

What to expect on the day of your medical appointment at Central Manpower Base (CMPB)?

You will go through four stations:

The sequence will vary depending on the actual day, and we will channel you through the most optimal route.

Please eat before reporting as the entire process will take about four to five hours.

1 Photo Studio

2 E-fitting station

3 Medical screening

A yellow rectangular area containing six icons and their corresponding station names: Clinical Laboratory Station (syringe icon), Dental Station (tooth icon), Ear, Nose and Throat Station (headphones icon), Eye Station (eye icon), X-ray Station (X-ray film icon), and Clinical Examination Station (stethoscope icon).

4 Psychometric test

Please visit us at www.cmpb.gov.sg for more information on related topics:

- Psychometric test: What it is for, duration and sample questions
- Medical reviews
- Physical Employment Standards
- Pre-Enlistee Individual Physical Proficiency Test

Things to note

WHAT SHOULD I BRING?

<p>Identity Document</p> <p>Any two of the following:</p> <ul style="list-style-type: none"> <input type="checkbox"/> NRIC <input type="checkbox"/> Student EZ-Link card <input type="checkbox"/> Passport <input type="checkbox"/> Driving license 	<p>Medical documents (if applicable)</p> <ul style="list-style-type: none"> <input type="checkbox"/> Medical reports <input type="checkbox"/> Hospital appointment cards <input type="checkbox"/> X-ray films <input type="checkbox"/> Blood donation card <input type="checkbox"/> School health booklet
<p>Medical Screening Questionnaire</p> <ul style="list-style-type: none"> <input type="checkbox"/> Ensure that your parent/guardian has acknowledged your questionnaire 	
<p>Education certificates & transcripts</p> <ul style="list-style-type: none"> <input type="checkbox"/> For private and overseas courses only 	

WHAT SHOULD I WEAR?

Attire:

- T-shirt
- Shorts/pants
- Wear spectacles if you are bespectacled

Personal Grooming:

- Clean shave
- Neat and short haircut for photo-taking

NOT ALLOWED

- Contact lenses
- Coloured, long, or messy hair
- Jewellery