



We are committed to provide you up-to-date expertise and year-round support services.

That is the reason why we make ourselves available to you round the clock, 24 hours a day, 365 days a year through our 24Hr Helpline (65) 6220 9119.



Thus, you can be assured of advice and help at all times, especially in times of emergency.

Staff Discounts

For our valued clients, PAN has made arrangements with our partners to provide staff discounts when the *Pan Group's Helpline Card* is presented.

To obtain a helpline card, please refer to HR or you may contact Pan Group directly on our helpline.

Below are details of the current arrangements and will be updated occasionally when there are any changes.

GNC

GNC provides **15% discount** off regular priced items at all GNC stores in Singapore

Conditions:

- Not valid with any on-going promotions, VIP privileges, discount cards or vouchers.
- Excludes foodstuff and selected controlled price items.
- Offer is valid till 31 Dec 2011

Scoop of Art

SCOOP OF ART is Singapore's first Gelato & Art café - we give everyone the opportunity to experiment with a wide variety of Gelato flavours & Art & Craft. No right or wrong. Just pure freedom of expression in a comfortable & delicious environment!



Enjoy **10% off** all desserts, Gelato & beverages.

Offer is valid till 31 Oct 2011

There are 18 Gelato flavours to choose from and to find out more, please go to www.scoop-of-art.com.

Venue: Marine Parade Community Club. Tel: 63456563

Asia HealthPartners

Asia HealthPartners provides premium quality healthcare using the latest cutting- edge medical technology for our patients and the general community. Their wide range of medical services is carried out in a pleasant and relaxed environment, with dedicated and professional staff ensuring a private and comfortable experience.



Their staffs is committed to providing unparalleled service with attention to detail and meticulous clinical care, giving each patient the peace of mind that they are receiving the highest quality of care.

1. Customized Health Screening Packages:

- Basic at \$180 before GST
- Jasper at \$280 before GST
- Emerald-I at \$380 before GST

2. AHP In-house Packages (Existing Packages)

10% discount for all men and women in-house health screening packages, cancer screens, pre-marital screen, pre-conception screen, allergy test, weight management program, healthy heart package and anti-aging screen.

Above rates are also extended to immediate family members, kindly indicate staff number and designation when booking.

Preparatory Measures to take before Health Screening:

- Fasting (no food and drinks should be consume 8 hours prior tests) is necessary for certain blood tests and radiological procedures. Light breakfast will be served after test.
- Bring all medicines, previous medical reports and films for consultation.
- Sports shoes and proper attire is required for treadmill stress test.
- Ladies – to conduct screening 5 days after menses or 1 week before menses. For mammogram, please do not wear talcum powder, perfume or deodorant. Mammogram is not suitable for pregnant ladies.
- Flu Jabs – Available only when vaccination is booked 2 weeks in advance.



**304 Orchard Road,
Lucky Plaza #05-06,
Singapore 238863
Tel: 6235 9325**

**Mon-Fri 8:30am – 5:30pm
Sat 8:30am – 12:30pm
Closed Sunday & Public Holiday**

Tests below are applicable to all 3 plans, unless otherwise indicated.

Health Screening Test Details	
Detailed Medical Review	*Endocrine Functions
Physical Examination	• Glucose
Body Composition Analysis Anthropometry (BMI & Fat Composition)	• Free T4 # • TSH (Thyroid) #
Blood Pressure	*Lipid Profile .
Laboratory Tests: *Kidney Functions	• Total Cholesterol • HDL Cholesterol • LDL Cholesterol • Triglycerides • Cholesterol Ratio
• Urea • Creatinine • Potassium • Chloride • Sodium	*Serology • VDRL/ RPR (Syphilis) • THPA (if VDRL positive)
*Liver Functions	*Bone & Joint Screen
• Total Protein • Albumin • Globulin • Bilirubin • Alkaline Phosphates • A/G Ratio • SGPT • SGOT • GGT	• Calcium • Phosphate • Uric Acid (Gout)
*Haematology	*Hepatitis Bs Ag screening * Hepatitis Bs Ab screening *Hepatitis A Ab screening
• Haemoglobin • Total WB Cells • Total RB Cells • Differential Count • Platelets • MCV, MCH, MCHC • Haematocrit (HCT/PCV) • PBF • ESR	*Cancer Markers • Colon • Liver • CA 125 (CervicalFemales) ♦ # • Total PSA(ProstateMales) ♦ #
	PAP SMEAR with Pelvis Examination (Females – cervical cancer)
	Breast Examination (Females)
	*Urine Analysis : FEME
	*Stool Analysis : OB
	Resting ECG (Heart)
	Chest Xray (TB, Lung cancer)
Spirometry (Lung Function test) # or	Spirometry (Lung Function test) <small>(not applicable to Emerald I)</small>
Retinophotography (eye problem) #	Visual Acuity & Color Vision ♦ #
Tonometry (Glaucoma)	Medical Report

♦ - only available for Jasper (\$\$280 before GST)

- only available for Emerald I (\$\$380 before GST)

Below Tests are applicable only for Jasper & Emerald Packages. Staff on Jasper Package can choose one test from below. Staff on Emerald Package can choose two tests from below.

- | | |
|---|--|
| ▪ CT Densitometry(Osteoporosis) | ▪ High Sensitive CRP (Coronary Risk) |
| ▪ Ultrasound Prostate (Males) | ▪ Homocysteine (Coronary Risk) |
| ▪ Ultrasound Breast (Females <40yrs old) | ▪ Mammogram (Females 40yrs old & above) |
| ▪ Ultrasound Pelvis (Females –ovaries & womb) | ▪ Other Optional Tests Imaging / Office Test --
CT / Radiology / Mammography & Ultrasound
MRI – 15% discount |

Arc of Life Chiropractic Centre

Arc of Life Chiropractic Centre is a corrective chiropractic clinic, centrally located in Orchard Road, which specializes in the treatment of headaches, migraines, low back pain, stiff neck, frozen shoulders, scoliosis, spondylosis, spondylolisthesis, sciatica, slipped disc, joint pain and many others. It also examines patients for vertebral subluxation and focuses on postural correction.

The clinic's Initial Examination and Problem Report Consultation is usually priced at \$240. **However, all PAN's clients will enjoy a special reduced fee of only S\$50** (x-rays not included). This Initial Examination & Problem Report Consultation is a thorough 3-day process that will include:

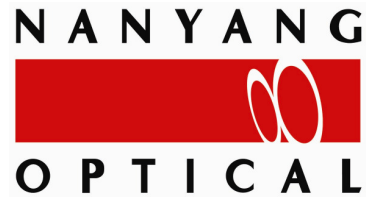
- *Complete Chiropractic Health Consultation coupled with Physical Examination, Neuro-Muscular examination and Spinal Palpation*
- *Doctor's Report on Findings and Advice if Chiropractic Can Help*
- *Recommendation of Individualized Treatment Plan based on Your Report of Findings.*

If you are keen to take up the offer, kindly call Tel: 6732-3323 to schedule in your appointment or email info@ArcOfLifeChiropractic.com.sg.

Arc of Life Chiropractic Centre Pte Ltd
1, Scotts Road, #24-12, Shaw Centre
Singapore 228208
Tel: 6732-3323
www.ArcOfLifeChiropractic.com.sg



Nanyang Optical



Eyewear – Exclusive House Brands

Nanyang Optical is an optical retail chain store that has branched into design and manufacturing and undertaken research and development initiatives to produce innovative eyewear. In 2006, we won the iF awards at the internationally recognized design forum at Hannover in Germany for two of our patented products. Since then our frames have been featured in various European news for their originality and breakthrough designs. We have also won numerous coveted international eyewear design awards including Red Dot 2007, IDSA 2008 finalist (International Design Excellence Awards), Silmo 2008, Red Dot 2009, iF Gold 2009 (German International Forum Design awards) and the prestigious Singapore President's Design Award 2009.

The capability to innovate and produce new designs has given us the opportunity to express ourselves in new artistic ways. Our new frames and designs have earned us international recognition and placed us in a distinctive position in the eyewear industry.

Discount Offers:

- ❖ **30 % off** : Frames & sunglasses of Exclusive Brands. Enjoy additional 5 % off on house brand promotion packages (if any during point of purchase).
- ❖ **20% off** : frames & sunglasses of other brands (excludes Exclusive House Brands). Discount not valid with other promotions/price-controlled items and accessories.
- ❖ **20% off** : all conventional contact lenses.
- ❖ **10% off Big Eyes 2** : bi-weekly disposable color contact lens,(1 box contain 2-piece lens) 1 box @ \$20, 2 boxes @ \$36, Buy 3 boxes @ \$60 get the 4th box free.

Terms & Conditions:

- ❖ Discounts not valid with other promotions/discounts/vouchers/card & rebate privileges.
- ❖ Please present Pan Group Helpline Card before purchase.
- ❖ Discounts are subject to change without prior notice.
- ❖ Valid till 30 September 2011

Nanyang Optical Outlets

• Causeway Point #B1-35 Tel 68942641 • Compass Point #B1-14 Tel 63159057 • Heartland Mall-Kovan #01-133/135 Tel 62814003 • Hougang Festival Market #01-53 Tel 68813378 • Junction 8 #B1-15 Tel 63537828 • Jurong Point #01-29D Tel 67937107 • Parkway Parade #B1-58/59/60 Tel 64400566 / 64472629 • Thomson Plaza #01-10A Tel 64535021 • White Sands #01-07/08 Tel 65851291

Nanyang Franchisee Outlets

• Eastpoint Mall #01-25 Tel 67832024 • United Square #01-65 Tel 62507768

Beyond Beauty

Promotion period - January 2011 to December 2011



Exclusive Trial Promotions @ \$25 (w/GST: \$26.75)

(Choose one of the following)

MJP Intense Hydrating Radiance (60mins)

The proven scientific cure for skin under the assault of air-conditioning, air travel and harsh cosmetic products, this regimen is the cumulative wisdom of over 80 years. Your skin regains its natural moisture balance and youthfulness.

Power Shape (20mins)

Radio Frequency combined with low level laser heats up tissue from 5 to 10mm depth to manipulate metabolism of collagen, skin and fat. Vacuum suction and rollers flattens skin for radio frequency penetrates the energy deeper and increase blood circulation by expanding blood vessel. PowerShape is the device for cellulite and body shaping that combines bipolar radio frequency, laser and vacuum system together in one system.

Red Wine Ginger Massage (45mins)

Harvesting the benefits of Resveratrol, an anti-oxidant found in Red Wine as well as Ginger, this results-proven traditional remedy for improving body functions is an excellent healing process for those who spend long hours in a seated position, or those who just want to be pampered.

Terms & Conditions

- Valid for first time customers of Beyond Beauty Spa.
- Please present Pan Group Helpline Card upon appointment.
- Promotion is exclusive to Pan Group Corporate Clients.
- Promotion is valid from January-December 2011.
- Prior booking of appointment is required to avoid disappointment.
- Kindly quote "**Pan Group Corporate 2011**" when booking your appointment.
- Beyond Beauty International Pte Ltd reserves the right to amend the terms & conditions without prior notice.

Exclusive Packages Promotions @ \$388 (w/GST: \$415.16)

Face

(Usual price of package: \$1300)

5 Diamond Face Brightener

5 Eye Hot Mask

Body

(Usual price of package: \$1800)

5 RF Cellulite Combatant (spot)

5 Body Contouring Wrap

Spa

(Usual price of package: \$1200)

5 Royal Swedish Massage (45mins)

5 Royal Body Polish

Terms & Conditions

- Please present Pan Group Helpline Card upon appointment.
- Promotion is exclusive to Pan Group Corporate Clients.
- Promotion is valid from January-December 2011.
- Prior booking of appointment is required to avoid disappointment.
- Kindly quote "**Pan Group Corporate 2011**" when booking your appointment.
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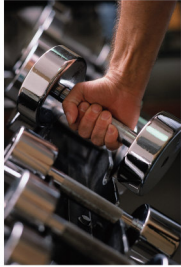
Beyond Beauty International Pte Ltd

Outlets:

<u>Park Mall</u> #01-01E 9 Penang Road Singapore 238459 Tel: 6388 8333	<u>Pacific Plaza</u> #06-02 9 Scotts Road, Singapore 228210 Tel: 6336 8333	<u>Roxy Square</u> 50 East Coast Road #01-109 Singapore 428769 Tel: 6348 8333
<u>Orchard Central</u> 181 Orchard Road #04-14 Orchard Central, Singapore 238 896 Tel: 6332 8333	<u>Raffles Place</u> 20 Malacca Street #01-00 Singapore 048 979 Tel: 6858 8333	
<u>Orchard Hotel</u> 442 Orchard Road #01-13 Orchard Hotel Shopping Arcade Singapore 238879 Tel: 6363 8333	<u>Royal Brothers</u> 22 Malacca Street Royal Brothers Building #12-00 Singapore 048 980 Tel: 6438 8333	

SKY Fitness

SKY – (START LIVING RIGHT), the Premier Fitness Lifestyle Club is a refreshing concept which has raised the bar in all aspects in the Health and Fitness Industry. Awarded '**BEST FITNESS CENTRE 2007, 2008, 2009 and 2010**' by Singapore Tatler, the track record stands out.



Sky set out to “raise the bar” in the fitness industry by providing a brand which stood for comprehensive, high quality physical and biological fitness programs and highly personalized levels of service in top quality facilities. Apart from state-of-the-art cardiovascular and strength training equipment, SKY offers the convenience of services like concierge services, spa services, café (offering chef-prepared nutritious and delicious meals), and SKY GENESIS area for preventive healthcare.

SKY is located at the HarbourFront precinct which is Singapore's top lifestyle destination. Perched on the 16th floor, the penthouse (right above the cable car station) offers breath taking coastal views of Sentosa and Mount Faber; which fits perfectly for a relaxing and uplifting experience.

For more information, please visit www.skyfitness.com.sg

Complementary:

With various programs to refresh your mind & body and to preserve this balance, Sky Club will provide the care and support to cater for your fitness, comfort and health

- + 5 days Gym usage (unlimited group exercise classes) (worth \$175)
- + 1 Bio-Scan – a comprehensive health and wellness diagnosis (worth \$80)
- + 1 Dry HydroTherapy (worth \$25)



Corporate Privileges

- All Pan Group Helpline card holders will receive a +1 additional month free on top of any annual membership enrolment.
- 20% off at Sky SPA
- 20% Discount off Personal Training Packages

Equipments discounts:

- 20% off Sky Genesis's (BRS500 & Vibe 575) and other equipments.

BRS500 - Pulsating electro-magnetic field could improve the blood flow in the whole organism.

Vibe 575 - Using the Vibe Train for just 10 minutes per day, three times per week, can compare to 60 minutes of conventional training with weights

Please call: 6271 0818 and kindly mention “Pan Group” to redeem your complementary entitlements or further enquiry.

Terms and Conditions apply.

All offers are valid till 31st Dec 2011 - All promotions and discounts are valid for 1st timer only.
