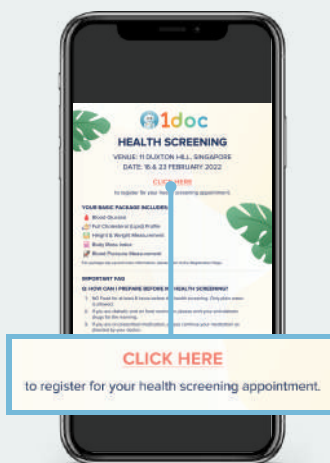


HOW TO BOOK YOUR HEALTH SCREENING



STEP 1:

Tap on the **“Click Here”** link to **register** for your **health screening appointment**.



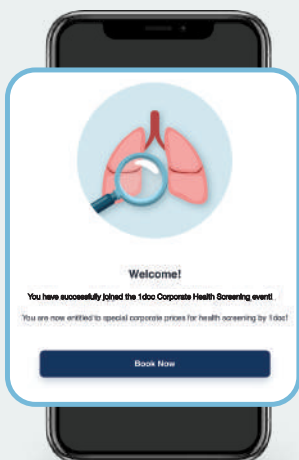
STEP 2:

Click **“Continue On Web”**, Select **“Sign Up”** to proceed with creating an account.



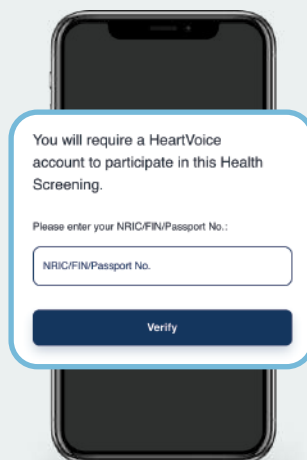
STEP 3:

Follow the instructions to complete your **sign-up process**.



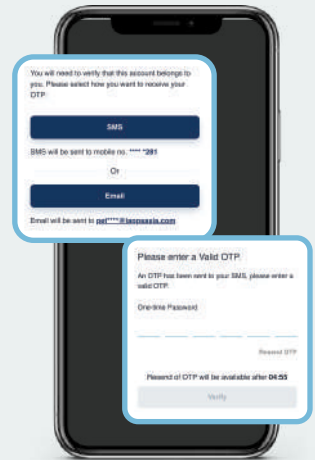
STEP 4:

Click **“Book Now”** to view the list of **health screening packages** available for your company.



STEP 5:

Please **enter your NRIC, FIN, or Passport Number** in the relevant field.



STEP 6:

If prompted, select your **preferred verification method** and **enter the OTP**. Otherwise, proceed to Step 7.

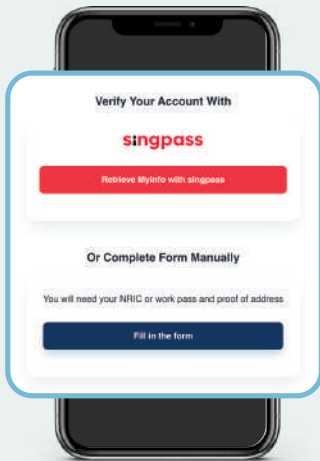
Please prepare your original **NRIC/FIN/Passport** and **Past Health Screening Results (if any)** on your appointment date.

A **minimum 8 hours of fasting** is required before the screening to ensure accurate results in your **cholesterol profile** and **glucose tests**.

Food and beverages are **not allowed** during fasting period.
However, **plain water** is **strongly encouraged**.

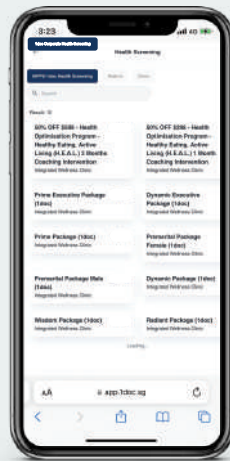
Please refer to <https://iwell.sg/frequently-asked-questions> for more information.

HOW TO BOOK YOUR HEALTH SCREENING



STEP 7:

Retrieve your particulars **via Singpass** or **complete the form manually**.



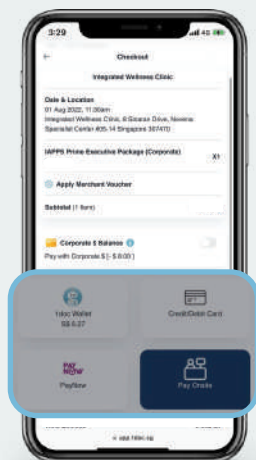
STEP 8:

Select your preferred **health screening package** and **location** for your appointment.



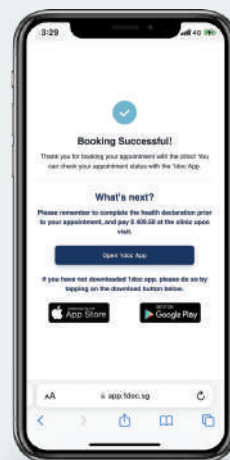
STEP 9:

Select your preferred **options and add-ons**, and choose a **date and time** for your appointment.



STEP 10:

Review your selections, select a payment method and click **"Check Out"**.



STEP 11:

Download the 1doc App from App Store or Play Store to manage your booking.

Please **Sign In** to the app using the same phone number you used for the booking.



1doc.sg/app/

*T&Cs Apply

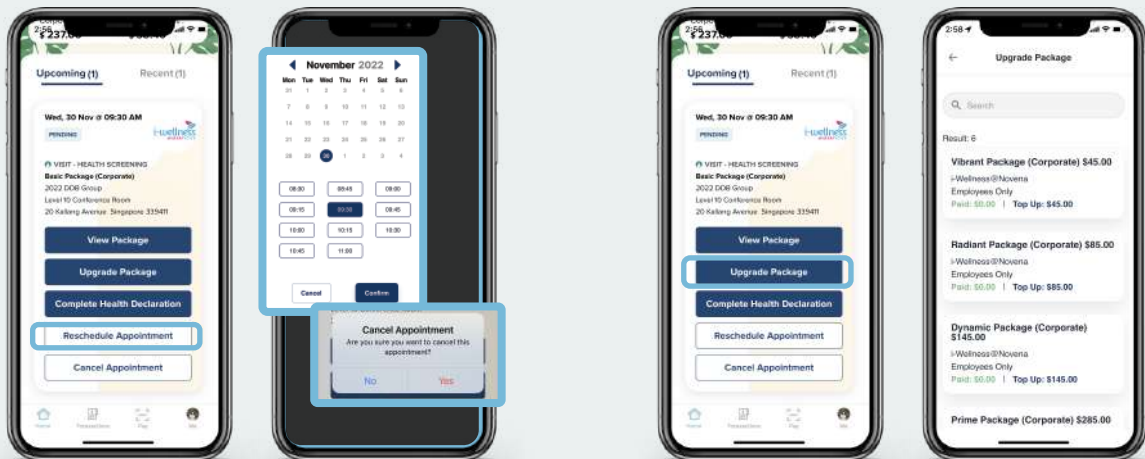
Download the 1doc App & Get \$100*!

You will receive \$100 1doc Rewards, which you can use to offset \$5 from every in-clinic transaction you make. The 1doc App allows you to Scan & Pay at over 250 participating clinics islandwide; Teleconsult with a doctor anytime & anywhere; Book your next health screening appointment; Access your health reports; Book health review.

Continue to next page →

BEFORE / DAY OF YOUR HEALTH SCREENING

Reschedule / Cancel Your Appointment or Upgrade Your Package



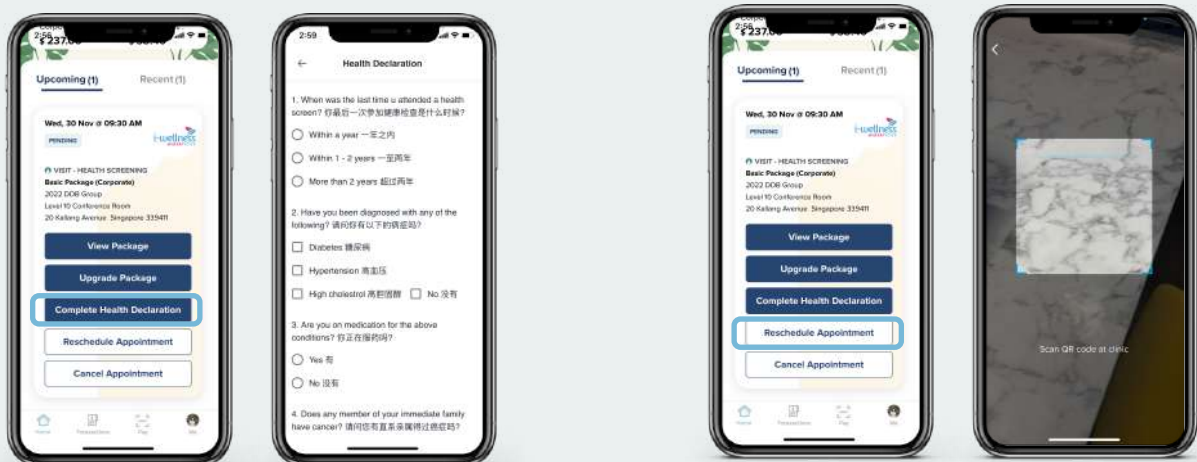
Reschedule / Cancel Your Appointment:

Click on the **Reschedule / Cancel Appointment** button. Choose your preferred slot / Click Yes to confirm.

Upgrade Your Package:

Click on the **Upgrade Package** button. Select your preferred package and slot, and click **Confirm**.

Complete Health Declaration & Check-In At Clinic *On the day of your health screening*



Complete Health Declaration:

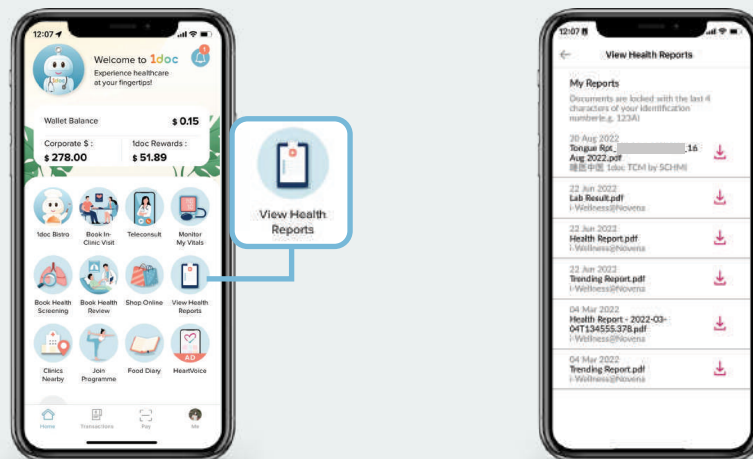
Click on the **Complete Health Declaration** button. Complete the health declaration and click **Submit**.

Check In At Clinic:

Click on the **Check In At Clinic** button. Scan the QR Code at the registration counter during your screening event.

FOLLOWING UP AFTER YOUR HEALTH SCREENING

How to retrieve your health screening report ~7 to 14 days after your health screening



STEP 1:

On your 1doc App, click on the **View Health Reports** button.

STEP 2:

Click on the **report** you would like to access.

How to book your post-screening review (teleconsult) ~7 to 14 days after your health screening



STEP 1:

On the 1doc App, click on the **Book Health Review** button.

STEP 2:

Select your preferred **doctor**, choose a **date and time** for your teleconsult session, and click **"Confirm"**.

STEP 3:

Upon successful confirmation, this **pop-up message** with your chosen slot will appear.

Your appointment booking details will immediately be reflected in the homepage of your 1doc App. If you would like to **reschedule or cancel your appointment**, click on **"View Your Journey"** and select **"Reschedule"** or **"Cancel"**.