



At Premiumpro,  
your health journey  
is elevated.

We offer bespoke health assessments in a private, state-of-the-art environment where every detail is curated for your comfort and well-being.



A Specialist Managed Centre



One Stop Comprehensive Diagnostic Centre



Premium & High Privacy



Specialist Verified Reports

# Beyond Detection, We Prevent



+60 18 762 8355



P&P Healthcare & Radiology

Specialist Centre

53 & 55, Jalan Mutiara Emas  
10/2, Taman Mount Austin,  
81100, Johor Bahru, Johor

Operation Time:

8 AM - 4 PM  
Close on Wednesday

Appointments or walk-ins.



GOOGLE MAP



WHATSAPP



PremiumPro  
Healthcare Centre

## Health Screening Packages



## Pinnacle Package

>304 Tests

Recommended for:

- Longevity & vitality
- Stressful lifestyle
- Environmental hazard risk

Male  
RM 12699

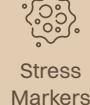
Female  
RM 12899

- PremiumPro VIP
- All VIP benefits
- Privilege & Privacy
- Nutritionist consultation
- Functional Doctor consultation
- Health Analysis Report
- All day refreshment, light food and lunch

DNA  
Biological Age

Toxic  
Elements

Nutrient  
Elements



Stress  
Markers



Organ  
Inflammation



Functional Doctor  
Consultation



## Alpine Package

>260 Tests

Recommended for:

- Hormonal imbalance
- Nutrition deficiency concern
- Strong risk of cancer
- Unexplained physical changes

Male  
RM 9699

Female  
RM 9899

- PremiumPro VIP
- All VIP benefits
- Privilege & Privacy
- Nutritionist consultation
- Health Analysis Report
- All day refreshment, light food and lunch

Complete  
Hormones

Vitamin  
Analysis

Urea Breath  
Test

Multi Cancer  
Early Detection

Tissue  
Damage

Antioxidants



## Montane Package

>120 Tests

Recommended for:

- Specific symptoms & risk oriented
- Person with chronic diseases

Male  
RM 3699

- Nutritionist consultation
- All day refreshment, light food and lunch

Female  
RM 3899



CT-Scan



Hormone  
(Male)



Basic  
Nutrients



Mental  
Health



Nutritionist  
Consultation



Ultrasound  
Full Abdomen



Heart Stress  
Test



Skin  
Analysis



## Foundation Package

>110 Tests

Recommended for:

- General well-being
- Quick report

Male  
RM 1799

- All day refreshment, light food and lunch

Female  
RM 1999



Blood & Urine



Lung Function  
Test



ECG



Bone Density  
Test



Pap Smear  
(Female)



Fundoscopy



Ultrasound  
Upper  
Abdomen



X-Ray



Heart Stress  
Test (Male)



Breast  
Scan

Your Health Journey,  
from Foundation  
to Peak



Pinnacle



Montane

Foundation

Alpine

1 PINNACLE PACKAGE

Journey to a healthy life and  
longevity, this package keeping  
you well and worry-free

2 ALPINE PACKAGE

A package designed to  
care for every aspect of  
your health, especially if  
you have unexplained  
health conditions

3 MONTANE PACKAGE

If you have chronic disease or certain symptoms,  
this package gives you the right support.

4 FOUNDATION PACKAGE

To detect early signs of common diseases, identify risk  
factors, and provide a baseline for your health.



Scan QR Code  
for a more detailed  
package comparison

Early Detection, Early Prevention

		FOUNDATION	MONTANE	ALPINE	PINNACLE
		M   RM 1799	M   RM 3699	M   RM 9699	M   RM 12699
		F   RM 1999	F   RM 3899	F   RM 9899	F   RM 12899
Personal, family & social medical history review and full physical examination		✓	✓	✓	✓
<b>Physical Body Measurement</b>	Blood pressure, Heart rate, temperature, oxygen level	✓	✓	✓	✓
	Weight, Height, Body Mass Index (BMI), Waist circumference, Hip Circumference, Neck Circumference	✓	✓	✓	✓
<b>Comprehensive Lab Investigation</b>					
Hematological Profile	Full blood count	✓	✓	✓	✓
	WBC with Differential Count, RBC, Hb, HCT/PCV, MCV, MCH, MCHC, Platelet, RDW	✓	✓	✓	✓
	Blood Group ABO & Rh-D Typing, Erythrocyte Sedimentation Rate (ESR)	✓	✓	✓	✓
Renal Function Test	Creatinine, eGFR, Urea, Uric Acid, Sodium, Potassium, Chloride, Calcium, Phosphate	✓	✓	✓	✓
	Urine Microalbumin	✓	✓	✓	✓
	Magnesium	✓	✓	✓	✓
Liver Function Test	Total Bilirubin, Total Protein, Albumin, Globulin, ALP, GGT, ALT, AST, Fibrosis Index	✓	✓	✓	✓
Diabetic Profile	Fasting Glucose, HbA1c	✓	✓	✓	✓
Lipid Profile	Total Cholesterol, HDL Cholesterol, LDL Cholesterol, Triglycerides, Total/HDL ratio	✓	✓	✓	✓
Iron Studies	Ferritin, Serum Iron, Total Iron Binding Capacity (TIBC), Transferrin Saturation, Transferrin	✓	✓	✓	✓
Thyroid Function Test	Thyroid Stimulating Hormone (TSH), Triiodothyronine (T3), Thyroxine (T4)	✓	✓	✓	✓
Autoimmune Screening	Rheumatoid Factor, Hs CRP	✓	✓	✓	✓
Tumour(Cancer) Markers Profile	Alpha Fetoprotein (AFP) - Commonly for Liver	✓	✓	✓	✓
	Carcinoembryonic Antigen (CEA) - Commonly for Colon	✓	✓	✓	✓
	Cancer Antigen 19-9 (CA19-9) - Commonly for Pancreas	✓	✓	✓	✓
	Prostate Specific Antigen (PSA) - Prostate (Male)	✓	✓	✓	✓
	Cancer Antigen 153 (CA153) - Breast (Female)	✓	✓	✓	✓
	Cancer Antigen 125 (CA125) - Ovaries (Female)	✓	✓	✓	✓
Hepatitis Screening	Hepatitis B surface antigen & antibody, Hepatitis A antibody	✓	✓	✓	✓
Infection Screening	HIV Antibody & Antigen	✓	✓	✓	✓
Urine	Full Examination and Microscopic Examination	✓	✓	✓	✓
Hormones	Insulin, Sexual Hormone Binding Globulin, Prolactin			✓	✓
	Male   Free Testosterone, Total Testosterone		✓	✓	✓
	Female   Follicular Stimulating Hormone, Luteinizing Hormone, Estradiol			✓	✓
Gastrointestinal Screening	Urea Breath Test for Helicobacter Pylori Infection		✓	✓	✓
Lactate Dehydrogenase			✓	✓	✓
Vitamins	Vitamin D		✓	✓	✓
	B9 Folic Acid, B12 Cobalamine			✓	✓
Antioxidant Vitamins Analysis	Vit A(Retinol, B-Carotene), Vit C (Ascorbic acid), Lutein, Zeaxanthin, Lycopene, Tocopherols, CoQ10, Vit D 2&3			✓	✓
Multi-Cancer Early Detection (ct DNA)	Early Cancer Detection by ctDNA of 10 organs (Breast, Lungs, Colorectum, Stomach, Liver Biliary Tract, Ovary, Pancreas, Esophagus, Endometrium, Head & Neck)				✓
Stress Hormone	DHEA, Cortisol				✓
Nutrient & Toxic Element Analysis	Heavy metal, Major Elements, Trace Elements				✓
Antioxidant	Superoxide Dismutase				✓
Cardiac Markers	Homocysteine, Apolipoprotein				✓
Telomere Length Test (DNA)	Biological Age base on DNA Chromosome (Cellular Age)				✓
<b>Stool Analysis</b>				✓	✓
Cardiac Examination	Resting ECG	✓	✓	✓	✓
	Stress Test by Threadmill or Ergobike	✓	✓	✓	✓
Gynaecological Examination	Pap Smear + RM150 for HPV DNA	✓	✓	✓	✓
Lungs Function Test	Spirometry	✓	✓	✓	✓
<b>Body Composition Analysis</b>		✓	✓	✓	✓
Bone Density Test	R.E.M.S (Radiofrequency Echographic Multi-Spectrometry Scan)	✓	✓	✓	✓
Eye	Visual Acuity	✓	✓	✓	✓
	Colour Blind	✓	✓	✓	✓
	Tonometry(Glaucoma screening)	✓	✓	✓	✓
	Fundoscopy	✓	✓	✓	✓
Hearing Test	Audiometry	✓	✓	✓	✓
X-Ray	Chest X-Ray	✓			
VISIA	Detailed Skin Analysis		✓	✓	✓
<b>Mammogram &amp; Ultrasound Breast</b>		Choose 1	Choose 1	Choose 1	✓
Ultrasound	Liver, Gall Bladder	✓	✓	✓	✓
	Spleen, Pancreas	✓	✓	✓	✓
	Kidney, Ureter, Bladder	✓	✓	✓	✓
	Uterus Ovaries	✓	✓	✓	✓
	Prostate	✓	✓	✓	✓
	Neck with Thyroid			✓	✓
	Fibroscan Liver			✓	✓
<b>CT Scan</b>	Low Dose Lung		Choose 1	Choose 1	Choose 1
	Brain		Choose 1	Choose 1	Choose 1
	Coronary Calcium Score(Cardiac Examination)		Choose 1	Choose 1	Choose 1
<b>Mental Health Assessment</b>			✓	✓	✓
Detailed Post-Screening Consultation by doctor		✓	✓	✓	✓
Nutritionist Consultation			✓	✓	✓
All Day Refreshments and Lightfood included		✓	✓	✓	✓
Lunch			✓	✓	✓
<b>Premium Membership</b>				✓	✓
Total Test		110	120	260	304