



ARUS360
FLOW • BALANCE • GROWTH

Corporate Wellness Profile

Excellence in Preventive Care

COMPANY OVERVIEW

CORPORATE WELLNESS WITH
MEASURABLE IMPACT

*ARUS360 is a trusted corporate wellness partner dedicated to helping employers in Malaysia reduce **measurable medical costs** while addressing the **hidden productivity losses** that impact business performance.*



HEALTHCARE MARKET INSIGHT

UNDERSTANDING CURRENT TRENDS AND CHALLENGES IN
HEALTHCARE AND THE WORKPLACE



THE RISING BURDEN OF EMPLOYEE MEDICAL COSTS




RM62.5M

was spent by employers in Malaysia on employee medical expenses in **2020**.



RM26.5M

from inpatient care



RM36M

from outpatient care



Medical Inflation

- Malaysia's medical cost inflation hit **15% in 2024** (vs global **10%**, Asia-Pacific **11%**)

Rising Insurance Premiums

- Medical and health insurance / takaful premiums have surged **40% – 78%**

THE HIDDEN COST OF PRESENTEEISM



Presenteeism occurs when employees are at work but **performing below capacity**

RM5K

RM5,000 - the average monthly salary per employee

Data reveals that employees lose 48–60 working days annually (\approx 2 months) due to presenteeism

RM10K

RM10,000 - the estimated loss per employee per year

Imagine the impact when for every 100 employees

RM1M

RM1,000,000 is the estimated loss for every 100 employees per year

THE ROOT COURSE OF PRESENTEEISM



Chronic Health Conditions

Diabetes, Hypertension,
Asthma, Arthritis,
Musculoskeletal Disorders
(e.g., neck/back pain, joint
pain)



Minor & Recurring Illnesses

Colds/Flu, Migraines,
Gastric Issues, Allergies, Skin
Conditions (eczema,
psoriasis flare-ups)



Mental Health & Emotional Wellbeing

Stress, Anxiety, Depression,
Burnout, Emotional
Exhaustion



Fatigue & Sleep Disorders

Insomnia, Sleep Apnea,
Lifestyle-Related Fatigue,
Shift-Work Related Sleep
Disruption

“At ARUS360, we go beyond treating symptoms — we address the root cause to help companies **recover lost productivity and control cost.**”



Arus360
@arus360

We are an **onsite wellness provider delivering health services and programs directly at the workplace, including screenings, assessments, and lifestyle interventions**, designed to improve employee well-being, prevent illness, and enhance productivity.





OUR SERVICES

HEALTH SERVICES AND PROGRAMS DIRECTLY AT THE
WORKPLACE, INCLUDING SCREENINGS, ASSESSMENTS, AND
LIFESTYLE INTERVENTIONS



COMPREHENSIVE CARE OPTIONS

**ONSITE BLOOD
SCREENING**

BASIC PACKAGE



Package Includes:

- Full blood count
- Fasting blood sugar
- Lipid profile
- Renal function test
- Gout (uric acid)
- Urine Feme
- HBAIC
- One-to-one Consultation with Doctor

Remarks

- Onsite screening for 20 employees and above
- Suitable for both male and female staff

Optional Add On (Choose any)

- On Site Ultrasound Service Package
- Cancer Marker Test
- Eye Fundus Test

MALE PACKAGE



Package Includes:

- Full blood count
- Fasting blood sugar
- Lipid profile
- Renal function test
- Gout (uric acid)
- Urine Feme
- HBAIC
- ABO
- TSH
- Hepatitis B (Ag & Ab)
- VDRL
- TPPA (if RPR reactive)
- Rheumatoid Factor
- Hepatitis A Antibody
- AFP (Liver Cancer Marker)
- PSA (Prostate Cancer Marker)
- Consultation by Doctor

Remarks

- Onsite screening for 20 employees and above
- Suitable for male only
- Price includes doctor consultation

Optional Add On (Choose any)

- On Site Ultrasound Service Package
- ECG Analysis
- Fatigue Assessment Test
- Body Composition Analysis

FEMALE PACKAGE



Package Includes:

- Full blood examination
- Fasting blood sugar
- Lipid profile
- Renal function test
- Gout (uric acid)
- Urine Feme
- HBAIC
- ABO
- TSH
- VDRL
- TPPA (if RPR reactive)
- Rheumatoid Factor
- HIV 1 & II
- Hepatitis A Antibody
- AFP (Liver Cancer Marker)
- CA125 (Ovarian Cancer Marker)
- CA153 (Breast Cancer Marker)

Remarks

- Onsite screening for 20 employees and above
- Suitable for female only
- Price includes doctor consultation

Optional Add On (Choose any)

- On Site Ultrasound Service Package
- Fatigue Assessment Test
- Body Composition Analysis

COMPREHENSIVE CARE OPTIONS

ONSITE ULTRASOUND SCREENING

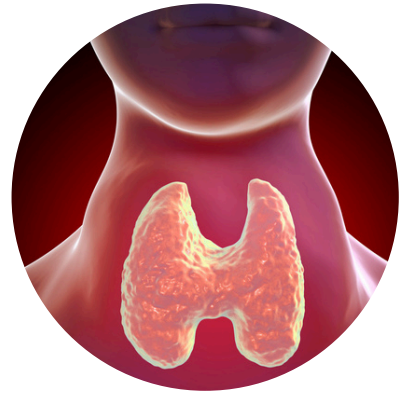
ONSITE ULTRASOUND SERVICE

Package Details

- Fixed fee of RM2,500 per day (on-site), with **unlimited employees** allowed for screening.
- Each session is limited to one type of procedure per on-site visit.
- Special rates available when bundled with other services from our company.



Available Ultrasound Scan Options



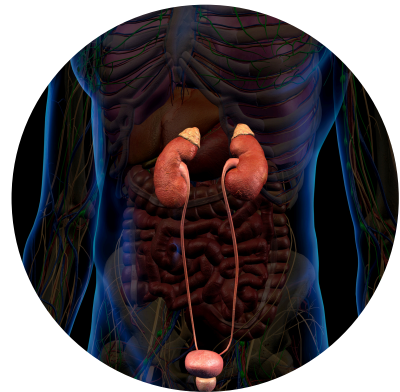
Thyroid Scan

Thyroid tumors,
Inflammation



Upper Abdomen

Pancreatic disease,
Liver tumors / cysts,
Kidney Stone



Kidney + Bladder Scan

Kidney infection,
Bladder Stone



Male Specific Scan

Bladder, Prostate
& Kidneys Scan



Female Specific Scan

Bladder, Uterus,
Ovaries & Adnexa



Scrotum Scan

*Male only



COMPREHENSIVE CARE OPTIONS

EYE FUNDUS ANALYSIS

Onsite Fundus Analysis

An Eye Fundus Test takes a detailed image of the back of your eye (the retina, blood vessels, and optic nerve), giving insights into your overall health.

Package Details



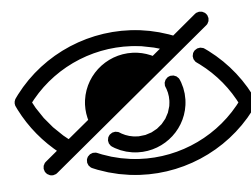
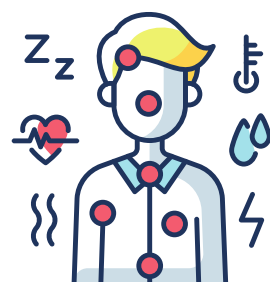
- Minimum number of Employee onsite must be above 30 pax.
- Price available upon request





Onsite Fundus Analysis

Symptoms vs What will be detected?

SYMPTOM	VS	WHAT FUNDUS WILL DETECT?
Blurred or fluctuating vision		Diabetes (Diabetic Retinopathy)
Frequent headaches		Hypertension, Glaucoma
Difficulty seeing at night		Vitamin A Deficiency, Retinal Degeneration
No symptoms (silent risk)		Early Diabetes, High Blood Pressure, Cardiovascular Disease

WELLNESS

DIETITIANS
SERVICE



Corporate **Dietetics Service**

Most Malaysians will have the tendency to stress eating whenever they have piles of work in the office, which leads to higher BMI, increase cholesterol level and risk of developing diabetes or chronic illness which potentially reduce productivity and company's performance.

We offer onsite

- Health Talk by Certified Dietitian
- One to One Dietitian Consultation (based on individual goals)
- Body Composition Analysis (minimum 20 pax above)





Body Composition Analysis

To assess the balance of fat, muscle, bone, and water in the body, helping evaluate overall health, nutrition status, disease risk, and effectiveness of fitness or treatment plans.

Our dietitian uses InBody analysis to uncover your body's unique composition—identifying strengths, risks, and areas for improvement. With these insights, you'll receive a tailored nutrition strategy designed to improve health, boost energy, and prevent lifestyle-related diseases.

Application of Body Composition Analysis



Cardiology

Demonstrate the risk factors of cardiovascular disease in advance



Diabetes

Address diabetes care and prevent related complications



Dietetics

Monitor changes in body composition to personalize patients' diet



Health Screening

Identify patients at risk of non-communicable diseases.



Nutrition
Monitor body composition changes for nutritional assessment.



How understanding your body composition can prevent health issues?



COMPLICATIONS OF OBESITY

Cancer

Impaired Heart Function

Arthritis

Shortness of Breathe

Impaired immune function

Pregnancy Complications

COMPLICATIONS OF LOW FAT/MUSCLE

Lack of cushioning for organs

Low testosterone

Absence of menstrual periods
in women

Osteoporosis

Poor cardiovascular function

Poor insulin resistance



FITNESS

DIETITIAN AND
WEIGHT LOSS
JOURNEY





Balance & Burn

(30 Day Package)

Package Includes :

- Pre-health blood screening + body composition analysis
- Personalized diet plan by dietitian
- Meal plan + fitness booklet
- 30 days of close progress monitoring with bi-weekly reviews by a dietitian
- 2 onsite fitness workout sessions
- Post-program body composition analysis by dietitian

Balance & Burn

(Choose any 2)



Tabata



Zumba



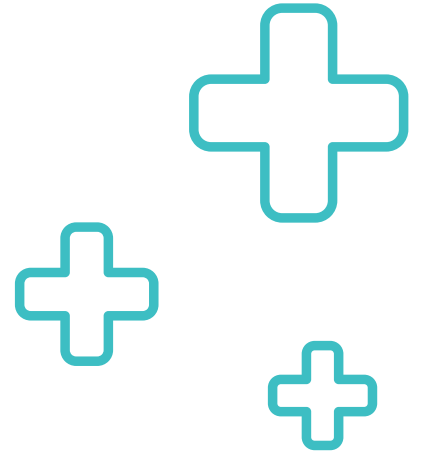
Stick Workout



Pound Fitness



Step
Workout



ARUS360
FLOW • BALANCE • GROWTH

Contact us to explore personalized wellness solutions and exclusive customized packages.

 **018-2079189**