

### General Instructions

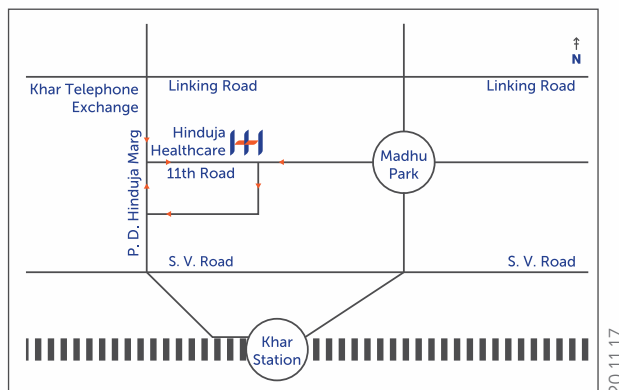
1. Before your health check-up, kindly collect the kit containing a urine & stool container from the ground floor reception of the OPD.
2. Please fast for 12-14 hours before arriving for your health check-up. We provide a healthy breakfast.
3. Carry any old medical reports, x-ray or records along with you.
4. 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.
5. Wear comfortable footwear like sport shoes and attire (short sleeves) that aids a blood test.
6. Avoid jewelry and valuables on the day of your check-up.
7. Do not consume alcoholic beverages preferably up to 72 hours prior to your health check-up, it may cause a variance in result.
8. Male members undergoing stress tests are requested to shave their chest (collar bone to abdomen).
9. For ophthalmic consultation, kindly remove your contact lenses (if applicable) a day prior to check-up and bring your old glasses and prescription.
10. First time visitors need to register at an additional charge of Rs 250/-
11. Get sufficient rest.
12. Although HbA1c gives a three-month average control of blood glucose level, fasting and postprandial blood glucose estimation is advisable.
13. Home collection facility is available for anyone desiring the convenience of their samples getting picked up from home. Applicable rates will apply unless otherwise specified.
14. Breakfast or home collections will be applicable depending on the individual's choice.
15. An additional 10% discount is available for investigations, which are not part of the chosen Health Check Up package, if these additional tests are done on the same day.

### 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 being pregnant, please inform the technician before the test, especially before an x-ray.

### Please note:

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

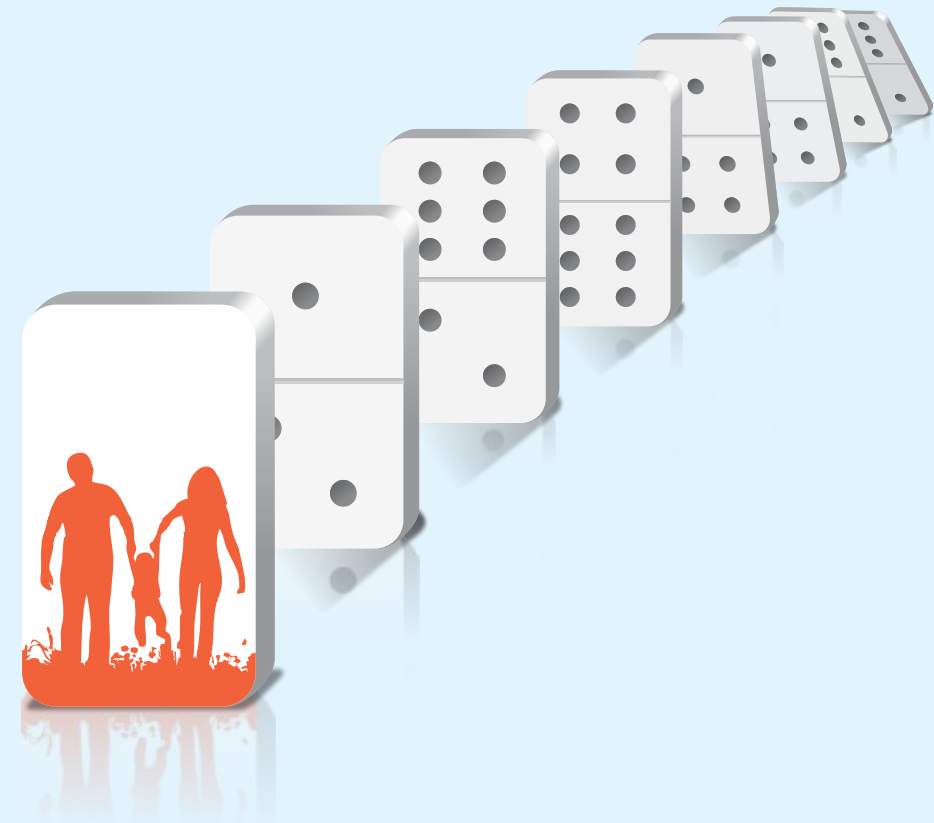


Hinduja Healthcare Surgical • 11th Road, Khar (W), Mumbai 52.  
For Appointments: +91 22 4510 8989/6154 8989 • For Enquiries: +91 22 6174 6000/2646 9999  
For Emergency: +91 22 6174 6098/6174 6099 • [www.hindujahealthcare.com](http://www.hindujahealthcare.com)



# A TIMELY HEALTH CHECK MAKES A WORLD OF DIFFERENCE

Choose from our bouquet of health check-up packages  
and create the difference



## YOUR HEALTH IS OUR PRIORITY!

The focus is on pinpointing potential areas of risks, to avoid health problems in the future. So choose to get a health check-up, and protect your future. Our health packages have been designed with your requirements in mind.

### Basic:

#### CONSULTATIONS:

- Physician Consultation
- Ophthalmic – Refraction

#### PRELIMINARY TESTS:

- CBC & ESR

#### DIABETIC CHECK UP:

- Fasting Blood Sugar
- Post Prandial Blood Sugar

#### KIDNEY EVALUATION: KIDNEY PROFILE

- Creatinine
- Uric Acid
- BUN  
(Blood Urea Nitrogen)
- Urine Routine

#### LIVER EVALUATION: LIVER PROFILE / LFT

- SGOT
- SGPT

#### CARDIAC EVALUATION: LIPID PROFILE

- Cholesterol
- HDL Cholesterol
- Total Cholesterol / HDL Ratio
- ECG

#### OTHER INVESTIGATIONS:

- X Ray Chest PA

- **COMPLIMENTARY- CONTAINERS AND BREAKFAST**
- **HOME COLLECTION FACILITY:**  
2 days prior (Can be availed at additional cost - ₹. 330/- per person for FF & PP both)

Price: ₹. 2,400/-

**\*Recommended for any adult age group as a basic health assessment tool. It is the first step towards preventive healthcare.**

### Executive:

#### CONSULTATIONS:

- Physician Consultation
- Gynecology Consultation
- Consultation with Dietician / Nutritionist
- Ophthalmic Eye Check Up Consultation

#### PRELIMINARY TESTS:

- CBC & ESR
- Stool / Feces Routine

#### DIABETIC CHECK UP:

- Fasting Blood Sugar
- Post Prandial Blood Sugar

#### KIDNEY EVALUATION: KIDNEY PROFILE

- Creatinine
- Uric Acid
- BUN  
(Blood Urea Nitrogen)
- Calcium
- Urine Routine

#### LIVER EVALUATION: LIVER PROFILE / LFT

- SGOT
- SGPT
- GGTP / GAMMA GT
- Bilirubin  
(Total, Direct, Indirect)
- Serum Protein

#### CARDIAC EVALUATION: LIPID PROFILE

- Triglycerides
- Cholesterol
- HDL Cholesterol
- LDL Cholesterol

- VLDL Cholesterol
- Total Cholesterol / HDL Ratio
- ECG
- Stress Test (TMT)

#### OTHER INVESTIGATIONS:

- X Ray Chest PA
- Pap Smear (for Female)

- **COMPLIMENTARY- CONTAINERS AND BREAKFAST**
- **COMPLIMENTARY- HOME COLLECTION FACILITY:**  
2 days prior CAN BE AVAILED IN LIEU OF BREAKFAST

Price: ₹. 5,500/-

**\*Recommended for individuals above 28 years of age, busy office goers who are experiencing increase in weight, erratic and unhealthy lifestyles and prone to lifestyle ailments like hypertension and diabetes.**

### Executive Premium:

#### CONSULTATIONS:

- Physician Consultation
- Gynecology Consultation
- Consultation with Dietician / Nutritionist
- Ophthalmic Eye Check Up Consultation
- General Surgeon Consultation
- Dental Check Up

#### PRELIMINARY TESTS:

- CBC & ESR
- Stool / Feces Routine

#### DIABETIC CHECK UP:

- Fasting Blood Sugar
- Post Prandial Blood Sugar

#### KIDNEY EVALUATION: KIDNEY PROFILE

- Creatinine
- Uric Acid
- BUN  
(Blood Urea Nitrogen)
- Calcium
- Urine Routine

#### LIVER EVALUATION: LIVER PROFILE / LFT

- SGOT
- SGPT
- GGTP / GAMMA GT
- Bilirubin  
(Total, Direct, Indirect)
- Serum Protein

#### CARDIAC EVALUATION: LIPID PROFILE

- Triglycerides
- Cholesterol
- HDL Cholesterol
- LDL Cholesterol
- VLDL Cholesterol
- Total Cholesterol / HDL Ratio
- ECG
- Stress Test (TMT)

#### OTHER INVESTIGATIONS:

- X Ray Chest PA
- Thyroid Hormone Tests (TSH)
- USG Abdomen & Pelvis
- Pap Smear (for Female)

- **COMPLIMENTARY- CONTAINERS, BREAKFAST AND LUNCH**
- **COMPLIMENTARY- HOME COLLECTION FACILITY:**  
2 days prior CAN BE AVAILED IN LIEU OF BREAKFAST

Price: ₹. 7,200/-

**\*Recommended for individuals above 30 years of age. The package provides a preliminary screening of all vital systems.**

## Comprehensive:

### CONSULTATIONS:

- Physician Consultation
- Gynecology Consultation
- ENT Consultation
- Consultation with Dietician / Nutritionist
- Ophthalmic Eye Check Up Consultation
- General Surgeon Consultation
- Body Fat Analysis
- Dental Check Up

### PRELIMINARY TESTS:

- CBC & ESR
- Stool / Feces Routine

### DIABETIC CHECK UP:

- Fasting Blood Sugar
- Post Prandial Blood Sugar
- HbA1C / Glycosylated Hemoglobin

### KIDNEY EVALUATION:

#### KIDNEY PROFILE

- Electrolytes
- Creatinine
- Uric Acid
- BUN (Blood Urea Nitrogen)
- Calcium
- Urine Routine

### LIVER EVALUATION:

#### LIVER PROFILE / LFT

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

### CARDIAC EVALUATION:

#### LIPID PROFILE

- Triglycerides
- Cholesterol

- HDL Cholesterol
- LDL Cholesterol
- VLDL Cholesterol
- Total Cholesterol / HDL Ratio
- ECG
- Stress Test (TMT)

### OTHER INVESTIGATIONS:

- X Ray Chest PA
- Thyroid Hormone Tests (T3/T4/TSH)
- USG Abdomen & Pelvis
- Pap Smear (for Female)
- Mammography (B/L) (for Female)
- Prostate Specific Antigen (PSA) (for Male)
- Spirometry / Pulmonary Function Test (PFT)
- Audiometry

- COMPLIMENTARY- CONTAINERS, BREAKFAST AND LUNCH

- COMPLIMENTARY- HOME COLLECTION FACILITY: 2 days prior CAN BE AVAILED IN LIEU OF BREAKFAST

Price: ₹. 11,000/-

## Comprehensive Premium:

### CONSULTATIONS:

- Physician Consultation
- Gynecology Consultation
- ENT Consultation
- Consultation with Dietician / Nutritionist
- Ophthalmic Eye Check Up Consultation
- General Surgeon Consultation
- Body Fat Analysis
- Dental Check Up

### PRELIMINARY TESTS:

- CBC & ESR
- Stool / Feces Routine

### DIABETIC CHECK UP:

- Fasting Blood Sugar
- Post Prandial Blood Sugar
- HbA1C / Glycosylated Hemoglobin

### KIDNEY EVALUATION:

#### KIDNEY PROFILE

- Electrolytes
- Creatinine
- Uric Acid

- BUN (Blood Urea Nitrogen)
- Calcium
- Urine Routine

### LIVER EVALUATION:

#### LIVER PROFILE / LFT

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

### CARDIAC EVALUATION:

#### LIPID PROFILE

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

- ECG
- Stress Test (TMT)
- 2D ECHO

### OTHER INVESTIGATIONS:

- X Ray Chest PA
- Thyroid Hormone Tests (T3/T4/TSH)
- USG Abdomen & Pelvis
- Pap Smear (for Female)
- Mammography (B/L) (for Female)
- Prostate Specific Antigen (PSA) (for Male)
- Spirometry / Pulmonary Function Test (PFT)
- Audiometry
- Vitamin B12
- 25-Hydroxy-Vitamin D / VIT D3
- CA-125
- Apolipoprotein A/A1
- Apolipoprotein B
- Homocysteine

- COMPLIMENTARY- CONTAINERS, BREAKFAST AND LUNCH

- COMPLIMENTARY- HOME COLLECTION FACILITY: 2 days prior CAN BE AVAILED IN LIEU OF BREAKFAST

Price: ₹. 15,700/-

**\*Recommended for individuals above 40 years of age. The package is ideal for anyone seeking a more detailed overview of all organ systems as well as with pre-existing illnesses. The addition of Cancer marker and additional Cardiac function marker test makes this an extensive screening tool to clear any doubts of existing medical conditions including major illnesses.**

### Senior Citizen Package (for male)

#### CONSULTATIONS:

- Physician Consultation
- General Surgeon Consultation
- ENT Consultation
- Ophthalmic Eye Check Up Consultation
- Cardiac Rehab Consultation
- Dental Check Up

#### PRELIMINARY TESTS:

- CBC & ESR
- Stool / Feces Routine

#### DIABETIC CHECK UP:

- Fasting Blood Sugar
- Post Prandial Blood Sugar

#### KIDNEY EVALUATION:

##### KIDNEY PROFILE

- Creatinine
- Uric Acid
- Calcium
- Urine Routine

#### LIVER EVALUATION:

##### LIVER PROFILE / LFT

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

#### CARDIAC EVALUATION:

##### LIPID PROFILE

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

#### OTHER INVESTIGATIONS:

- X Ray Chest PA
- USG Abdomen & Pelvis
- Prostate Specific Antigen (PSA) (for Male)
- Audiometry

- COMPLIMENTARY- CONTAINERS, BREAKFAST AND LUNCH

- COMPLIMENTARY- HOME COLLECTION FACILITY: 2 days prior CAN BE AVAILED IN LIEU OF BREAKFAST

Price: ₹. 5,500/-

**\*Recommended for male senior citizens above 60 years of age. Keeping in mind the changing health needs of our valued senior citizens, this package includes the necessary specific investigations that can help identify and treat age related health complications and thus provide the path forward to ageing gracefully and a better quality of life.**

### Senior Citizen Package (for females)

#### CONSULTATIONS:

- Physician Consultation
- Gynecology Consultation
- ENT Consultation
- Ophthalmic Eye Check Up Consultation
- Cardiac Rehab Consultation
- Dental Check Up

#### PRELIMINARY TESTS:

- CBC & ESR
- Stool / Feces Routine

#### DIABETIC CHECK UP:

- Fasting Blood Sugar
- Post Prandial Blood Sugar

#### KIDNEY EVALUATION:

##### KIDNEY PROFILE

- Creatinine
- Uric Acid
- Calcium
- Urine Routine

#### LIVER EVALUATION:

##### LIVER PROFILE / LFT

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

#### CARDIAC EVALUATION:

##### LIPID PROFILE

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

#### OTHER INVESTIGATIONS:

- X Ray Chest PA
- USG Abdomen & Pelvis
- Pap Smear
- Mammography (B/L)
- Audiometry

- COMPLIMENTARY- CONTAINERS, BREAKFAST AND LUNCH

- COMPLIMENTARY- HOME COLLECTION FACILITY: 2 days prior CAN BE AVAILED IN LIEU OF BREAKFAST

Price: ₹. 6,500/-

**\*Recommended for female senior citizens above 60 years of age. Keeping in mind the changing health needs of our valued senior citizens, this package includes the necessary specific investigations that can help identify and treat age related health complications and thus provide the path forward to ageing gracefully and a better quality of life.**

### Cardiac Assessment Package:

#### CONSULTATIONS:

- Cardiologist Consultation
- Cardiac Rehab Consultation

#### OTHER INVESTIGATIONS:

- Apolipoprotein A/A1
- Apolipoprotein B
- Homocysteine
- Lipoprotein (A)
- Calcium Scoring
- CT Coronary Angiography

Price: ₹. 14,500/-

### Vitamin B12 & Vitamin D3 Add on:

- Vitamin B12
- Vitamin D3

Price: ₹. 1,950/-

### Diabetic Add on:

- Vitamin B12
- Vitamin D3
- Fasting Insulin
- Post Glucose Insulin
- Hba1c

Price: ₹. 3,900/-