



PROTECTHEALTH

PeKa B40 Screenings Reveal Undiagnosed Conditions Among Almost Half of Participants

STR recipients and their spouses aged 40 and above urged to use their free health-screening benefit at participating clinics nationwide.

Cyberjaya, 30 September 2026 – Of the 328,302 people who underwent health screening through PeKa B40 in 2025, 44.5% were found to have at least one previously undetected health concern, according to programme data.

These participants were either newly diagnosed with at least one non-communicable disease (NCD), identified as being at risk of anxiety or depression, or both. The findings underscore the importance of regular health screening, as many chronic conditions can develop without noticeable symptoms.

Successive National Health and Morbidity Surveys have shown that a substantial proportion of Malaysians living with diabetes, hypertension or high cholesterol are unaware of their condition. Identifying those at risk early is critical to enabling timely follow-up care, managing disease progression, and reducing the likelihood of serious complications.

Introduced by the Ministry of Health Malaysia in April 2019 to address the country's growing burden of NCDs, PeKa B40 is administered by ProtectHealth Corporation Sdn. Bhd. (ProtectHealth) as the appointed healthcare scheme administrator. The programme aims to improve access to health screening and related healthcare support for Malaysians who may otherwise be unable to afford private screenings.

Recipients of Sumbangan Tunai Rahmah (STR) and their spouses aged 40 and above are automatically eligible for PeKa B40. No separate registration is required. Eligible individuals need only bring their MyKad to any of the 5,600 participating private general practitioner clinics and Klinik Kesihatan facilities nationwide to receive the health screening free of charge. No fasting is required before the screening.

Wan Mohd Hazwan Wan Mohd Najib, Chief Executive Officer of ProtectHealth Corporation said " Non-communicable diseases remain a leading cause of death in Malaysia. Many people with diabetes, high blood pressure, or high cholesterol do not experience obvious symptoms in the early stages. Peka B40 gives eligible Malaysians an opportunity to identify potential health concerns early, seek appropriate follow-up care and manage their conditions before serious complications develop. We urge eligible Malaysians to make us of this free benefit and not wait for symptoms before getting screened."

As at 31 August 2026, more than two million Malaysians had undergone their PeKa B40 health screening since the programme was introduced.

As of the same date, uptake varies considerably across the country - ranging from 45.6% in Kelantan and 39.2% in Kedah to 23.1% in Selangor and 15.0% in Kuala Lumpur. The disparities highlight the need for continued awareness and targeted outreach, particularly in areas where participation remains lower.

Health screening is the first of four benefits offered under PeKa B40. Other programme benefits include:

- Medical device assistance worth up to RM 20,000, subject to the applicable terms and approved categories;
- A treatment completion incentive of RM 1,000 for eligible cancer patients receiving treatment at Ministry of Health hospitals; and
- A transport incentive of up to RM 1,000, subject to the applicable terms and eligibility requirements.

Eligible participants must first complete the health screening before accessing the other benefits. The screening serves as the gateway to the programme's broader range of healthcare support.

Together, these benefits are designed to support early detection and continuity of care while easing some of the financial burdens faced by eligible participants. Access to medical devices, treatment incentives and transport assistance help participants manage their health, maintain mobility and independence as well as improve their overall quality of life.

The full list of participating clinics is available at <https://bms.pekab40.com.my/provider>.

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