

# HEALTH CHECK UP

Choose from these carefully designed Wellness packages to address every stage of your life thus ensuring Healing and Health Thus Happiness.

MASTER HEALTH CHECK-UP	WELL WOMEN HEALTH CHECK-UP
COMPLETE BLOOD COUNT	COMPLETE BLOOD COUNT
ERYTHROCYTE SEDIMENTATION RATE (ESR)	ERYTHROCYTE SEDIMENTATION RATE (ESR)
BLOOD GLUCOSE – FASTING	BLOOD GLUCOSE – FASTING
BLOOD GLUCOSE – POST PRANDIAL	BLOOD GLUCOSE – POST PRANDIAL
BLOOD GROUP	BLOOD GROUP
LIPID PROFILE	LIPID PROFILE
LIVER FUNCTION TEST	SERUM CREATININE
SERUM CREATININE	PAP SMEAR
URINE ROUTINE & MICROSCOPY	URINE ROUTINE & MICROSCOPY
X-RAY CHEST SCREENING	ECG
ULTRASOUND WHOLE ABDOMEN SCREENING	ULTRASOUND WHOLE ABDOMEN SCREENING
ECG	SONO MAMMOGRAPHY SCREENING
DIET COUNSELLING	GYNAEC. CONSULTATION
PHYSICIAN CONSULTATION	DIET COUNSELLING

MEDICAL SUMMARY	PHYSICIAN CONSULTATION
<b>Rs 1500/-</b>	MEDICAL SUMMARY
	<b>Rs 2000/-</b>
<b>EXECUTIVE HEALTH CHECK-UP</b>	<b>SENIOR CITIZEN HEALTH CHECK-UP</b>
COMPLETE BLOOD COUNT	COMPLETE BLOOD COUNT
ERYTHROCYTE SEDIMENTATION RATE (ESR)	ERYTHROCYTE SEDIMENTATION RATE (ESR)
BLOOD GLUCOSE – FASTING	BLOOD GLUCOSE – FASTING
BLOOD GLUCOSE – POST PRANDIAL	BLOOD GLUCOSE – POST PRANDIAL
BLOOD GROUP	BLOOD GROUP
LIPID PROFILE	LIPID PROFILE
LIVER FUNCTION TEST	LIVER FUNCTION TEST
HIV	SERUM CREATININE
HBSAG	SERUM UREA
SERUM CREATININE	URINE ROUTINE & MICROSCOPY
SERUM UREA	X-RAY CHEST SCREENING
SERUM URIC ACID	ULTRASOUND WHOLE ABDOMEN SCREENING
URINE ROUTINE & MICROSCOPY	ECG
STOOL ROUTINE & MICROSCOPY	TMT /ECHO SCREENING

PSA/PAP SMEAR	GYNAEC. CONSULTATION
X-RAY CHEST SCREENING	DIET COUNSELLING
ULTRASOUND WHOLE ABDOMEN SCREENING	PHYSICIAN CONSULTATION
ECG	MEDICAL SUMMARY
TMT/ 2D ECHO SCREENING	<b>Rs 3000/-</b>
DENTAL CONSULTATION	
EYE EXAMINATION	
GYNAEC. CONSULTATION	
DIET COUNSELLING	
PYSIOTHERAPHY ADVICE	
PHYSICIAN CONSULTATION	
MEDICAL SUMMARY	
<b>Rs 4000/-</b>	

## Cardiac Health check up

CARDIAC HEALTH CHECK – MASTER	CARDIAC HEALTH CHECK – EXECUTIVE
CBC	CBC
FASTING BLOOD SUGAR	FASTING BLOOD SUGAR
LIPID PROFILE	HbA1c
RENAL FUNCTION TEST	LIPID PROFILE

URINE ROUTINE & MICROSCOPY	RENAL FUNCTION TEST
X-RAY CHEST	URINE ROUTINE & MICROSCOPY
ECG	X-RAY CHEST
ECHO/TMT	ECG
CARDIAC CONSULTATION	ECHO/TMT
<b>Rs 2000/-</b>	CARDIAC CONSULTATION
	<b>Rs 3500/-</b>

## Guidelines for Health check:

- Health check-ups are done by prior appointment only. Please call 0832 6691919 between 9:00 a.m. and 5:00 p.m. on any working day to take appointment.
- For those who have taken appointments, registrations for health check-ups start at 8:00 a.m. at the reception counter. The approximate time for the completion of the entire package is 6 to 8 hours. Final consultation time is informed during the check-up.
- Appropriate payments are required to be made by cash or credit card at the time of registration. All extra consultations / tests done will be charged additionally.
- For blood tests, please come on an empty stomach with overnight fasting. Do not take any food after 9:00 p.m. to comply with the check-up requirement of 10-12 hrs fasting. You may take nominal quantity of water if you feel the need.
- Please do not have morning medicines on the day of checkup but carry them along so that, can be taken after collection of blood samples.

- Men are requested to shave their chest to ensure a good ECG / Treadmill Test.
- Complimentary breakfast is provided.
- You may be required to change clothes frequently while undergoing various tests, so wear loose clothing, easily removable footwear and avoid jewellery.
- Ultrasound scan requires full bladder. You need to drink 5 -6 glasses of water prior to the test.
- \* For Females – If you are pregnant or you think you could be, please inform the doctor before undergoing any tests.
- \* For Females – If you are menstruating on the scheduled day of your appointment, kindly inform the Health check Coordinator on arrival, since you will not be able to do your Urine, PAP Smear test and Gynaecologist consultation.
- You are requested to bring your medical records and medical accessories like glasses, hearing aid when you come for the check up.
- Relatives are most welcome with the patients. In fact we would recommend that family be involved in the counselling sessions.
- Package rates are subject to change without prior notice.

## **CONTACT**

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