



Our Health Packages

Awareness is the first step to improvement

Surprises are wonderful, except when it comes to our health. The only way to stay safe is by being prepared, by being aware with a regular check-up.

BASIC HEALTH PACKAGE (available in Regular & Fast Track)

1. Investigations

- Complete Blood Count
- ESR
- X-Ray Chest (PA)

2. Diabetes Profile

- FBS
- PPBS (only for Regular pkg) OR HbA1C (only for Fast Track pkg)

3. Liver Profile

- SGOT
- SGPT

4. Cardiac Profile

- Triglycerides
- Cholesterol
- HDL-Cholesterol
- LDL-Cholesterol
- VLDL-Cholesterol
- Total Cholesterol/HDL-Ratio
- ECG

5. Kidney Profile

- BUN
- Creatinine
- Uric Acid
- Urine (Routine & Microscopic)

6. Referral Consultations with:

- Physician
- Ophthalmology (Refraction)

TOTAL PACKAGE AMOUNT:

Regular: Rs. 2000

Fast Track: Rs. 2400

EXECUTIVE HEALTH PACKAGE (available in Regular & Fast Track)

1. Investigations

- Complete Blood Count
- ESR
- X-Ray Chest (PA)
- Stool (Routine & Microscopic)
- Sonography (Abdomen & Pelvis)
- Thyroid Stimulating Hormone (TSH)

2. Diabetes Profile

- FBS
- PPBS (only for Regular pkg) OR HbA1C (only for Fast Track pkg)

3. Liver Profile

- SGOT
- SGPT
- GGTP
- Serum Protien

4. Cardiac Profile

- Triglycerides
- Cholesterol
- HDL-Cholesterol
- LDL-Cholesterol
- VLDL-Cholesterol
- Total Cholesterol/HDL-Ratio
- ECG
- Stress Test/2D Echo

5. Kidney Profile

- BUN
- Creatinine
- Uric Acid
- Calcium
- Urine (Routine & Microscopic)

6. Referral Consultations with:

- Physician
- Ophthalmology (Consultation)
- Gynaecology - only women
- Diet & Nutrition Counselling

7. Women only

- Pap Smear (report next working day by 12 noon)

TOTAL PACKAGE AMOUNT:

Regular: Rs. 5000

Fast Track: Rs. 5400

COMPREHENSIVE HEALTH PACKAGE (available in Regular & Fast Track)

1. Investigations

- Complete Blood Count
- ESR
- X-Ray Chest (PA)
- Stool (Routine & Microscopic)
- Sonography (Abdomen & Pelvis)
- Thyroid Stimulating Hormone (TSH)
- Spirometry
- Audiometry

2. Diabetes Profile

- FBS
- PPBS (only for Regular pkg) OR HbA1C (only for Fast Track pkg)

3. Liver Profile

- SGOT
- SGPT
- GGTP
- Bilirubin (Total Direct, Indirect)
- Alkaline Phosphatase
- Proteins (Albumin, Globulin, A/G Ratio)

4. Cardiac Profile

- Triglycerides
- Cholesterol
- HDL-Cholesterol
- LDL-Cholesterol
- VLDL-Cholesterol
- Total Cholesterol/HDL-Ratio
- ECG
- Stress Test/2D Echo
- Carotid Colour Doppler

5. Kidney Profile

- BUN
- Creatinine
- Electrolyte
- Uric Acid
- Calcium
- Urine (Routine & Microscopic)

6. Referral Consultations with:

- Physician
- ENT
- Gynaecology- only women
- Diet & Nutrition Counselling
- Ophthalmology (Consultation)

7. Women only

- Pap Smear (report next working day by 12 noon)
- Mammography (Bilateral)

8. Men only

- PSA (Prostate Specific Antigen)

TOTAL PACKAGE AMOUNT:

Regular: Rs. 10000

Fast Track: Rs. 10400

Sr. CITIZEN HEALTH PACKAGE (available in Regular & Fast Track)

1. Investigations

- Complete Blood Count
- ESR
- X-Ray Chest (PA)
- Stool (Routine & Microscopic)
- Sonography (Abdomen & Pelvis)
- Audiometry

2. Diabetes Profile

- FBS
- PPBS (only for Regular pkg) OR HbA1C (only for Fast Track pkg)

3. Liver Profile

- SGOT
- SGPT
- Alkaline Phosphatase
- Proteins (Albumin, Globulin, A/G Ratio)

4. Cardiac Profile

- Triglycerides
- Cholesterol
- HDL-Cholesterol
- LDL-Cholesterol
- VLDL-Cholesterol
- Total Cholesterol/HDL-Ratio
- ECG

5. Kidney Profile

- Creatinine
- Uric Acid
- Urine (Routine & Microscopic)

6. Referral Consultations with:

- Physician
- ENT
- Gynaecology - only women
- Surgeon - only men
- Ophthalmology (Consultation)

7. Women only

- Pap Smear (report next working day by 12 noon)
- Mammography (Bilateral)

8. Men only

- PSA (Prostate Specific Antigen)

TOTAL PACKAGE AMOUNT:

**Regular: Rs. 4000 (men)/
5000 (women)**

**Fast Track: Rs. 4400 (men)/
5400 (women)**

GENERAL INSTRUCTIONS

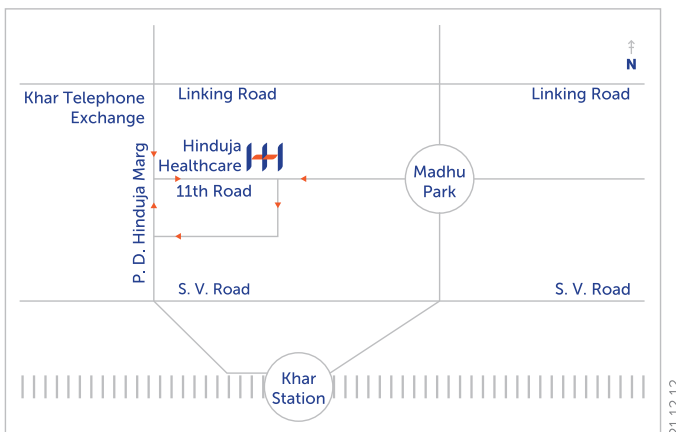
- Before your health check-up, kindly collect the kit containing a urine & stool container from the ground floor reception of the OPD.
- Please fast for 12-14 hours before arriving for your health check-up. We provide a healthy breakfast.
- Carry any old medical reports, x-rays or records along with you.
- If you are on any medication, please take them as per routine, especially if you are hypertensive. If you are diabetic, please carry your medication with you.
- Wear comfortable footwear like sports shoes and attire (short sleeves) that aids a blood test.
- Avoid jewellery and valuables on the day of your check up.
- Do not consume alcoholic beverages preferably upto 72 hours prior to your health check-up, it may cause a variance in results.
- Male guests undergoing a stress test are requested to shave their chest (collar bone to abdomen).
- For ophthalmic consultations, kindly remove your contact lenses (if applicable) a day prior to your check-up and bring your old glasses and prescription.
- First time visitors need to register at an additional charge of Rs.100/-.
- Get sufficient rest.
- Although HbA1C gives a three month average control of blood glucose levels, doing fasting and post prandial blood glucose estimation is advisable.
- A 10% discount can be availed on any add on tests, which is not covered by the chosen package, if done on the same day of the health check up

SPECIAL INSTRUCTIONS FOR WOMEN

- The PAP smear test and urine routine will not be carried out during your menses (period). Please plan your health check-up to avoid these dates.
- Even if you suspect pregnancy please inform the technician before any test, especially an x-ray.

Please Note:

- Additional tests, consultations and procedures will be billed separately as per OPD charges.
- Reports will be available a day after your health check-up.
- Pap smear (report next working day by 12 noon)
- Inform us in case of any cancellation or delays so we can offer the slot to the next patient on the waiting list.



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