



Health Screenings

Preventive health screenings are medical tests used to check for diseases and health conditions — for example, for high blood pressure, high cholesterol and certain types of cancer — before there are any signs or symptoms. They can help find problems early, when your opportunities for treatment are better.

A great place to start is by receiving a “health check” — also called a checkup, annual exam, physical or well visit, depending on where you live. During your health check, you may receive the health screenings recommended for you, depending on your age, gender and medical history, or your doctor may refer you to other health care providers for some screenings.

Find your country on the following pages for information about getting your health check. If you or any of your family members are due for a health check, schedule it soon!

Country	Accessible through	What's included	Who is covered	Cost to you	Frequency	Learn more
Australia	State-run universal health system, Medicare	Talk to your General Practitioner (GP) to confirm what screenings are right for you	All citizens	Cost will vary and be little to no cost depending on the screenings recommended by your GP	Talk to your General Practitioner (GP) to confirm screening frequency	Learn More Cancer Screenings
Bahrain	AECOM-provided medical plan through Cigna	Routine adult physical exam	All insured members under the plan (employee, spouse and children) are eligible for health screening as part of their medical insurance cover	Free	Annually	Learn More
Brazil	AECOM-provided medical plan through Bradesco	<p>A preventive health screening through your Bradesco network accredited physician will typically include review of Body Mass Index (BMI), blood pressure, waist circumference, cholesterol, blood sugar, and blood hemoglobin level</p> <p>For women, preventive screening also typically includes a pap smear</p>	Eligible employees and dependents enrolled in the medical plan	Free if you use a physician in the Bradesco accredited network	Annually	
Canada	Provincial Health Plan	Talk to your General Practitioner (GP) to confirm what screenings are right for you	All citizens and provincial residents for more than 3 months	Free	Talk to your General Practitioner (GP) to confirm screening frequency	Learn More

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China	Public health benefit package funded by central and local governments	Talk to your General Practitioner (GP) or village doctor to confirm what screenings are right for you	All residents	Cost will vary and be little to no cost depending on the screenings recommended by your GP	Talk to your General Practitioner (GP) to confirm screening frequency	
Germany	Social health insurance schemes	Talk to your General Practitioner (GP) or Hausart to confirm what screenings are right for you	All residents	Cost will vary and be little to no cost depending on the screenings recommended by your GP	Talk to your General Practitioner (GP) to confirm screening frequency	
Ghana	National Health Insurance Scheme	Talk to your Doctor or Preferred Primary Provider (PPP) to confirm what screenings are right for you	All enrollees	Cost will vary and be little to no cost depending on the screenings recommended by your GP	Talk to your General Practitioner (GP) to confirm screening frequency	Find Facilities/ Providers
Hong Kong	AECOM-provided medical plan through AXA or Blue Cross	<p>If you get your medical insurance through AXA:</p> <ul style="list-style-type: none"> The plan covers expenses incurred for checkup, vaccination & eye exam under Outpatient benefit <p>If you get your medical insurance through Blue Cross:</p> <ul style="list-style-type: none"> The plan covers expenses via the checkup package 	Eligible employees and dependents enrolled in the medical plan	<p>If you get your medical insurance through AXA:</p> <ul style="list-style-type: none"> \$32 USD to \$77 USD depending on your selected plan <p>If you get your medical insurance through Blue Cross:</p> <ul style="list-style-type: none"> Please review your selected plan to confirm the checkup costs 	<p>If you get your medical insurance through AXA:</p> <ul style="list-style-type: none"> 1 visit per year <p>If you get your medical insurance through Blue Cross:</p> <ul style="list-style-type: none"> Please review your selected plan to confirm the health checkup frequency maximum 	

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India	AECOM-provided medical plan through New India Assurance Co.	A preventive health screening through your New India network accredited physician will typically include review of Body Mass Index (BMI), blood pressure, waist circumference, cholesterol, blood sugar, and blood hemoglobin level For women, preventive screening also typically includes a pap smear	Eligible employees and dependents enrolled in the medical plan	INR 5,000	1 visit per year	
Ireland	AECOM-provided medical plan through Irish Life	A private screening through your private medical plan	Eligible employees and dependents in the medical plan	You'll receive a 200 EUR contribution/ stipend toward your private screening	Talk to your General Practitioner (GP) to confirm screening frequency	Learn More
Malaysia	AECOM-provided medical plan through AIA	A preventive health screening through your AIA network accredited physician or General Practitioner (GP) will typically include review of Body Mass Index (BMI), blood pressure, waist circumference, cholesterol, blood sugar, and blood hemoglobin level For women, preventive screening also typically includes a pap smear	All employees/ dependents are eligible, but this is subject to their per annum GPSP/ Optical/Dental/ Physiotherapy/ Osteopathy/ Chiropractic/ Traditional Chinese Medicine/Health Screening limit entitlement (optical only applicable for employee). Health Screening is not offered as a standalone benefit	It depends on what package are done and price varies from hospital to hospital		
Mexico	Aecom provides a major medical plan through Metlife. Check-ups are not included in this plan, nor hired separately	In major medical: Surgery, surgeon, anesthesiologist fees, Inpatient physician fees, Inpatient diagnostic, X-ray, laboratory fees, Home nursing, Other medical services (ex: ambulance) - All applicable when a diagnosis has being confirmed	Major medical: Employees + dependents (spouse + children under 25 years old)	Policy cost varies depending on the level of coverages and loss ratio	Major medical renew yearly	Learn More

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New Zealand	National Screening Unit (NSU) within the National Health Board of the Ministry of Health	Talk to your General Practitioner (GP) to confirm what screenings are right for you	All citizens	Cost will vary and be little to no cost depending on the screenings recommended by your GP	Talk to your General Practitioner (GP) to confirm screening frequency	Learn More
Philippines	AECOM-provided medical plan through Maxicare Philippines	A basic preventive health screening through your Maxicare network accredited physician or General Practitioner (GP) will typically include review of Body Mass Index (BMI), blood pressure, cholesterol, blood sugar, and blood hemoglobin level For women, preventive screening also typically includes a pap smear	Eligible employees and dependents enrolled in the medical plan	Php600 - Php800 for basic tests (costs may vary)	1 screening per a year	
Poland	Publicly funded health care system, Narodowy Fundusz Zdrowia	Talk to your General Practitioner (GP) to confirm what screenings are right for you	All citizens who are covered by the general health insurance	Free for all the citizens of Poland who are covered by the general health insurance	Talk to your General Practitioner (GP) to confirm screening frequency	Learn More
Qatar	AECOM-provided medical plan through Cigna	Routine adult physical exam	All insured members under the plan (employee, spouse and children) are eligible for health screening as part of their medical insurance cover	Free	Annually	Learn More

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Russia	Federal Compulsory Medical Insurance Fund	Talk to your General Practitioner (GP) to confirm what screenings are right for you	All citizens	Cost will vary and be little to no cost depending on the screenings recommended by your GP	Talk to your General Practitioner (GP) to confirm screening frequency	Learn More
Singapore	Screen for Life (SFL) programme through the Ministry of Health (MOH) and the Health Promotion Board (HPB)	Talk to your General Practitioner (GP) to confirm what screenings are right for you	All citizens	For Singaporeans: \$5 for eligible CHAS Green cardholders* \$2 for eligible CHAS (Blue and Orange) cardholders and Merdeka Generation (MG)* Free for eligible Pioneers Low-cost (varies) for Permanent Residents <i>*Subsidized rates are only available at CHAS GP Clinics</i>	Talk to your General Practitioner (GP) to confirm screening frequency	Learn More
South Africa	Public health system	Talk to your General Practitioner (GP) to confirm what screenings are right for you	All citizens	Cost will vary and be little to no cost depending on the screenings recommended by your GP	Talk to your General Practitioner (GP) to confirm screening frequency	Find a Health Care Facility/Clinic
Thailand	Universal Coverage scheme	Talk to your General Practitioner (GP) to confirm what screenings are right for you	All citizens	Cost will vary and be little to no cost depending on the screenings recommended by your GP	Talk to your General Practitioner (GP) to confirm screening frequency	Learn More

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Spain	Spanish National Health System (SNS)	Talk to your General Practitioner (GP) to confirm what screenings are right for you	Spanish citizens who have an Individual Healthcare Card.	Free through your registered GP	Talk to your General Practitioner (GP) to confirm screening frequency	
United Arab Emirates	AECOM-provided medical plan through Cigna	Routine adult physical exam	All insured members under the plan (employee, spouse and children) are eligible for health screening as part of their medical insurance cover	Up to \$450 USD covered for routine adult physical exam The standard process is that the member pays for the wellness package / benefit and submits the bills for reimbursement. In some cases where the provider might have a direct billing agreement with Cigna, the member can avail the treatment on cashless basis.	Annually	Learn More
United Kingdom	National Health Service (NHS)	Talk to your General Practitioner (GP) to confirm what screenings are right for you	All citizens	Free	Talk to your General Practitioner (GP) to confirm screening frequency	Learn More How to Get a Health Check
United States	AECOM-provided medical plan or through U.S. Wellness at AECOM program	Exam Well woman exam Well child exam Biometric screening	Eligible employees and dependents enrolled in an AECOM medical plan. Any U.S. employee or spouse/ domestic partner participating in Wellness at AECOM.	Free	Annually	Learn More