

# Preventive Health Check

## Women's Health

PLANS as per recommended age groups	Titanium	Platinum	Gold	Silver
	Full Body check	>45 years	35-45 yrs	20-35 yrs
<b>Lab Investigations</b>				
Blood Group	✓	✓	✓	✓
Complete Blood Count (Hb, TLC, DLC, RBC Count, PCV, MCV, MCH, MCHC, Platelet count, RDW & ESR)	✓	✓	✓	✓
Blood Glucose (Fasting & PP)	✓	✓	✓	✓
HbA1c	✓	✓	✓	✓
Lipid Profile (Blood cholesterol, LDL, HDL, VLDL, Triglycerides)	✓	✓	✓	✓
Liver Function Test (Total Protein, Albumin, Globulin, A/G Ration, Bilirubin -Total &Direct, SGOT, SGPT, Alk. Phosphatase and Gamma GT)	✓	✓	✓	✓
Thyroid Function Test (TSH)	✓	✓	✓	✓
Urine Exam	✓	✓	✓	✓
Renal Function Test (Blood urea, Creatinine, Uric acid)	✓	✓	✓	✓
Pap smear	✓	✓	✓	✓
Serum Electrolytes (Na, K, Cl)	✓	✓		
Serum Calcium and Phosphorus	✓	✓		
Vitamin Profile (Vit. D, Vit. B <sub>12</sub> and Folic acid)	✓			
<b>Radiology Investigations</b>				
X-ray Chest (PA View)	✓	✓	✓	✓
Ultrasound (Whole Abdomen)	✓	✓	✓	✓
Bone Densitometry	✓	✓		
<b>Cardiac Investigations</b>				
ECG	✓	✓	✓	✓
Pulmonary Function Test (PFT)	✓	✓	✓	
TMT / ECHO		✓	✓	
Stress Echo / DSE	✓			
<b>Screening</b>				
Dental Screening	✓	✓	✓	✓
Visual Screening (Visual Acuity)	✓	✓		
<b>Consultations</b>				
General Physician	✓	✓	✓	✓
Gynecologist (for women)	✓	✓	✓	✓
Dietician (Nutritional Assessment)	✓	✓	✓	✓
Physiotherapist	✓	✓	✓	✓
Price (Rs.)	14,350	11,250	8,380	5,850

**\*Please turn over for important information.**

**Note –**

Following additional tests can be opted at 50% discounted price –

- i) **Mammography (both breast).**
- ii) **Pure tone audiogram** - (\* Subjected to availability of Audiologist)
- iii) **Vitamin profile** (Vitamin D, Vitamin B<sub>12</sub>, Folic acid)

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## Important Information regarding Preventive Health Check-up

1. Please **arrive at the hospital between 8:00 am and 8:30 am.**
2. You should be **fasting for 10 hours** before the check-up. Finish your dinner preferably on the previous night by 9:00 pm so that there is at least a 10 hour gap between your last meal and the time of your fasting blood sample.
3. Kindly **bring all your medical records & reports** if you have been suffering from any ailment.
4. Drink 2-3 glasses of water before leaving home as this will speed up your ultrasound which needs to be done once your bladder is full.
5. Wear athletic/comfortable shoes and clothes to facilitate various tests.
6. If you have **Diabetes**, please **do not have** your morning dose of insulin or morning tablets before you come for the check up. **Carry them along with you and have them before breakfast.** If you have any medicines after breakfast, please have them as prescribed.
7. Please **bring your Blood pressure/Cardiac medicines** along on the day of the check up and inform the Coordinator about the medicines you are taking so they can clarify after checking with the doctor if you need to skip any dose.
8. Please do not smoke on the day of your check up until you have completed all the investigations.
9. Please do not apply cream/powder on your chest when you come for your check up.
10. Kindly carry your first morning urine sample in the containers provided to you.
- 11. Breakfast will be provided.**
12. The approximate time required for Plan 'Platinum' & 'Gold' is 5 hours and Plan 'Silver' is 3½ hours.
13. In case you have been advised an ECHO, kindly take an appointment with your coordinator.
14. The complete summary with all the reports can be collected only after the 6<sup>th</sup> day of the check up. If you wish to collect some reports earlier or get a review earlier than the 6<sup>th</sup> day, kindly inform our PHC coordinator.