

A check - up can tell your inside story

HOLISTIC HEALTH

CHECK - UP PLANS



Preliminary Test

- CBC
- Blood Group & Rh
- Urine (Routine & Micro)

Cardiac Profile

- ECG
- Cholesterol

Diabetic Profile

- RBS

Liver Function Test

- SGPT

Kidney Function Test

- Serum Creatinine

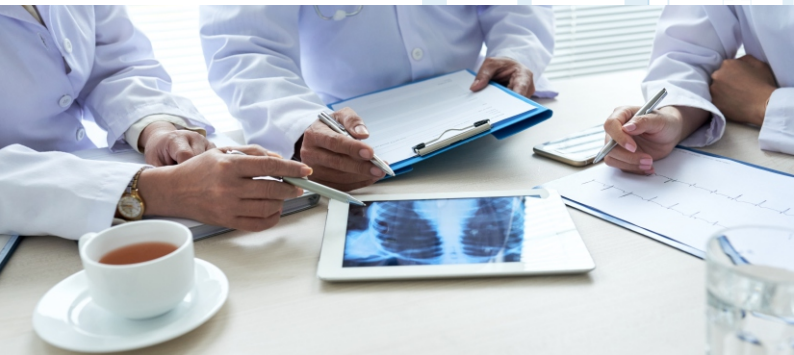
Radiology Imaging

- Chest X-Ray

Body Composition Analysis

Consultations

- Physician



Preliminary Test

- CBC
- Blood Group & Rh
- Urine (Routine & Micro)

Cardiac Profile

- ECG
- Lipid Profile

Diabetic Profile

- FBS/RBS

Liver Function Test

- SGPT

Kidney Function Test

- Serum Creatinine

Thyroid Profile

- TSH

Radiology Imaging

- Chest X-Ray
- USG Abdomen

Body Composition Analysis

Consultations

- Physician
- Dietitian



Preliminary Test

- CBC
- Blood Group & Rh
- Urine (Routine & Micro)
- RBS
- Serum Calcium
- Vitamin B12
- Vitamin D3

Liver Function Test

- SGPT
- Serum Bilirubin

Proteins

(Albumin, A/G Ratio)

Iron Profile

Serum Iron

Kidney Function Test

- Serum Creatinine
- Serum Electrolytes

Thyroid Profile

- TSH

Consultations

- Paediatrician (Development Screening and Growth Assessment)
- ENT
- Ophthalmologist
- Dietitian Assessment with diet chart



Preliminary Test

- CBC
- Blood Group & Rh
- Urine (Routine & Micro)
- RBS
- Serum Calcium
- Vitamin B12
- Vitamin D3

Liver Function Test

- SGPT
- Serum Bilirubin

Proteins

(Albumin, A/G Ratio)

Iron Profile

Serum Iron

Kidney Function Test

- Serum Creatinine
- Serum Electrolytes

Thyroid Profile

- TSH

Radiology Imaging

- USG Abdomen

Consultations

- Paediatrician (Development Screening and Growth Assessment)
- ENT
- Ophthalmologist
- Dietitian Assessment with diet chart





Preliminary Test

- CBC with ESR
- Blood Group & Rh
- Urine (Routine & Micro)
- Vitamin B12

Cardiac Profile

- ECG
- Lipid Profile
- Echo

Diabetic Profile

- FBS/RBS
- HbA1c

Liver Function Test

- SGPT

Kidney Function Test

- Serum Creatinine
- Uric Acid

Cancer Detection

- PAP Smear (For Female)
- PSA (For Male)

Thyroid Profile

- TSH

Radiology Imaging

- Chest X-Ray
- USG Abdomen

Body Composition Analysis

Consultations

- Physician
- Ophthalmologist
- Gynecologist (For Female)
- Dietitian



Preliminary Test

- CBC
- Blood Group & Rh
- Urine (Routine & Micro)
- Vitamin B12
- Vitamin D3

Cardiac Profile

- ECG
- Echo
- TMT
- Lipid Profile

Diabetic Profile

- FBS
- PPBS
- HbA1c

Liver Function Test

- SGPT

Kidney Function Test

- Serum Creatinine
- Urea
- Uric Acid
- K+ (Potassium)

Thyroid Profile

- TSH
- T3
- T4

Radiology Imaging

- Chest X-Ray
- USG Abdomen

Body Composition Analysis

Consultations

- Physician
- ENT
- Dentist
- Ophthalmologist
(Fundus Examination)
- Gynecologist
(For Female)
- Dietitian
- Ayurveda Vaidya

Preliminary Test

- CBC
- Blood Group & Rh
- Urine (Routine & Micro)
- Stool (Routine & Micro)
- Vitamin B12
- Vitamin D3

Cardiac Profile

- ECG
- Echo
- TMT
- Lipid Profile

Diabetic Profile

- FBS/RBS
- PPBS
- HbA1c

Liver Function Test

- SGPT
- Proteins

Kidney Function Test

- Serum Creatinine
- Uric Acid
- Serum Calcium
- Na (Sodium)
- K+ (Potassium)

Thyroid Profile

- TSH ● T3 ● T4

Cancer Detection

- PAP Smear
- CA-125

Radiology Imaging

- Chest X-Ray
- USG Abdomen
- Mammography

Body Composition analysis

Consultations

- Physician
- ENT
- Ophthalmologist
- Gynecologist
- Dentist
- Dietitian
- Ayurveda Vaidya

Preliminary Test

- CBC
- Blood Group & Rh
- Urine (Routine & Micro)
- Stool (Routine & Micro)
- Vitamin B12
- Vitamin D3

Cardiac Profile

- ECG
- Echo
- TMT
- Lipid Profile

Diabetic Profile

- FBS
- PPBS
- HbA1c

Liver Function Test

- SGPT
- SGOT
- Total Bilirubin
- Alkaline Phosphatase
- Proteins

Kidney Function Test

- Serum Creatinine
- Urea

- Uric Acid
- Serum Calcium
- Na (Sodium)
- K+ (Potassium)

Cancer Detection

- PSA (For Male)
- CA-125 (For Female)
- PAP Smear (For Female)

Thyroid Profile

- TSH ● T3 ● T4

Lung Efficiency

- Pulmonary Function Test (PFT)

Radiology Imaging

- Chest X-Ray
- USG Abdomen
- DEXA Scan

Body Composition Analysis

Audiometry

Ayurveda Therapy

(Only With Prior appointment)

- Abhyang

Iron Profile

- Serum Iron
- TIBC
- Transferrin Saturation
- S.Ferritin

Consultations

- Physician
- ENT
- Gynecologist (For Female)
- Ophthalmologist
- Dentist
- Dietitian
- Ayurveda Vaidya





Preliminary Test

- CBC
- Blood Group & Rh
- Hs-CRP
- Urine (Routine & Micro)
- Stool (Routine & Micro)
- Vitamin B12
- Vitamin D3

Cardiac Profile

- ECG
- Echo
- TMT
- Lipid Profile
- Apolipoprotein A1
- Apolipoprotein B
- Lipoprotein (a)
- S.Homocysteine

Diabetic Profile

- FBS/RBS
- PPBS
- HbA1c
- Fasting Insulin
- Urine Microalbuminuria

Liver Function Test

- SGPT
- SGOT

- Total Bilirubin
- Alkaline Phosphatase
- Proteins (Albumin, A/G Ratio)

Kidney Function Test

- Serum Creatinine
- Urea
- Uric Acid
- Serum Calcium
- BUN
- Serum Electrolytes

Lung Efficiency

- Pulmonary Function Test (PFT)

Cancer Detection

- PSA (For Male)
- CA-125 (For Female)
- PAP Smear (For Female)

Iron Profile

- Serum Iron
- S.Ferritin
- Transferrin Saturation
- TIBC

Thyroid Profile

- TSH
- T3
- T4

Infection Tests

- HIV
- HBsAg
- HCV
- CRP

Radiology Imaging

- Chest X-Ray
- USG Abdomen
- Carotid Colour Doppler
- DEXA Scan
- Mammography
(For Female)
- OPG (Full Mouth X-Ray)

Body Composition Analysis

Ayurveda Therapy

(Only With Prior appointment)

- Abhyanga (Synchro)

Consultations

- Physician
- ENT
- Gynecologist (For Female)
- Ophthalmologist
- Dentist
- Dietitian
- Ayurveda Vaidya

One Night Room
Accommodation



Preliminary Test

- CBC
- Blood Group & Rh
- Urine (Routine & Micro)
- Stool (Routine & Micro)
- Vitamin B12
- Vitamin D3

Cardiac Profile

- Lipid Profile

Diabetic Profile

- FBS
- PPBS
- HbA1c

Liver Function Test

- SGPT
- SGOT
- Total Bilirubin
- Alkaline Phosphatase
- Proteins

Kidney Function Test

- Serum Creatinine
- Urea
- Uric Acid
- Serum Calcium
- Na (Sodium)
- K+ (Potassium)

Cancer Detection

- PSA (For Male)
- CA-125 (For Female)
- PAP Smear (For Female)

Thyroid Profile

- TSH ● T3 ● T4

Iron Profile

- Serum Iron
- S.Ferritin
- TIBC
- Transferrin Saturation

Consultations

- Physician



Preliminary Test

- CBC
- Blood Group & Rh
- Hs-CRP
- Urine (Routine & Micro)
- Stool (Routine & Micro)
- Vitamin B12
- Vitamin D3

Cardiac Profile

- Lipid Profile
- Apolipoprotein A1
- Apolipoprotein B
- Lipoprotein (a)
- S. Homocysteine

Diabetic Profile

- FBS/RBS
- PPBS
- HBA1C
- Fasting Insulin
- Urine Microalbuminuria

Liver Function Test

- SGPT ● SGOT
- Total Bilirubin
- Alkaline Phosphatase
- Proteins (Albumin, A/G Ratio)

Kidney Function Test

- Serum Creatinine
- Urea
- Uric Acid
- Serum Calcium
- BUN
- Serum Electrolytes

Cancer Detection

- PSA (For Male)
- CA-125 (For Female)
- PAP Smear (For Female)

Iron Profile

- Serum Iron
- S. Ferritin
- Transferrin Saturation
- TIBC

Thyroid Profile

- TSH ● T3 ● T4

Infection Tests

- HIV
- HBSAG
- HCV
- CRP

Consultations

- Physician

IMPORTANT GUIDELINES

- You are requested to take a prior appointment for health check-up. You will be guided about the entire program by our customer care executive. Preferable to obtain urine and stool containers on a prior day.
- Please spare at least 4-6 hours based on your health check-up package.
- Please confirm with customer care executive for the fasting requirements.
- A minimum 8-12 hours fasting is essential before any health check-up plan. However you may take water and regular medications.
- It is advised that you wear loose and comfortable clothing and avoid wearing any jewellery.
- Kindly bring previous medical records and details of medications you are taking, if any.
- Some reports e.g. PAP Smear will be available on the next day.
- For ladies : it is requested that you inform our executive about pregnancy or menstruation, this will help us guide you better and also avoid/re-plan investigations like x-ray, PAP Smear etc.
- Free coupon for Ayurveda therapy will be given on the day of health checkup, which can be redeemed within 15 days of health checkup with prior appointment only.



ALLOPATHY



AYURVEDA

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