



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.

OSIM

Free uCleen Travel worth \$68 with minimum spend of \$400

Terms and conditions

- Offer is valid till 31 Mar 2010
- **Present voucher to enjoy offer.**
- Offer is not valid in conjunction with any other promotions / privileges / free gift / gift vouchers.
- Offer is valid for one-time use only
- Offer is valid while stock last.
- Other terms and conditions apply. All rights reserved.



Asia Health Partners

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 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) <i>(not applicable to Emerald I)</i>
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)
- Ultrasound Prostate (Males)
- Ultrasound Breast (Females <40yrs old)
- Ultrasound Pelvis (Females –ovaries & womb)
- High Sensitive CRP (Coronary Risk)
- Homocysteine (Coronary Risk)
- Mammogram (Females 40yrs old & above)
- 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

Nanyang Optical provides discounts at all Nanyang Optical Outlets and Franchise stores.



Discount Offers:

- ❖ **30 % off** : Frames & sunglasses of Exclusive Brands
- ❖ **20% off** : All conventional contact lenses
- ❖ **BigEyes2** bi-weekly disposable colored contact lenses (2 pcs per box) @ \$19 (UP\$25) with minimum 4 boxes purchase @ \$76 (UP \$100)

Terms & Conditions:

- ❖ Discounts not valid with other promotional offers/packages.
- ❖ Please present Pan Group's Helpline Card before purchase.

My Secret Garden

Right in the city along the Waterloo Street Arts Belt, the Garden's intimate courtyard is a sanctuary

from the bustling city, right smack in the centre of it. Some of our most popular items are : Cod Fish, Beef Tenderloin, Rack of Lamb, Crabmeat Linguine, Lobster Bisque, Triple Chocolate Brownies, salads, and pastas. The stylish night lighting gives the place a wonderful, intimate ambience. Staffs are entitled to 10% of their Ala Carte Menu.



161 Middle Road Singapore 188978 Tel: 6334 8334

Monday- Fridays : 12 noon – 2pm, 6pm till 11pm

Sat/Sun/public holidays : 6pm till 11pm

www.mysg.com.sg

Beyond Beauty & For Him



Corporate Exclusive: \$28 Trial (w/GST:\$29.96)

Micro-Dermabrasion (45 mins)
Dermis exfoliation to unclog pores, remove dead skin cells and lighten scar marks while stimulating skin renewal.

\$28

H2O Skin Saver (60 mins)
Removes dead skin cells and smoothens surface texture while replenishing oxygen to the skin.

\$28

RF Fat Burner (Spot) (20mins)
Effectively burns fats by liquefaction, breaks down stubborn cellulites and increases skin firmness.

\$28

Full Body Swedish Massage (45 mins)
A deep & soulful full body massage with a personal touch to release tension as well as improve lymphatic drainage & blood circulation.

\$28



Terms and Conditions

1. For first time Beyond Beauty / For HIM Men's Spa customers only
2. Please present Pan Group's Helpline Card upon appointment.
3. Promotion is only exclusive for Pan Group's Staff/Clients only.
4. This promotion is valid from October 2009 to October 2010.
5. Beyond Beauty International Pte Ltd reserves the right to amend the Terms & Conditions without prior notice

Corporate Exclusive Package Promotion:

FACE Packages

1) Stress Release Facial Bundle @ \$388 (w/GST: \$415.16),
Usual Price of Package: **\$1700**

- i) 10 Sessions of Anti-Stress Facial
- ii) 10 Sessions of Eye therapy
- iii) 10 Sessions of Neck therapy

or

2) Radiant Face Package @ \$788 (w/GST:\$843.16)
Usual Price of Package: **\$1500**

- i) 6 Sessions of Collagen Facial
- FREE** 6 Sessions of Lifting Mask and 6 Sessions of Eye Collagen

BODY Packages

1) Body Slim Treats @ \$488 (\$522.16),
Usual Price of Package: **\$2600**

- i) 10 Sessions of Electroslim
- ii) 10 Sessions of Hot Blanket
- iii) 10 Sessions of Tension Relieving Targeted Rub

or

2) 4 In 1 PowerSlim Package @ \$888 (\$950.16)
Usual Price of Package: **\$3000**

- i) 10 Sessions of **Powerslim Treatment**
(omina,oxifat,oxicell,electroslim)
- FREE** 10 Sessions of **Body Contour Wrap** (worth \$700)
- 10 Sessions of **Slimming Rub** (worth \$800)
- 10 Sessions of **Detox Hot Blanket** (worth \$400)

SPA Packages

1) Spa Treats @ \$588 (\$629.16),
Usual Price of Package: **\$1690**

- i) 10 Sessions of Swedish Full Body Massage (45 mins)
- ii) 5 Sessions of Body Scrub (15mins)
- iii) 5 Sessions of Bamboo Spot Roll (20mins)

or

2) Prestige Spa Package @ \$988 (\$1057.16)
Usual Price of Package: **\$2000**

- i) 10 Sessions of **Red Wine & Ginger Massage** (60 mins)
- FREE** 5 Sessions of **Body Scrub** (15 mins) (worth \$200)
- 5 Sessions of **Body Mud Wrap** (30 mins) (worth \$600)

Terms and Conditions

1. Please present Pan Group's Helpline Card upon appointment.
2. Promotions are valid at Beyond Beauty/For HIM Men's Spa outlets.
3. Advance reservation is required and subjected to availability. Please call for an appointment.
4. Beyond Beauty International Pte Ltd reserves the right to amend the Terms & Conditions without prior notice.
5. Promotion is only exclusive for Pan Group's Staff/Clients only.
6. This promotion is valid from October 2009 to October 2010.
7. Fri & Sat 11am to 1am