



Preventive Health Check-Up Plans for Men

Category	Service/Test	Silver (20–35 years)	Gold (35–45 years)	Platinum (>45 years)	Titanium (Full Body)	Basic (60+ years)	Advanced (60+ years)
Lab Investigations	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 Ratio, Bilirubin-Total & Direct, SGOT, SGPT, Alk. Phosphatase and Gamma GT)	✓	✓	✓	✓	✓	✓
	Thyroid Function Test (TSH)	✓	✓	✓	✓	✓	✓
	Urine RE/ME	✓	✓	✓	✓	✓	✓
	Renal Function Test (Blood Urea, Creatinine, Uric Acid)	✓	✓	✓	✓	✓	✓
	PSA (For Prostate Cancer)	✗	✓	✓	✓	✓	✓
	Serum Electrolytes (Na, K, Cl)	✗	✗	✓	✓	✓	✓
	Serum Calcium and Phosphorus	✗	✗	✓	✓	✓	✓
	Vitamin Profile (Vit D, B12, Folic Acid)	✗	✗	✗	✓	✗	✓
	Stool for Occult Blood	✗	✗	✗	✗	✗	✓
	Apolipoprotein B (O)	✗	✗	✗	✗	✗	✓
	HSCRP (O)	✗	✗	✗	✗	✗	✓
Radiology Investigations	X-ray Chest (PA View)	✓	✓	✓	✓	✓	✓
	Ultrasound (Whole Abdomen)	✓	✓	✓	✓	✓	✓
	Bone Densitometry (Single Site)	✗	✗	✓	✓	✓	✓
	Ultrasound for Abdominal Aortic Aneurysm	✗	✗	✗	✗	✗	✓
Cardiac and Pulmonary Investigations	ECG	✓	✓	✓	✓	✓	✓
	Pulmonary Function Test (PFT)	✗	✓	✓	✓	✓	✓
	TMT/ECHO	✗	✓	✓	✗	✓	✗
	Stress ECHO / DSE	✗	✗	✗	✓	✗	✓
Urological Investigation	Uroflowmetry	✗	✗	✗	✗	✗	✓
Screening	Dental Screening	✓	✓	✓	✓	✓	✓
	Visual Screening (Visual Acuity)	✗	✗	✓	✓	✓	✓
Consultations	General Physician	✓	✓	✓	✓	✓	✓
	Dietician (Nutritional Assessment)	✓	✓	✓	✓	✓	✓
	Physiotherapist	✓	✓	✓	✓	✓	✓
	General Surgeon (if referred)	✗	✗	✓	✓	✓	✓
	Geriatric (Cardiac and Mental Stress)	✗	✗	✗	✗	✓	✓
	Orthopedics	✗	✗	✗	✗	✓	✓
	Urology	✗	✗	✗	✗	✓	✓