

# LIFT CLINIC

## WHAT WE DO

Ever had a doctor give you a bottle of pills and send you on your way? Or worse, tell you to just “eat better & exercise” and leave it at that? LIFT Clinic moves beyond traditional medicine. We use cutting-edge diagnostic tests that translate to actionable outcomes, design specific treatment plans, and coach you to execute that plan consistently. Nothing is left to chance, and your results are a function of science - not guesswork.



**WEIGHT MANAGEMENT**



**AESTHETIC MEDICINE**



**METABOLIC & FITNESS TESTING**



**WOMEN'S & HORMONE HEALTH**



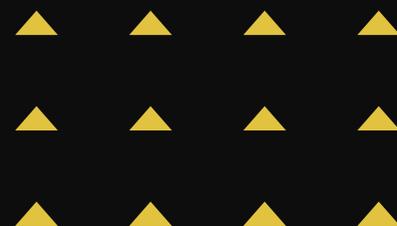
**Contact Us**



WhatsApp APPOINTMENT LINE ONLY  
**+65 8892 8415**



Location  
**218 Pasir Panjang Road #02-08 / 118579**





# GET YOUR PERSONAL METABOLIC BLUEPRINT

This all-inclusive screening goes far beyond your typical “executive health check.” Our **Metabolic Blueprint** has:

- a comprehensive blood and urine panel
- complete hormone profile
- VO<sub>2</sub> Max and Resting Metabolic Rate (RMR) testing
- clinical biometrics: InBody analysis, blood pressure, waist-hip ratio, handgrip strength assessment
- a full Functional Movement Screen (FMS)

You’ll meet with both a doctor and health coach for a 75-minute joint consultation that connects your data to a real-world personalised strategic health plan—with precise nutrition, training, and lifestyle recommendations.

Our **Metabolic Blueprint** isn’t just a check-up. It’s the way to get an evidence-based, individualised roadmap to optimise your performance, longevity, and metabolic health—available exclusively at LIFT Clinic.

**PACKAGE PRICE**  
**\$1799**



All prices below are inclusive of mandatory 9% GST

## WEIGHT MANAGEMENT

Start From **\$272.50**

- Consult/teleconsult with *either* Dr. Tyler or Coach Amanda - 1 hour @ \$272.50.
- Joint consult/teleconsult with *both* Dr. Tyler & Coach Amanda - 1 hour @ \$381.50.
- All consultations include **clinical biometrics assessment, InBody® bioimpedance report and analysis, and strategic treatment plan.**

## BASIC HEALTH SCREENING

**\$981**

- Parkway Lab (blood/urine) works (see page 3 for panel inclusions)
- In-clinic examination (handgrip strength, BP, waist/hip circumference)
- Inclusive of **75-minute detailed in-clinic review** with Dr. Tyler & **metabolic risk assessment spreadsheet**

## ACCOUNTABILITY COACHING

Start From **\$2998**

- 8 week intensive T101 coaching program with Coach Amanda
- Inclusive of 5 hours face-to-face coaching, 56 days of personal check-ins, completely bespoke workout plan (work around injuries, travel, etc.), and highly individualised nutrition help (using meal plan, macros, and/or habits approach)

## METABOLIC TESTING

Start From **\$49.05**

- InBody® Bioimpedance Report @ \$49.05
- RMR (Resting Metabolic Rate) Test with Report @ \$152.60
- VO2 Max (Cardio Threshold + Fat/Carb Utilisation Test) with Report @ \$305.20

# OUR LAB TESTING PANEL

|                                                       |                                                         |
|-------------------------------------------------------|---------------------------------------------------------|
| 25-OH Vit D - VITD                                    | 25-OH Vit D - VITD                                      |
| Alpha Feto Protein - AFP                              | Alpha Feto Protein - AFP                                |
| Anti-HAV IgG - AHAVG                                  | Anti-HAV IgG - AHAVG                                    |
| Anti-Nuclear Antibody - ANA                           | Anti-Nuclear Antibody - ANA                             |
| Apolipoprotein B - APOB                               | Apolipoprotein B - APOB                                 |
| Bicarbonate - CO2                                     | Bicarbonate - CO2                                       |
| C-Reactive Protein High Sensitive - HSCRP             | C-Reactive Protein High Sensitive - HSCRP               |
| Calcium - CA                                          | Calcium - CA                                            |
| Cancer Antigen 19.9 - CA199                           | Cancer Antigen 125 - CA125II                            |
| Carcinoembryonic Antigen - CEA                        | Cancer Antigen 19.9 - CA199                             |
| Chloride - CL                                         | Carcinoembryonic Antigen - CEA                          |
| Cortisol - COR                                        | Chloride - CL                                           |
| Creatine Kinase - CKNAC                               | Cortisol - COR                                          |
| Creatinine - CREAT                                    | Creatine Kinase - CKNAC                                 |
| DHEAS04 For Male - DHEAS M                            | Creatinine - CREAT                                      |
| Erythrocyte Sedimentation Rate - ESR                  | DHEAS04 For Female - DHEAS F                            |
| Estradiol (Male) - E26 M                              | Erythrocyte Sedimentation Rate - ESR                    |
| Ferritin - FER                                        | Estradiol (Female) - E26 F                              |
| Folic Acid - FOLATEBA                                 | Ferritin - FER                                          |
| Follicular Stimulating Hormone (Male) - FSH M         | Folic Acid - FOLATEBA                                   |
| Free & Bioavailable Testosterone CAL (Male) - FBIOT M | Follicular Stimulating Hormone (Female) - FSH F         |
| Full Blood Count - FBC                                | Free & Bioavailable Testosterone CAL (Female) - FBIOT F |
| Glucose Fasting - GLUCO                               | Full Blood Count - FBC                                  |
| HIV Ag-Ab Screen - HIV                                | Glucose Fasting - GLUCO                                 |
| HbA1c - HBA1C                                         | HIV Ag-Ab Screen - HIV                                  |
| Helicobacter Pylori, IgG Antibody, Serum - HELICO     | HbA1c - HBA1C                                           |
| Hepatitis B Surface Antibody - AHBS                   | Helicobacter Pylori, IgG Antibody, Serum - HELICO       |
| Hepatitis B Surface Antigen - HBS                     | Hepatitis B Surface Antibody - AHBS                     |
| Hepatitis C Antibody - HCV                            | Hepatitis B Surface Antigen - HBS                       |
| Homocysteine - HCY                                    | Hepatitis C Antibody - HCV                              |
| Insulin - INS                                         | Homocysteine - HCY                                      |
| Iron - IRON                                           | Insulin - INS                                           |
| Iron Binding Capacity Total - TIBC                    | Iron - IRON                                             |
| Lipid Screen - LIS                                    | Iron Binding Capacity Total - TIBC                      |
| Lipoprotein (a) - LPA                                 | Lipid Screen - LIS                                      |
| Liver Function Test - Basic - LFTA                    | Lipoprotein (a) - LPA                                   |
| Luteinising Hormone (ICSH) (Male) - LH M              | Liver Function Test - Basic - LFTA                      |
| Magnesium Serum - MG                                  | Luteinising Hormone (Female) - LH F                     |
| Microalbumin/Creatinine Ratio Urine - U ALB/CRE       | Magnesium Serum - MG                                    |
| Phosphate - IPHOS                                     | Microalbumin/Creatinine Ratio Urine - U ALB/CRE         |
| Potassium - K                                         | Phosphate - IPHOS                                       |
| Progesterone (Male) - PRGE M                          | Potassium - K                                           |
| Prolactin (Male) - PRL M                              | Progesterone (Female) - PRGE F                          |
| Prostatic Specific Antigen, Total - PSA               | Prolactin (Female) - PRL F                              |
| Rheumatoid Factor - RF                                | Rheumatoid Factor - RF                                  |
| Sodium - NA                                           | Sodium - NA                                             |
| Syphilis Antibody - VD                                | Syphilis Antibody - VD                                  |
| T3, Total (Triiodothyronine) - T3                     | T3, Total (Triiodothyronine) - T3                       |
| Thyroid Screen - Basic - TS1                          | Thyroid Screen - Basic - TS1                            |
| Transferrin Saturation % - %TS                        | Transferrin Saturation % - %TS                          |
| Urea - UREA                                           | Urea - UREA                                             |
| Uric Acid - UA                                        | Uric Acid - UA                                          |
| Urinalysis Macro - zU FEME MACRO                      | Urinalysis Macro - zU FEME MACRO                        |
| Urinalysis Micro - zU FEME MICRO                      | Urinalysis Micro - zU FEME MICRO                        |
| Vitamin B12 - VB12                                    | Vitamin B12 - VB12                                      |