



# 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) |
|--------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------|----------------------|--------------------|----------------------|----------------------|-------------------|----------------------|
|  <b>Lab Investigations</b>                     | 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)                                                                                                                              | ✗                    | ✗                  | ✗                    | ✗                    | ✗                 | ✓                    |
|                                                                                                                                | Blood Group                                                                                                                            | ✓                    | ✓                  | ✓                    | ✓                    | ✓                 | ✓                    |
|  <b>Radiology Investigations</b>               | X-ray Chest (PA View)                                                                                                                  | ✓                    | ✓                  | ✓                    | ✓                    | ✓                 | ✓                    |
|                                                                                                                                | Ultrasound (Whole Abdomen)                                                                                                             | ✓                    | ✓                  | ✓                    | ✓                    | ✓                 | ✓                    |
|                                                                                                                                | Bone Densitometry (Single Site)                                                                                                        | ✗                    | ✗                  | ✓                    | ✓                    | ✓                 | ✓                    |
|                                                                                                                                | Ultrasound for Abdominal Aortic Aneurysm                                                                                               | ✗                    | ✗                  | ✗                    | ✗                    | ✗                 | ✓                    |
|  <b>Cardiac and Pulmonary Investigations</b> | ECG                                                                                                                                    | ✓                    | ✓                  | ✓                    | ✓                    | ✓                 | ✓                    |
|                                                                                                                                | Pulmonary Function Test (PFT)                                                                                                          | ✗                    | ✓                  | ✓                    | ✓                    | ✓                 | ✓                    |
|                                                                                                                                | TMT/ECHO                                                                                                                               | ✗                    | ✓                  | ✓                    | ✗                    | ✓                 | ✗                    |
|                                                                                                                                | Stress ECHO / DSE                                                                                                                      | ✗                    | ✗                  | ✗                    | ✓                    | ✗                 | ✓                    |
|  <b>Urological Investigation</b>             | Uroflowmetry                                                                                                                           | ✗                    | ✗                  | ✗                    | ✗                    | ✗                 | ✓                    |
|  <b>Screening</b>                            | Dental Screening                                                                                                                       | ✓                    | ✓                  | ✓                    | ✓                    | ✓                 | ✓                    |
|                                                                                                                                | Visual Screening (Visual Acuity)                                                                                                       | ✗                    | ✗                  | ✓                    | ✓                    | ✓                 | ✓                    |
|  <b>Consultations</b>                        | General Physician                                                                                                                      | ✓                    | ✓                  | ✓                    | ✓                    | ✓                 | ✓                    |
|                                                                                                                                | Dietician (Nutritional Assessment)                                                                                                     | ✓                    | ✓                  | ✓                    | ✓                    | ✓                 | ✓                    |
|                                                                                                                                | Physiotherapist                                                                                                                        | ✓                    | ✓                  | ✓                    | ✓                    | ✓                 | ✓                    |
|                                                                                                                                | General Surgeon (if referred)                                                                                                          | ✗                    | ✗                  | ✓                    | ✓                    | ✓                 | ✓                    |
|                                                                                                                                | Geriatric (Cardiac and Mental Stress)                                                                                                  | ✗                    | ✗                  | ✗                    | ✗                    | ✓                 | ✓                    |
|                                                                                                                                | Orthopedics                                                                                                                            | ✗                    | ✗                  | ✗                    | ✗                    | ✓                 | ✓                    |
|                                                                                                                                | Urology                                                                                                                                | ✗                    | ✗                  | ✗                    | ✗                    | ✓                 | ✓                    |



# Preventive Health Check-Up Plans for WOMEN

| Category                                                                                                                          | Service/Test                                                                                                                           | Silver<br>(20-35 years) | Gold<br>(35-45 years) | Platinum<br>(>45 years) | Titanium<br>(Full Body) | Basic<br>(60+ years) | Advanced<br>(60+ years) |
|-----------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------|-------------------------|-----------------------|-------------------------|-------------------------|----------------------|-------------------------|
| <br><b>Lab Investigations</b>                    | 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)                                                                                | ✓                       | ✓                     | ✓                       | ✓                       | ✓                    | ✓                       |
|                                                                                                                                   | 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)                                                                                                                              | ✗                       | ✗                     | ✗                       | ✗                       | ✗                    | ✓                       |
|                                                                                                                                   | Blood Group                                                                                                                            | ✓                       | ✓                     | ✓                       | ✓                       | ✓                    | ✓                       |
| <br><b>Radiology Investigations</b>             | X-ray Chest (PA View)                                                                                                                  | ✓                       | ✓                     | ✓                       | ✓                       | ✓                    | ✓                       |
|                                                                                                                                   | Ultrasound (Whole Abdomen)                                                                                                             | ✓                       | ✓                     | ✓                       | ✓                       | ✓                    | ✓                       |
|                                                                                                                                   | Bone Densitometry (Single Site)                                                                                                        | ✗                       | ✗                     | ✓                       | ✓                       | ✓                    | ✓                       |
|                                                                                                                                   | Mammography (Bilateral)                                                                                                                | ✗                       | ✗                     | ✗                       | ✗                       | ✓                    | ✓                       |
|                                                                                                                                   | Ultrasound PVRU                                                                                                                        | ✗                       | ✗                     | ✗                       | ✗                       | ✗                    | ✓                       |
| <br><b>Cardiac and Pulmonary Investigations</b> | ECG                                                                                                                                    | ✓                       | ✓                     | ✓                       | ✓                       | ✓                    | ✓                       |
|                                                                                                                                   | Pulmonary Function Test (PFT)                                                                                                          | ✗                       | ✓                     | ✓                       | ✓                       | ✓                    | ✓                       |
|                                                                                                                                   | TMT/ECHO                                                                                                                               | ✗                       | ✓                     | ✓                       | ✗                       | ✓                    | ✗                       |
|                                                                                                                                   | Stress ECHO / DSE                                                                                                                      | ✗                       | ✗                     | ✗                       | ✓                       | ✗                    | ✓                       |
| <br><b>Screening</b>                            | Liquid Based Cytology & Cervical Cytology                                                                                              | ✓                       | ✓                     | ✓                       | ✓                       | ✓                    | ✓                       |
|                                                                                                                                   | Dental Screening                                                                                                                       | ✓                       | ✓                     | ✓                       | ✓                       | ✓                    | ✓                       |
|                                                                                                                                   | Visual Screening (Visual Acuity)                                                                                                       | ✗                       | ✗                     | ✓                       | ✓                       | ✓                    | ✓                       |
| <br><b>Consultations</b>                        | General Physician                                                                                                                      | ✓                       | ✓                     | ✓                       | ✓                       | ✓                    | ✓                       |
|                                                                                                                                   | Dietician (Nutritional Assessment)                                                                                                     | ✓                       | ✓                     | ✓                       | ✓                       | ✓                    | ✓                       |
|                                                                                                                                   | Physiotherapist                                                                                                                        | ✓                       | ✓                     | ✓                       | ✓                       | ✓                    | ✓                       |
|                                                                                                                                   | Gynecologist                                                                                                                           | ✓                       | ✓                     | ✓                       | ✓                       | ✓                    | ✓                       |
|                                                                                                                                   | Geriatric (Cardiac and Mental Stress)                                                                                                  | ✗                       | ✗                     | ✗                       | ✗                       | ✓                    | ✓                       |
|                                                                                                                                   | Orthopedics                                                                                                                            | ✗                       | ✗                     | ✗                       | ✗                       | ✓                    | ✓                       |
|                                                                                                                                   | General Surgeon (if referred by Physician)                                                                                             | ✗                       | ✗                     | ✗                       | ✗                       | ✓                    | ✓                       |