

# General FAQs

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## What is Health Screening?

Health screening allows you to find out if you have a particular disease or condition even if you do not have any symptoms. Early detection of a disease means that you can receive treatment early and achieve better control of the condition, potentially avoiding major surgeries or procedures and their associated complications.

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## What is the National Health Screening Programme (NHSP)?

The National Health Screening Programme (NHSP) is a nationwide health screening programme organized by the Ministry of Health, offering Brunei citizens and permanent residents from at-risk age group access to screening tests for cardiovascular risk factors and cancers, including colorectal, breast and cervical cancers.

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## What if I am not eligible for the programme (e.g. 21-year-old local or an expatriate) but would still like to be screened?

If you are not eligible for the NHSP, it is recommended that you consult your General Practitioner (GP) doctor or healthcare provider for appropriate advice and any necessary screening.

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## Are there any risks associated with screening?

Screening tests are not 100% accurate or reliable. There is a chance of false negative results, where the test indicates no disease even though the disease is actually present. On the other hand, it is also possible to get a false positive result from screening. A false positive result means the result is abnormal, when in fact the person does not have the disease. False positives may lead to further unnecessary tests, which may carry their own risks or complications.

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## How do I participate in the screening programme?

You can sign-up for screening through any of the following methods:

1. **BruHealth:** Go to 'MyHealth' page in BruHealth and select the 'National Health Screening Programme' module. You can select any of the screening programmes on the Risk Assessment page and complete the screening questions to check for your eligibility
2. **Walk-in registration:** Visit your nearest health centre to register

Once registered, if you are eligible, you will receive an appointment date and time for screening at your catchment area health centre. Please note that if you do not have any BRUHIMs number, you will need to register first.

*Note: For cervical cancer screening programme, if you are younger than 40 years old then you have to register at your nearest Health Centre.*

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## Can I have my health screening at health centres other than my catchment area health centres?

It is highly recommended to conduct your health screenings at the health centre where you are registered. This is to ensure smooth implementation of the programme, as each health centre is designed to cater specifically for its catchment population.

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## Do I need to pay if I participate in this screening programme?

You are required to pay a BND \$1.00 registration fee during clinic appointments. Additional charges may apply based on the Ministry of Health Scheme of Charges.