar levels often have no signs and symptoms of these conditions. Regular health screening helps to pick up these conditions early so that you can keep them under control to reduce your risk of getting a heart disease or stroke.



Am I Eligible for the Screening?

You can go for the cardiovascular risk screening if you meet ALL the following criteria:

- Are aged 40 years old and above
- Have not already been told by your doctor(s) that you have one or more of the following:
 - Diabetes
 - High blood pressure
 - High blood cholesterol
 - Chronic kidney disease
 - Atherosclerosis (narrowing of the blood vessels)
 - Coronary heart disease/ heart attack/ heart failure
 - Stroke
 - Pre-Diabetes
- Have not done any cardiovascular risk screening in the past 3 years
- Not on any follow-up after receiving abnormal screening results

How Do I Make a Screening Appointment or Find Out More?



Please visit our Health Promotion Booths/ Counters located at the National Healthcare Group Polyclinics or scan this QR code to request for an appointment.



Our friendly staff will be able to give you more information or help you make an appointment.

Steps involved in CRS Screening



- Proceed to BP/BMI station 1st to take your height, weight and blood pressure.
- Scan the QR code provided for your pre-screening questionnaire.
- Show your completed questionnaire to the staff at the BP/BMI station.
- Proceed to diagnostics lab for your non-fasting blood test.

After Screening



Your screening report will be ready within a month. We will mail you the report if you are found to have no significant issues (e.g. High blood pressure, high blood sugar, abnormal blood cholesterol levels, overweight, smoking). Otherwise, our staff will contact you for follow-up.

Please call our hotline 6355 3000 for any enquiries.

Appointment date/time: _____

Screening: Cardiovascular Risk Screening

Date: _____

Time: _____

珍惜健康， 爱护❤️脏。

定期接受心血管风险检验，
安心迈向健康生活。



我为何需要接受 心血管风险检验？

新加坡生死记录显示，2020年新加坡的死亡人数中，有近三分之一是死于心血管疾病。由于血管内壁脂肪堆积，妨碍血管内的血液正常流动至身体的器官和组织，而引致心胀病或中风，统称心血管疾病。

心血管风险检验包括什么？

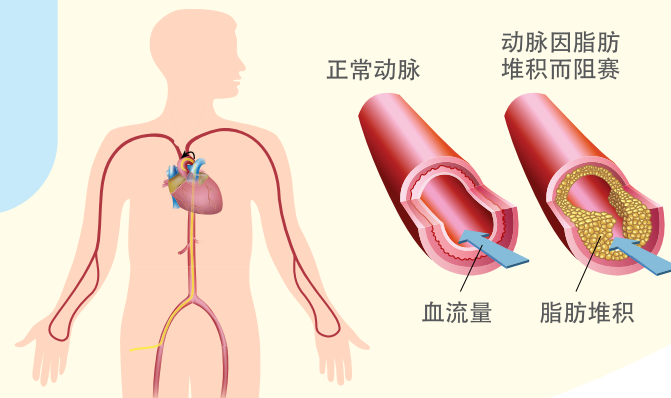
心血管风险检验可以检测出患上心脏病或中风的
风险。检查包括：

- **测量身高和体重** - 身体质量指数 (BMI) 可以知道您是否超重
- **验血** - 检测您的血液中是否有非正常的胆固醇或血糖水平。
- **测量血压** - 检测您是否有不正常的血压
- **网络检查问卷** - 了解您是否有吸烟习惯以及其他风险因素。



及早发现，挽救生命

高血压、高胆固醇、高血糖一般上不会显示任何迹象和症状。及早检测及发现不正常的血压，胆固醇和血糖，能够适当控制病情，并且能减低患上心脏病或中风的危险。所以定期接受健康检查是很重要的。



我是否可以接受检查？

如果您符合以下所有条件，即可接收心血管风险检验：

- 年满 40 岁或以上
- 仍未诊断出以下任何疾病：
 - 前期糖尿病/糖尿病
 - 高血压
 - 高血脂
 - 慢性肾病
 - 血管硬化或阻塞
 - 冠状动脉心脏疾病/心脏病/心脏衰竭
 - 中风
- 在过去的三年内不曾接受心脏血管风险检验，或检查出异常状况但未接受后续咨询或治疗。

我该如何预约检查或 询问详情？



请到国立健保集团综合诊疗所内的保健促进柜台获取服务，或扫描二维码。

我们友善的工作人员将可为您说明更多详情或为您做预约。



该如何准备心血管风险检验：

检查当日

- 在自助登记亭扫描您的身份证。
- 请前往 BP/BMI 站测量您的身高，体重以及血压。
- 用您的手机扫描二维码，填写调查问卷。
- 将填写完毕的问卷交给工作人员确认。
- 最后，请前往实验室进行抽血。

检查之后



您的检查报告将在一个月内备妥。如果您的健康没有出现任何明显问题（如高血压、高血糖、高血胆固醇、超重、吸烟），我们会将报告邮寄给您；否则，我们的工作人员将会联系您以跟进情况。

如需查询，请拨打我们的热线电话63553000。

检查预约日期/时间：

检查：心血管风险检验

日期：_____

时间：_____