



CHECK UP



Lilavati Hospital and Research Centre

*More than Healthcare, Human Care*

NABH Accredited Healthcare Provider



# Health check up

...Opening a New Chapter of Good Health in your Life



Health problems can be managed more effectively if, detected early. The Health Check-up program of Lilavati Hospital aims to promote good health and to facilitate early detection of disease and identification of unhealthy lifestyle practices. Positive health is achieved through lifestyle modifications that includes a good diet, regular exercise and periodic visits to your consulting physician.

Our goal is to encourage people to take simple steps for a longer, healthier and happier life. Scheduling a Health Check-up

is the first step to taking time for yourself and putting your own health care needs first.

At Lilavati Hospital and Research Centre, we have fifteen customized packages to suit the requirement of varying lifestyles carried out in a completely delightful environment. Our Health Checks are designed such that the whole experience of the Health Check is not only informative but also very composed and peaceful.

**MAKE TODAY THE DATE TO SCHEDULE YOUR HEALTH CHECK**



# Program features

- A Complete Lab Profile.
- Imaging Diagnostic Modalities like Ultrasonography, X-ray, Mammography, ECG, 2D Echo, Stress Test, CT Scan and MRI.
- Assessment and Examination by Specific Specialty Consultants.
- Assessment of Individual Medical History, Physical Examination and advice by Consulting Physicians.



“ Our Health Check Executives Will Take Care Of You And Guide You Throughout Your Health Check Process ”





# Basic package

## Profile

'Health is Wealth' they say but in today's stressful life; it is hard to notice when we start losing that God-gifted treasure. Being ALERT is the only way out. Our BASIC PACKAGE consists of the fundamental tests for screening of the health status and is quite economical. It is suitable for young individuals.

### LAB TESTS

- CBC
- ESR
- BLOOD GROUP (Optional)

### Screening Test for Diabetes

- BLOOD SUGAR FASTING

### Screening Tests for Liver Function

- SGOT
- SGPT

### Screening Test for Kidney Function

- SERUM CREATININE

### Total Cholesterol

### Urine - Routine / Microscopy

### Stool - Routine / Microscopy

### Screening Test for Cardiac Function

- ECG

### IMAGING TEST

- X-RAY CHEST

### VISION CHECK

### CONSULTATION

- PHYSICIAN

₹ 4000/-

# Paediatric package - 5 to 18 years

## Profile

Our PEDIATRIC PACKAGE is quite comprehensive. It focuses on growth and nutritional status of children between 5 to 18 yrs of age. This package provides wide array of Consultations - Pediatrician, Ophthalmology, ENT and Dental.

### LAB TESTS

- CBC
- ESR
- BLOOD GROUP

### Screening Test for Diabetes

- BLOOD SUGAR RANDOM

### Screening Tests for Liver Function

- SGPT

### Tests for Lipid Profile

- TOTAL CHOLESTEROL
- TRIGLYCERIDES

### Screening Test for Kidney Function

- SERUM CREATININE
- SERUM BLOOD UREA

### SERUM ELECTROLYTES

### G-6-PD

### Vitamin D3

### Vitamin B12

### TSH

### Audiometry

### Urine - Routine / Microscopy

### Stool - Routine / Microscopy

### CONSULTATION

- PAEDIATRICIAN
- OPHTHALMOLOGIST (EYE)
- ENT
- DENTAL

### Healthy, Delicious Breakfast

₹ 8300/-

\* For test insights and Health Check up instructions kindly refer page 22 onwards

"Prices are subject to change without prior notice"

# Cardiac evaluation package

## Profile

Human heart functions incessantly without even a moment's rest. Diseases related to such an important organ are often termed as 'silent killers' as their existence is realized only after an attack. Our cardiac evaluation scheme provides all the key tests necessary to check the efficiency of your heart; such as Cardiac Stress Test, 2D Echo, ECG, Coronary Risk Markers along with regular lipid profile and tests for Liver, Kidneys and Diabetes. It also involves consultation with a Cardiologist.

### LAB TESTS

CBC

ESR

### Screening Tests for Diabetes

BLOOD SUGAR FASTING

BLOOD SUGAR POST PRANDIAL

### Tests for Lipid Profile

TOTAL CHOLESTEROL

HDL CHOLESTEROL

LDL CHOLESTEROL

VLDL CHOLESTEROL

HDL / CHOLESTEROL RATIO

TRIGLYCERIDES

LIPOPROTEIN A

APO LIPOPROTEIN A1

APO LIPOPROTEIN B

HOMOCYSTINE

C-REACTIVE PROTEIN

### Screening Tests for Kidney Function

SERUM URIC ACID

SERUM CREATININE

SERUM ELECTROLYTE

### Screening Tests for Liver Function

SGOT

SGPT

### Urine - Routine / Microscopy

### Tests for Cardiac Function

ECG

STRESS TEST

2D ECHO

### IMAGING TEST

X-RAY CHEST

### CONSULTATION

CARDIOLOGIST

Healthy, Delicious Breakfast & Lunch

\* For test insights and Health Check up instructions kindly refer page 22 onwards

Get a 30% discount on additional investigations and consultation at ₹2000 done through this package within one week

"Prices are subject to change without prior notice"

₹ 9900/-



# adams package

## Profile

For all the health-cognizant gentlemen, our ADAM'S PACKAGE presents the investigations necessary to ensure complete vitality. It includes all the key tests needed to check the physical condition of young males.

### LAB TESTS

CBC

ESR

### Screening Test for Diabetes

BLOOD SUGAR FASTING

### Screening Test for Kidney Function

SERUM CREATININE

### Tests for Liver Profile

TOTAL PROTEIN

ALBUMIN

SGOT

SGPT

BILIRUBIN

GGTP

PROTHROMBIN TIME

ALKALINE PHOSPHATASE

### ACID PHOSPHATE

Total Cholesterol

Urine - Routine / Microscopy

Stool - Routine / Microscopy

Screening Test for Cardiac Function

ECG

### IMAGING TESTS

X-RAY CHEST

SONOGRAPHY Upper Abdomen

### CONSULTATIONS

PHYSICIAN

SURGEON

Healthy, Delicious Breakfast & Lunch

₹ 6600/-

# adams plus package

This package is especially designed to suit the age-specific need of middle aged males. It consists of all the tests of Adams' package along with PSA and Sonography Pelvis.

**All tests of Adams Package + PSA + Sonography Pelvis**

**Healthy, Delicious Breakfast & Lunch**

₹ 8300/-

\* For test insights and Health Check up instructions kindly refer page 22 onwards

Get a 30% discount on additional investigations and consultation at ₹2000 done through this package within one week

"Prices are subject to change without prior notice"

## Eves package

### Profile

No one can deny the importance of a woman, be it on domestic front or corporate. They are that indispensable part of the society around whom many lives revolve. It is necessary to understand the importance of their health, considering the amount of pressure they go through every day. We have our Eves' package to ensure a vital investigation of a female's health below 40 years of age, it involves gynecological examinations; useful to detect diseases like PCOD, fibroids, ovarian and uterocervical lesions. It also involves screening for thyroid status.

#### LAB TESTS

CBC

ESR

#### Screening Test for Diabetes

BLOOD SUGAR FASTING

#### Screening Test for Kidney Function

SERUM CREATININE

#### Total Cholesterol

#### Urine - Routine / Microscopy

#### Stool - Routine / Microscopy

#### Pap Smear

#### Thyroid Hormone Tests (TSH)

#### Screening Test for Cardiac Function

ECG

#### IMAGING TESTS

X-RAY CHEST

SONOGRAPHY Pelvis

#### CONSULTATIONS

PHYSICIAN

GYNAECOLOGIST

#### Healthy, Delicious Breakfast & Lunch

₹ 6600/-

## Eves plus package

This package is especially designed to suit the age specific need of women above 40 years of age. **It consists of all the tests of Eves' package along with Mammography.** Mammography is useful in detection of Breast cancer.

**All tests of Eves package + Mammography** Healthy, Delicious Breakfast & Lunch

\* For test insights and Health Check up instructions kindly refer page 22 onwards

Get a 30% discount on additional investigations and consultation at ₹2000 done through this package within one week

"Prices are subject to change without prior notice"

₹ 8300/-



# senior citizen package - men

As the age of an individual increases; the healthcare cost increases manifold and becomes an extra burden on the individual and also on the family. Early intervention helps in reducing the cost to great extent. Elderly individuals are the ideal candidates for this package. The package concentrates on General Routine Blood check up with Physician, Surgeon/Gynaecology, Ophthalmology, ENT and Dental Consultation. It also offers gender specific tests like Prostate screening for men; Mammography and PAP smear for women.

## Profile for men (ONLY FOR 60 YEARS AND ABOVE)

### LAB TESTS

CBC

ESR

### Screening Tests for Diabetes

BLOOD SUGAR FASTING

BLOOD SUGAR POST PRANDIAL

### Screening Tests for Liver Function

SGOT

SGPT

ALKALINE PHOSPHATASE

### Tests for Lipid Profile

TOTAL CHOLESTEROL

HDL CHOLESTEROL

LDL CHOLESTEROL

VLDL CHOLESTEROL

HDL / CHOLESTEROL

TRIGLYCERIDES

LIPOPROTEIN A

APO LIPOPROTEIN A1

APO LIPOPROTEIN B

### Screening Tests for Kidney Function

SERUM URIC ACID

SERUM CREATININE

SERUM PROTEIN

ALBUMIN (GLOBULIN, A/G RATIO)

### Urine - Routine / Microscopy

### Stool - Routine / Microscopy

### Prostate SP Antigen

### Screening Test for Cardiac Function

ECG

### IMAGING TESTS

X-RAY CHEST

SONOGRAPHY Abdomen & Pelvis

### AUDIOMETRY

### CONSULTATIONS

PHYSICIAN

SURGEON

ENT

DENTAL

OPHTHALMOLOGIST (EYE)

### Healthy, Delicious Breakfast & Lunch

OPTIONAL TEST: 2D Echo at ₹ 1600/- if taken along with this package

\* For test insights and Health Check up instructions kindly refer page 22 onwards

Get a 30% discount on additional investigations and consultation at ₹2000 done through this package within one week

"Prices are subject to change without prior notice"

₹ 9900/-



# senior citizen package - women

## Profile for women (ONLY FOR 60 YEARS AND ABOVE)

### LAB TESTS

CBC  
ESR

### Screening Tests for Diabetes

BLOOD SUGAR FASTING  
BLOOD SUGAR POST PRANDIAL

### Screening Tests for Liver Function

SGOT  
SGPT  
ALKALINE PHOSPHATASE

### Tests for Lipid Profile

TOTAL CHOLESTEROL  
HDL CHOLESTEROL  
LDL CHOLESTEROL  
VLDL CHOLESTEROL  
HDL / CHOLESTEROL  
TRIGLYCERIDES  
LIPOPROTEIN A  
APO LIPOPROTEIN A1  
APO LIPOPROTEIN B

### Screening for Kidney Function

SERUM URIC ACID  
SERUM CREATININE  
SERUM PROTEIN  
ALBUMIN (GLOBULIN, A/G RATIO)

Urine - Routine / Microscopy

Stool - Routine / Microscopy

PAP SMEAR

### Screening Test for Cardiac Function

ECG

### IMAGING TESTS

X-RAY CHEST  
SONOGRAPHY Abdomen & Pelvis  
MAMMOGRAPHY

### AUDIOMETRY

### CONSULTATIONS

PHYSICIAN  
GYNAECOLOGIST  
ENT  
DENTAL  
OPHTHALMOLOGIST (EYE)

Healthy, Delicious Breakfast & Lunch

OPTIONAL TEST: 2D Echo at ₹ 1600/- if taken along with this package

\* For test insights and Health Check up instructions kindly refer page 22 onwards

Get a 30% discount on additional investigations and consultation at ₹2000 done through this package within one week

"Prices are subject to change without prior notice"

₹ 11500/-



## silver package - men

The cost effective Silver package consists of tests which when put together gives an opportunity to screen the vital body organs, which helps in getting a better insight of your health status.

### Profile for men

#### LAB TESTS

CBC  
ESR

#### Tests for Diabetes

BLOOD SUGAR FASTING  
BLOOD SUGAR POST PRANDIAL  
GLYCOSYLATED Hb

#### Tests for Liver Profile

TOTAL PROTEIN  
ALBUMIN (GLOBULIN, A/G RATIO)  
SGOT  
SGPT  
BILIRUBIN  
GGTP  
PROTHROMBIN TIME  
ALKALINE PHOSPHATASE

#### Tests for Kidney Profile

SERUM URIC ACID  
SERUM CALCIUM  
SERUM ELECTROLYTE  
SERUM CREATININE  
SERUM PROTEIN  
ALBUMIN (GLOBULIN, A/G RATIO)  
BLOOD UREA  
PHOSPHORUS

#### Tests for Lipid Profile

TOTAL CHOLESTEROL  
HDL CHOLESTEROL  
LDL CHOLESTEROL  
VLDL CHOLESTEROL  
HDL / CHOLESTEROL  
TRIGLYCERIDES

#### Urine - Routine / Microscopy

#### Stool - Routine / Microscopy

#### Thyroid Hormone Test (TSH)

#### Vitamin D3

#### Prostate SP Antigen

#### Screening Tests for Cardiac Function

ECG  
2-D ECHO

#### IMAGING TESTS

X-RAY CHEST

#### CONSULTATIONS

PHYSICIAN  
SURGEON

#### Healthy, Delicious Breakfast & Lunch

\* For test insights and Health Check up instructions kindly refer page 22 onwards

Get a 30% discount on additional investigations and consultation at ₹2000 done through this package within one week

"Prices are subject to change without prior notice"

₹ 10500/-

# silver package - women

## Profile for women

### LAB TESTS

CBC

ESR

### Tests for Diabetes

BLOOD SUGAR FASTING

BLOOD SUGAR POST PRANDIAL

GLYCOSYLATED Hb

### Tests for Liver Profile

TOTAL PROTEIN

ALBUMIN (GLOBULIN, A/G RATIO)

SGOT

SGPT

BILIRUBIN

GGTP

PROTHROMBIN TIME

ALKALINE PHOSPHATASE

### Tests for Kidney Profile

SERUM URIC ACID

SERUM CALCIUM

SERUM ELECTROLYTE

SERUM CREATININE

SERUM PROTEIN

ALBUMIN (GLOBULIN, A/G RATIO)

BLOOD UREA

PHOSPHORUS

### Tests for Lipid Profile

TOTAL CHOLESTEROL

HDL CHOLESTEROL

LDL CHOLESTEROL

VLDL CHOLESTEROL

HDL / CHOLESTEROL

TRIGLYCERIDES

### Urine - Routine / Microscopy

### Stool - Routine / Microscopy

### Thyroid Hormone Test (TSH)

### Vitamin D3

### PAP SMEAR

### Screening Tests for Cardiac Function

ECG

2-D ECHO

### IMAGING TESTS

X-RAY CHEST

### CONSULTATIONS

PHYSICIAN

GYNECOLOGIST

### Healthy, Delicious Breakfast & Lunch

\* For test insights and Health Check up instructions kindly refer page 22 onwards

Get a 30% discount on additional investigations and consultation at ₹2000 done through this package within one week

"Prices are subject to change without prior notice"

₹ 11000/-



## gold package - men

Our Gold package is quite comprehensive. It involves detailed evaluation of Heart, Liver, Lungs, Chest, Abdomen, Pelvis, Eyes, Ears; and some screening for detection of cancer. It also checks diabetes and thyroid status. The package provides wide array of Consultations - Physician, Gynaecologist/Surgeon, Ophthalmologist, ENT, Dental and Dietician.

### Profile for men

#### LAB TESTS

CBC  
ESR  
BLOOD GROUP (OPTIONAL)

#### Tests for Diabetes

BLOOD SUGAR FASTING  
BLOOD SUGAR POST PRANDIAL  
GLYCOSYLATED Hb

#### Tests for Liver Profile

TOTAL PROTEIN  
ALBUMIN (GLOBULIN, A/G RATIO)  
SGOT  
SGPT  
BILIRUBIN  
GGTP  
PROTHROMBIN TIME  
ALKALINE PHOSPHATASE

#### Tests for Lipid Profile

TOTAL CHOLESTEROL  
HDL CHOLESTEROL  
LDL CHOLESTEROL  
VLDL CHOLESTEROL  
HDL / CHOLESTEROL RATIO  
TRIGLYCERIDES

#### Tests for Kidney Profile

SERUM URIC ACID  
SERUM CALCIUM  
SERUM ELECTROLYTE

SERUM CREATININE  
SERUM PROTEIN  
ALBUMIN (GLOBULIN, A/G RATIO)  
BLOOD UREA  
PHOSPHORUS

#### Urine - Routine / Microscopy

#### Stool - Routine / Microscopy

#### Thyroid Hormone Test (TSH, T3, T4)

#### Prostate SP Antigen

#### Acid Phosphatase

#### Screening Tests for Cardiac Function

ECG  
2-D ECHO

#### IMAGING TESTS

X-RAY CHEST  
SONOGRAPHY Abdomen & Pelvis

#### AUDIOMETRY

#### SPIROMETRY

#### CONSULTATIONS

PHYSICIAN  
SURGEON  
OPHTHALMOLOGIST  
ENT  
DENTAL  
DIETICIAN  
DERMATOLOGIST

#### Healthy, Delicious Breakfast & Lunch

\* For test insights and Health Check up instructions kindly refer page 22 onwards

Get a 30% discount on additional investigations and consultation at ₹2000 done through this package within one week

"Prices are subject to change without prior notice"

₹ 14500/-

## gold package - women

### Profile for women

#### LAB TESTS

CBC  
ESR  
BLOOD GROUP (OPTIONAL)

#### Tests for Diabetes

BLOOD SUGAR FASTING  
BLOOD SUGAR POST PRANDIAL  
GLYCOSYLATED Hb

#### Tests for Liver Profile

TOTAL PROTEIN  
ALBUMIN (GLOBULIN, A/G RATIO)  
SGOT  
SGPT  
BILIRUBIN  
GGT  
PROTHROMBIN TIME  
ALKALINE PHOSPHATASE

#### Tests for Lipid Profile

TOTAL CHOLESTEROL  
HDL CHOLESTEROL  
LDL CHOLESTEROL  
VLDL CHOLESTEROL  
HDL / CHOLESTEROL RATIO  
TRIGLYCERIDES

#### Screening Tests for Kidney Profile

SERUM URIC ACID  
SERUM CALCIUM  
SERUM ELECTROLYTE

SERUM CREATININE  
SERUM PROTEIN  
ALBUMIN (GLOBULIN, A/G RATIO)  
BLOOD UREA  
PHOSPHORUS

#### Urine - Routine / Microscopy

#### Stool - Routine / Microscopy

#### Thyroid Hormone Test (TSH, T3, T4)

#### PAP SMEAR

#### Screening Tests for Cardiac Function

ECG  
2-D ECHO

#### IMAGING TESTS

X-RAY CHEST  
SONOGRAPHY Abdomen & Pelvis  
MAMMOGRAPHY

#### AUDIOMETRY

#### SPIROMETRY

#### CONSULTATIONS

PHYSICIAN  
GYNAECOLOGIST  
OPHTHALMOLOGIST  
ENT  
DENTAL  
DIETICIAN  
DERMATOLOGIST

Healthy, Delicious Breakfast & Lunch

## gold plus package

₹ 15500/-

All the benefits of Gold package are a part of this set of tests which gives a special emphasis on detection of conditions like Osteoporosis, Breast, Ovarian, Cervical lesion and Hormonal imbalance making it an excellent choice for **peri and post menopausal females**.

#### All tests of Gold package +

#### FSH

#### Biochemical Screening for Osteoporosis

#### Sonomammography

#### BMD

#### HPV - DNA Testing

#### Dermatologist Consultation

#### Healthy, Delicious Breakfast & Lunch

\* For test insights and Health Check up instructions kindly refer page 22 onwards

Get a 30% discount on additional investigations and consultation at ₹2000 done through this package within one week

"Prices are subject to change without prior notice"

₹ 25900/-



# platinum package - men

What primarily differentiates this package from our Gold package is that; in addition to tests included in Gold package; it comprises Coronary Risk Markers, HIV I & II and HBsAg (test for hepatitis), CT Scan – Calcium Scoring for men (test for coronary arteries of heart), Bone Mineral Densitometry for women (to detect osteoporosis and osteopenia), HPV DNA testing (to detect cervical cancer in female), CA 125 (to detect ovarian cancer in female).

## Profile for men

### LAB TESTS

CBC  
ESR  
BLOOD GROUP (OPTIONAL)

### Tests for Diabetes

BLOOD SUGAR FASTING  
BLOOD SUGAR POST PRANDIAL  
GLYCOSYLATED Hb

### Tests for Liver Profile

TOTAL PROTEIN  
ALBUMIN (GLOBULIN, A/G RATIO)  
SGOT  
SGPT  
BILIRUBIN  
GGTP  
PROTHROMBIN TIME  
ALKALINE PHOSPHATASE

### Tests for Lipid Profile

TOTAL CHOLESTEROL  
HDL CHOLESTEROL  
LDL CHOLESTEROL  
VLDL CHOLESTEROL  
HDL / CHOLESTEROL RATIO  
TRIGLYCERIDES  
LIPOPROTEIN A  
APO LIPOPROTEIN A 1  
APO LIPOPROTEIN B

### Tests for Kidney Profile

SERUM URIC ACID  
SERUM CALCIUM  
SERUM ELECTROLYTE  
SERUM CREATININE

SERUM PROTEIN  
ALBUMIN (GLOBULIN, A/G RATIO)  
BLOOD UREA  
PHOSPHORUS

### Prostate SP Antigen

Urine - Routine / Microscopy

Stool - Routine / Microscopy

Acid Phosphatase

HIV I & II

HBsAg (Elisa)

Thyroid Hormone Test (TSH, T3, T4)

### Tests for Cardiac Function

ECG  
STRESS TEST  
2-D ECHO

### IMAGING TESTS

X-RAY CHEST  
SONOGRAPHY Abdomen & Pelvis  
CT Scan - Calcium Scoring

### AUDIOMETRY

### SPIROMETRY

### CONSULTATIONS

PHYSICIAN  
SURGEON  
OPHTHALMOLOGIST  
ENT  
DENTAL  
DIETICIAN  
DERMATOLOGIST

Healthy, Delicious Breakfast & Lunch

\* For test insights and Health Check up instructions kindly refer page 22 onwards

Get a 30% discount on additional investigations and consultation at ₹2000 done through this package within one week

"Prices are subject to change without prior notice"

₹ 23700/-

# Platinum package - women

## Profile for women

### LAB TESTS

CBC  
ESR  
BLOOD GROUP (OPTIONAL)

### Tests for Diabetes

BLOOD SUGAR FASTING  
BLOOD SUGAR POST PRANDIAL  
GLYCOSYLATED Hb

### Tests for Liver Profile

TOTAL PROTEIN  
ALBUMIN (GLOBULIN, A/G RATIO)  
SGOT  
SGPT  
BILIRUBIN  
GGTP  
PROTHROMBIN TIME  
ALKALINE PHOSPHATASE

### Tests for Lipid Profile

TOTAL CHOLESTEROL  
HDL CHOLESTEROL  
LDL CHOLESTEROL  
VLDL CHOLESTEROL  
HDL / CHOLESTEROL RATIO  
TRIGLYCERIDES  
LIPOPROTEIN A  
APO LIPOPROTEIN A 1  
APO LIPOPROTEIN B

### Tests for Kidney Profile

SERUM URIC ACID  
SERUM CALCIUM  
SERUM ELECTROLYTE  
SERUM CREATININE  
SERUM PROTEIN

ALBUMIN (GLOBULIN, A/G RATIO)  
BLOOD UREA  
PHOSPHORUS

### CA 125 II IRMA

### PAP SMEAR

### HPV - DNA Testing

### Urine - Routine / Microscopy

### Stool - Routine / Microscopy

### HIV I & II

### HBsAg (Elisa)

### Thyroid Hormone Test (TSH, T3, T4)

### Tests for Cardiac Function

ECG  
STRESS TEST  
2-D ECHO

### IMAGING TESTS

X-RAY CHEST  
SONOGRAPHY Abdomen & Pelvis  
MAMMOGRAPHY  
SONOMAMMOGRAPHY  
BONE MINERAL DENSITY

### AUDIOMETRY

### SPIROMETRY

### CONSULTATIONS

PHYSICIAN  
GYNAECOLOGIST  
OPHTHALMOLOGIST  
ENT  
DENTAL  
DIETICIAN  
DERMATOLOGIST

Healthy, Delicious Breakfast & Lunch

\* For test insights and Health Check up instructions kindly refer page 22 onwards

Get a 30% discount on additional investigations and consultation at ₹2000 done through this package within one week

"Prices are subject to change without prior notice"

₹ 24800/-



# solitaire package - men

As unique as a solitaire, this one of a kind package provides an exhaustive inspection of health status of an individual. It encompasses all the tests of Platinum package with special emphasis on detection of Vitamin, Iron and Folic deficiency.

## Profile for men

### LAB TESTS

CBC  
ESR  
BLOOD GROUP (OPTIONAL)

### Tests for Diabetes

BLOOD SUGAR FASTING  
BLOOD SUGAR POST PRANDIAL  
GLYCOSYLATED Hb

### Tests for Liver Profile

TOTAL PROTEIN  
ALBUMIN (GLOBULIN, A/G RATIO)  
SGOT  
SGPT  
BILIRUBIN  
GGTP  
PROTHROMBIN TIME  
ALKALINE PHOSPHATASE

### Tests for Lipid Profile

TOTAL CHOLESTEROL  
HDL CHOLESTEROL  
LDL CHOLESTEROL  
VLDL CHOLESTEROL  
HDL / CHOLESTEROL RATIO  
TRIGLYCERIDES  
LIPOPROTEIN A  
APO LIPOPROTEIN A 1  
APO LIPOPROTEIN B  
CRP-HS

### Tests for Kidney Profile

SERUM URIC ACID  
SERUM CALCIUM  
SERUM ELECTROLYTE  
SERUM CREATININE  
SERUM PROTEIN  
ALBUMIN (GLOBULIN, A/G RATIO)  
BLOOD UREA  
PHOSPHORUS

Urine - Routine / Microscopy

Stool - Routine / Microscopy

Acid Phosphatase

HIV I & II

HBsAg (Elisa)

Anti HCV

Thyroid Hormone Test (TSH, T3, T4)

Vitamin D3, Vitamin B12

Folic Acid

Serum Iron

Ferritin

Magnesium

Serum Homocysteine

Anti CCP

Serum Electrophoresis-Protein

Hb Electrophoresis

Prostate SP Antigen (Free & Total)

### Tests for Cardiac Function

ECG  
STRESS TEST  
2-D ECHO

### IMAGING TESTS

X-RAY CHEST  
SONOGRAPHY Abdomen & Pelvis  
CT Scan - Calcium Scoring

### AUDIOMETRY

### SPIROMETRY

### CONSULTATIONS

PHYSICIAN  
SURGEON  
CARDIOLOGIST  
OPHTHALMOLOGIST  
ENT  
DENTAL  
DIETICIAN  
DERMATOLOGIST

Healthy, Delicious Breakfast & Lunch

₹ 39600/-

# solitaire plus package

All tests of Solitaire package CT CORONARY ANGIOGRAPHY OR CT STROKE IMAGING

\* For test insights and Health Check up instructions kindly refer page 22 onwards

Get a 30% discount on additional investigations and consultation at ₹2000 done through this package within one week

"Prices are subject to change without prior notice"

₹ 47300/-



# solitaire package - women

## Profile for women

### LAB TESTS

CBC  
ESR  
BLOOD GROUP (OPTIONAL)

### Tests for Diabetes

BLOOD SUGAR FASTING  
BLOOD SUGAR POST PRANDIAL  
GLYCOSYLATED Hb

### Tests for Liver Profile

TOTAL PROTEIN  
ALBUMIN (GLOBULIN, A/G RATIO)  
SGOT  
SGPT  
BILIRUBIN  
GGTP  
PROTHROMBIN TIME  
ALKALINE PHOSPHATASE

### Tests for Lipid Profile

TOTAL CHOLESTEROL  
HDL CHOLESTEROL  
LDL CHOLESTEROL  
VLDL CHOLESTEROL  
HDL / CHOLESTEROL RATIO  
TRIGLYCERIDES  
LIPOPROTEIN A  
APO LIPOPROTEIN A 1  
APO LIPOPROTEIN B

### CRP-HS

### Tests For Kidney Profile

SERUM URIC ACID  
SERUM CALCIUM  
SERUM ELECTROLYTE  
SERUM CREATININE  
SERUM PROTEIN  
ALBUMIN (GLOBULIN, A/G RATIO)  
BLOOD UREA  
PHOSPHORUS

### Urine - Routine / Microscopy

### Stool - Routine / Microscopy

### HIV I & II

### HBsAg (Elisa)

### Anti HCV

### Thyroid Hormone Test (TSH, T3, T4)

### FSH

### LH

### Vitamin D3, Vitamin B12

### Folic Acid

### Serum Iron

### Ferritin

### Magnesium

### Serum Homocysteine

### Anti CCP

### Serum Electrophoresis-Protein

### Hb Electrophoresis

### CA 125 II IRMA

### PAP SMEAR

### HPV - DNA Testing

### Tests for Cardiac Function

ECG  
STRESS TEST  
2-D ECHO

### IMAGING TESTS

X-RAY CHEST  
SONOGRAPHY Abdomen & Pelvis  
MAMMOGRAPHY  
SONOMAMMOGRAPHY  
BONE MINERAL DENSITY

### AUDIOMETRY

### SPIROMETRY

### CONSULTATIONS

PHYSICIAN  
GYNAECOLOGIST  
CARDIOLOGIST  
OPHTHALMOLOGIST  
ENT  
DENTAL  
DIETICIAN  
DERMATOLOGIST

Healthy, Delicious Breakfast & Lunch

₹ 41300/-

# solitaire plus package

All tests of Solitaire package CT CORONARY ANGIOGRAPHY OR CT STROKE IMAGING

\* For test insights and Health Check up instructions kindly refer page 22 onwards

Get a 30% discount on additional investigations and consultation at ₹2000 done through this package within one week

"Prices are subject to change without prior notice"

₹ 49000/-



# Premium package - men

The Premium Health Check-up is the most comprehensive of all our health check-up packages which ensures that every aspect of your health is reviewed and assessed.

To ensure your comfort and wellbeing during the entire process of the health screening, we provide several exclusive services to the guest booking the Premium Check-Up.

- Dedicated Customer Care Coordinator
- Overnight stay in Super Deluxe room
- Private waiting area - Solitaire Lounge
- In room investigations wherever possible (Vital checks, blood sample collection, etc.)

## Profile for men

### LAB TESTS

CBC  
ESR  
BLOOD GROUP (OPTIONAL)

### Tests for Diabetes

BLOOD SUGAR FASTING  
BLOOD SUGAR POST PRANDIAL  
GLYCOSYLATED Hb

### Tests for Liver Profile

TOTAL PROTEIN  
ALBUMIN (GLOBULIN, A/G RATIO)  
SGOT  
SGPT  
BILIRUBIN  
GGTP  
PROTHROMBIN TIME  
ALKALINE PHOSPHATASE

### Tests for Lipid Profile

TOTAL CHOLESTEROL  
HDL CHOLESTEROL  
LDL CHOLESTEROL  
VLDL CHOLESTEROL  
HDL / CHOLESTEROL RATIO

TRIGLYCERIDES  
LIPOPROTEIN A  
APO LIPOPROTEIN A 1  
APO LIPOPROTEIN B

### Tests for Kidney Profile

SERUM URIC ACID  
SERUM CALCIUM  
SERUM ELECTROLYTE  
SERUM CREATININE  
SERUM PROTEIN  
ALBUMIN (GLOBULIN, A/G RATIO)  
BLOOD UREA  
PHOSPHORUS

### Thyroid Hormone (T3, T4, TSH, FT3, FT4)

### Urine - Routine / Microscopy

### Stool - Routine / Microscopy

### Anti CCP

### Protein Electrophoresis

### Vitamin D3

### Vitamin B12

### Magnesium

### Serum Iron

**Iron Binding Capacity**

**Ferritin**

**Folic Acid**

**RA Factor**

**HIV I & II (Elisa)**

**HBsAg(Elisa)**

**Hb Electrophoresis (HPLC)**

**Biochemical Bone Markers**

**G-6PD**

**HCV Antibodies (ELISA)**

**Immunoglobulin Ig E**

**VDRL**

**CRP**

**Serum Homocystein**

**Free PSA**

**PSA Total**

**Acid Phosphatase**

**Total Testosterone**

**PFT**

**AUDIOMETRY**

**DENTAL SCALING**

**Tests for Cardiac Function**

ECG

STRESS TEST

2-D ECHO

**IMAGING TESTS**

CT CORONARY ANGIOGRAPHY OR

CT BRAIN STROKE IMAGING

C.T.SCAN - CALCIUM SCORING

CHEST X-RAY AP VIEW

USG ABDOMEN & PELVIS

BONE MINERAL DENSITY

CAROTID DOPPLER

**ANY ONE STUDY FROM BELOW:**

- MRI Upper Abdomen with triple phase contrast
- MRI Liver with contrast
- MRI Pelvis with contrast
- MRI Prostate with contrast
- MRI Brain with contrast
- MRI Brain Angio

**OR**

**ANY 2 STUDIES FROM BELOW:**

- HRCT Chest
- MRI Single Hip Plain
- MRI Single Knee Plain
- MRI Single Shoulder Plain
- MRI Single Wrist Plain
- MRI Spine Screening
- MRI Brain Plain

**One Session of Hydrotherapy**

**CONSULTATIONS**

PHYSICIAN

CARDIOLOGIST

OPHTHALMOLOGIST

DERMATOLOGIST

DENTIST

SURGEON

ORTHOPEDIC

ENT

DIETICIAN

PHYSIOTHERAPIST

**Healthy, Delicious Breakfast & Lunch**

\* For test insights and Health Check up instructions kindly refer page 22 onwards

Get a 30% discount on additional investigations and consultation at ₹2000 done through this package within one week

"Prices are subject to change without prior notice"

**₹ 1,35,000/-**



# Premium package - women

The Premium Health Check-up is the most comprehensive of all our health check-up packages which ensures that every aspect of your health is reviewed and assessed.

To ensure your comfort and wellbeing during the entire process of the health screening, we provide several exclusive services to the guest booking the Premium Check-Up.

- Dedicated Customer Care Coordinator
- Overnight stay in Super Deluxe room
- Private waiting area - Solitaire Lounge
- In room investigations wherever possible (Vital checks, blood sample collection, etc.)

## Profile for women

### LAB TESTS

CBC  
ESR  
BLOOD GROUP (OPTIONAL)

### Tests for Diabetes

BLOOD SUGAR FASTING  
BLOOD SUGAR POST PRANDIAL  
GLYCOSYLATED Hb

### Tests for Liver Profile

TOTAL PROTEIN  
ALBUMIN (GLOBULIN, A/G RATIO)  
SGOT  
SGPT  
BILIRUBIN  
GGTP  
PROTHROMBIN TIME  
ALKALINE PHOSPHATASE

### Tests for Lipid Profile

TOTAL CHOLESTEROL  
HDL CHOLESTEROL  
LDL CHOLESTEROL  
VLDL CHOLESTEROL  
HDL / CHOLESTEROL RATIO

TRIGLYCERIDES  
LIPOPROTEIN A  
APO LIPOPROTEIN A 1  
APO LIPOPROTEIN B

### Tests for Kidney Profile

SERUM URIC ACID  
SERUM CALCIUM  
SERUM ELECTROLYTE  
SERUM CREATININE  
SERUM PROTEIN  
ALBUMIN (GLOBULIN, A/G RATIO)  
BLOOD UREA  
PHOSPHORUS

### Thyroid Hormone (T3, T4, TSH, FT3, FT4)

FSH

LH

Urine - Routine / Microscopy

Stool - Routine / Microscopy

Anti CCP

Protein Electrophoresis

Vitamin D3

Vitamin B12

**Magnesium**  
**Serum Iron**  
**Iron Binding Capacity**  
**Ferritin**  
**Folic Acid**  
**RA Factor**  
**HIV I & II(Elisa)**  
**HBsAg(Elisa)**  
**Hb Electrophoresis (HPLC)**  
**Biochemical Bone Markers**  
**G-6PD**  
**HCV Antibodies (ELISA)**  
**Immunoglobulin Ig E**  
**VDRL**  
**PAP Smear**  
**HPV - DNA Testing**  
**CA 125 II IRMA**  
**CRP**

**Serum Homocystein**  
**PFT**

**AUDIOMETRY**

**DENTAL SCALING**

**Tests for Cardiac Function**

ECG

STRESS TEST

2-D ECHO

**IMAGING TESTS**

CT CORONARY ANGIOGRAPHY OR

CT BRAIN STROKE IMAGING

C.T.SCAN - CALCIUM SCORING

CHEST X-RAY AP VIEW

USG ABDOMEN & PELVIS

BONE MINERAL DENSITY

CAROTID DOPPLER

MAMMOGRAPHY

SONO MAMMOGRAPHY

**ANY ONE STUDY FROM BELOW:**

- MRI Upper Abdomen with triple phase contrast
- MRI Liver with contrast
- MRI Pelvis with contrast
- MRI Prostate with contrast
- MRI Brain with contrast
- MRI Brain Angio

**OR**

**ANY 2 STUDIES FROM BELOW:**

- HRCT Chest
- MRI Single Hip Plain
- MRI Single Knee Plain
- MRI Single Shoulder Plain
- MRI Single Wrist Plain
- MRI Spine Screening
- MRI Brain Plain

**One Session of Hydrotherapy**

**CONSULTATIONS**

PHYSICIAN

CARDIOLOGIST

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DENTIST

GYNAECOLOGIST

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ENT

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**Healthy, Delicious Breakfast & Lunch**

\* For test insights and Health Check up instructions kindly refer page 22 onwards

Get a 30% discount on additional investigations and consultation at ₹2000 done through this package within one week

"Prices are subject to change without prior notice"

**₹ 1,35,000/-**



## Description - key tests

Name of Test	Screening Organ / Body Part	How the test is performed	Purpose of the test
2D Echo	Heart	2D Echo is ultrasound of the heart.	It provides information regarding the valves, walls of the heart and the pumping capacity of the heart (ejection fraction). Color doppler gives accurate information about congenital heart defects, leaking or choked valves.
Acid Phosphatase	Liver and Prostate	Through blood sample	Acid Phosphatase is an enzyme found throughout the body but primarily in the prostate gland.
Anti Hepatitis C Virus	Liver	Through blood sample	Anti Hepatitis C Virus helps detecting the presence of antibodies of the virus, indicating exposure to Hepatitis C Virus.
Anti CCP	Joints	Through blood sample	It is very useful test to order during the diagnostic evaluation of a person who may have rheumatoid arthritis

## description - key tests

Name of Test	Screening Organ / Body Part	How the test is performed	Purpose of the test
Biochemical Screening for Osteoporosis	Bones	Through blood sample	Has four markers which are tested in blood and have a lot of utility in diagnosis and management of Osteoporosis.
Bone Mineral Densitometry (BMD)	Bone	Uses low dose radiation (X-ray)	BMD detects osteopenia and osteoporosis at an early and reversible stage.
C - Reactive Protein (High sensitivity)	Heart	Through blood sample	Predicts a healthy person's risk for heart disease/stroke.
Calcium Scoring	Coronary Arteries of Heart	Non invasive CT Scan	To understand probability of blockages of Coronary Arteries of Heart.
CA-125	Antibodies to Cancer cells in the body	Through blood sample	To detect Ovarian cancer in females



## Description - key tests

Name of Test	Screening Organ / Body Part	How the test is performed	Purpose of the test
CT Coronary Angiography	Coronary Arteries of Heart	It is a non-invasive, CT angiography.	Preliminary test for evaluation of coronary artery diseases.
CT Stroke Imaging	Brain	It is the non-invasive, CT angiography.	For the evaluation of circulation of the blood in the arteries of the brain.
Ferritin	Iron stores in body	Through blood sample	The test is done to evaluate the severity of Iron deficiency and overload.
Folic Acid	Cell Division	Through blood sample	Folic acid is a part of an evaluation for anemia and neuropathy.
FSH	Ovaries	Through blood sample	The test is used to check damage or disease of testes or ovaries, pituitary gland or hypothalamus.
G-6-PD	Red Blood Cells	Through blood sample	Helps in detection of G-6-PD deficiency.
(Hb) Haemoglobin Electrophoresis	Oxygen carrying protein (Haemoglobin) in blood	Through blood sample	Detects abnormality of haemoglobin like Sickle cell anaemia, Thalassemia.



# description - key tests

Name of Test	Screening Organ / Body Part	How the test is performed	Purpose of the test
HBsAg	Liver	Through blood sample	Helps in detecting any infection due to Hepatitis B surface Antigen so that early diagnosis helps in early treatment.
HPV DNA Testing	Cervix and Vagina	Through scrape cells from the cervix.	To test for the presence of high risk human papillomavirus (hrHPV) in the cervical cells, that is associated with development of cervical cancer.
Lipid Profile (Heart)	Abnormal lipid in blood	Through blood sample	The purpose of lipid testing is to determine whether abnormally high or low concentration of specific macromolecular fat are present.
Liver Profile	Liver	Through blood sample	Liver function tests determine whether the liver has been damaged or its function impaired.
Lung Function- Pulmonary Function Test (PFT) - Spirometry	Lungs	Non invasive screening test for checking the status of the Lungs.	PFT checks the volume and capacity of the Lungs. It is very important in guests with Asthma, Bronchitis and also Chronic Smoker. Determines if lung has been damaged or its function is impaired.



## description - key tests

Name of Test	Screening Organ / Body Part	How the test is performed	Purpose of the test
1. Lipoproteins A  2. Apolipoprotein A1  3. Apolipoprotein B	Abnormal lipid in body	Through blood sample	1. Lipoproteins are conjugated proteins in which one component is a lipid. They are principal means whereby lipids are transported in the body.  2. The protein promotes cholesterol efflux from tissues to the liver.  3. Apolipoprotein B is responsible for carrying cholesterol to tissues. High levels of Apo-B can lead to plaques that cause vascular disease leading to heart disease.
Magnesium	Heart, Liver and Calcium metabolism of the body	Through blood sample	The test reveals body's defense mechanism and calcium metabolism.
Mammography	Breasts	X-ray screening test for breasts	This is a screening test. It enables early detection of breast cancer.  It also helps in detection of other breast lesions and masses. It is a 'must' yearly examination in women especially 40 years and above.

## Description - key tests

Name of Test	Screening Organ / Body Part	How the test is performed	Benefit of the test
PAP Smear	Cervix and Vagina	Through scrape cells from the cervix.	To check for cervical cancer, vaginal cancer or abnormal changes in cells that could lead to cancer in females.
Protein SP Antigen (Free & Total)	Prostate Gland	Through blood sample	Abnormality of the prostate gland
Renal Profile (Kidney)	Kidneys	Through blood sample	Diagnostic test that measures the functionality of the kidney and its filtration mechanism of toxins.
Serum Electrophoresis-Protein	Specific proteins in the blood	Through blood sample	Sr. Protein electrophoresis is used to identify guests with multiple myeloma and other serum protein disorders.
Serum Homocysteine	Cardiovascular System	Through blood sample	Elevated levels of homocysteine in the blood may be associated with atherosclerosis (hardening and narrowing of the arteries) as well as an increased risk of heart attacks, strokes, blood clot formation, and possibly Alzheimer's disease



## Description - key tests

Name of Test	Screening Organ / Body Part	How the test is performed	Purpose of the test
Serum Iron	Body's ability to transport Iron	Through blood sample	Serum Iron are ordered when there are signs of anaemia especially when Hemoglobin and Hematocrit are low or Iron overload present.
Sonography of Abdomen	All abdominal organs like Liver, Spleen, Gall Bladder, Kidney and Pancreas	Ultrasound of the Abdomen	It includes examination of all the important abdominal organs like Liver, Spleen, Gall Bladder, Kidneys and Pancreas. Hence it helps in excluding any abnormality and to pick up early disease in any of these abdominal organs.
Sonography Pelvis	Pelvis	Ultrasound of the Pelvis	In females it helps in examination of Urinary Bladder, Uterus and Ovaries. It helps in ruling out any abnormalities in these organs like fibroids or cysts. In males it is important for screening of any pathology related to the Urinary Bladder and Prostate.

## description - key tests

Name of Test	Screening Organ / Body Part	How the test is performed	Purpose of the test
Sono Mammography	Breasts	Ultrasound of the breasts	Combined with mammography it further helps in grading the breast masses & lesions and for differentiating benign from malignant masses. Ultrasonography of the breast is also helpful in giving guidance for FNAC's and biopsies from breast.
Stress Test	Heart	The test is a continuous ECG and BP monitoring done during exercise on a treadmill.	This test is useful for detection of Coronary Artery Disease and to evaluate functional capacity of the heart.
T3, T4, TSH	Thyroid	Through blood sample	Helps in early detection of Thyroid problems.
Vitamin B12	Whole body	Through blood sample	Deficiency or excess of the vitamin can be corrected effectively
Vitamin D3	Bones	Through blood sample	Deficiency or excess of the vitamin can be corrected effectively



# Health check up instructions

## **Appointment & Reporting Time:**

- Health checks are done through prior appointment. Please report at the appointed time given to you at the reception counter of the Health Checkup Department on 2nd Floor.
- We request you to kindly observe the appointment timings to facilitate the smooth flow of your Health Check. Guest reporting more than an hour late than his/her scheduled appointment time will not be taken.
- Kindly inform us in case of cancellations or postponements atleast 24hrs in advance.

## **Fasting & Medication:**

- You are advised to observe minimum 10 hrs to maximum 12 hrs of fasting and abstinence from alcohol. Hence it is recommended that you do not eat or drink anything after dinner previous night. You can only take few sips of water in the morning of the Health Check with your antihypertensive or any other essential drugs except anti-diabetic medication, which should be taken before/with breakfast as per your regular schedule.
- Inhalers & Oral Bronchodilators for Asthma or Bronchitis should preferably be avoided on the day of the Check up for better Lung Function Test results.

## **What to bring?**

- Please bring your morning stool and urine samples along with you on the date of the Health Check. You can collect the container from the Health Check Department in advance as per your convenience.
- In case you are under certain medication and/or are suffering from previous disease, you are advised to bring the previous Medical Records.

## **Radiological Tests:**

1. Ultrasonography of Pelvis involves Intra Vaginal Sonography, which is a detailed examination of the Pelvic organs. If you do not wish to undergo the same kindly inform the Health Check executives at the Health Check Reception.

# health check up instructions

2. Mammography is generally not recommended for women below the age of 40yrs, as they have dense breasts.
3. CT Test requires dye to be injected via IV and it requires normal kidney function.
4. Sonomammography will be done only if advised by the Radiologist.

Certain Radiological examination involves low dose radiation.

## General:

- We can provide additional tests blood investigations / Procedure / Consultations subject to availability of appointment. These will be billed separately in addition to the package payment.
- Please wear comfortable attire, footwear and minimum jewellery on the day of the Health Check.
- For eye check up: Guests should be without contact lens atleast for 24 hrs.
- The PAP Smear and HPV DNA Test for females cannot be done during Menses (Periods).For further details, please contact our Health Check Reception

## Corporate Client:

- Corporate sponsored clients are requested to bring their referral letter / credit note and employee ID.

**In case we are unable to carry out any test/s or consultation because of unforeseen reason/s: the same test/s will be carried out on some other working day as per your convenience but within 10 days of the date of Health Check OR proportionate amount will be refunded from the package.**

For Appointments Call : +91 86578 96447 (between 9 am to 5 pm)

Appointments can be taken for all weekdays except Sundays & Public Holidays.



# Important telephone numbers

<b>Emergency / Casualty</b>	<b>022 - 6931 8063 / 64 / 86579 07754</b>
<b>Ambulance</b>	<b>97692 50010</b>
<b>Hospital Board Line</b>	<b>022 - 6931 8000 / 5059 8000</b>
Appointment - OPD	86579 07751 / 52 / 53
<b>Health Check-up Department</b>	<b>86578 96447 (9am - 5pm)</b>
Visa Section	022 - 6931 8248 / 8244 86579 07756 (12noon - 4pm)
Home Sample Collection	86860 94646 (8am - 6pm)
Admission Department	022 - 6931 8080 / 8081
TPA Cell	022 - 6931 8089
Billing - OPD Department	022 - 6931 8052
Billing - IPD Department	022 - 6930 1586
Blood Bank Department	022 - 6931 8215
Report Dispatch Counter	022 - 6930 1620
MRI Department	022 - 6931 8066
X-Ray, Sonography Department	022 - 6931 8038 / 8030
CT Scan Department	022 - 6931 8044



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