



PREVENTIVE HEALTH CHECK

Urban living in the 21st Century is not the kind of living that our bodies were designed for. The **fast pace of life, stress, sedentary lifestyle, travel, irregular eating habits and the ever attendant toxic pollutants in the air, water and food**, all serve to wear out our bodies at an alarming rate.

What Ails?

In today's fast paced life, there is so much unpredictability encompassing one's health and it is almost impossible to have any control over health-related issues. However, amidst the demands of our daily life, many individuals unintentionally neglect their health. This can have serious consequences not only for their well-being but also for their ability to lead a healthy life.

Who Benefits?

It has been observed that, people above the age group of 35 years are at a high risk of lifestyle related diseases like Diabetes, Obesity & Hypertension etc. Getting a timely health check can prevent these diseases and help in leading a healthy life.

The Solution!

The **Executive Health Scheme (EHS)** is designed to meet the requirement of a healthy life. We realise the importance of the life and the time. Therefore we carry out a comprehensive set of **medical tests and examinations, in half a day, under one roof**. This is followed by a detailed **physical examination** with all the reports to ensure you have the best perspective of your health.

Rx

Our Prescription
EHS - One per year

INSTRUCTIONS TO BE FOLLOWED

Please bring the following samples with you on the day of your appointment : **Urine & Stool**

- 1) Collect first morning urine in sterilized bottles. The bottles can be collected from the 1st floor, MRC Bldg between 9-00 a.m. to 5.00 - p.m. or the pathology laboratory - Bombay Hospital, beyond these hours.
- 2) You are requested to come (12 hours) fasting.
- 3) Please do not consume tea. You may, however have water.
- 4) Females kindly ensure that you do not do your Health Check-up on the days of Periods, as PAP Smear Test and Urine Routine will not be carried out.
- 5) NO ALCOHOL for last 24 hours before the test as your GGTP test may give incorrect data about your liver condition. This is an extremely sensitive index.
- 6) In case you are undergoing any treatment, we suggest you to check with your Physician before taking an appointment.
- 7) To carry the prescribed medicines (for e.g. hypertension, diabetes, asthma, heart disease etc.) along with you and take the dose of the medicine as prescribed to you.
- 8) Kindly carry your past medical record and current medications along with you.
- 9) For any other inquiries please contact on :
Tel.: 2209 4788 (Direct) or 40511487

EXECUTIVE HEALTH SCHEME 1st Floor - MRC Bldg.



BOMBAY HOSPITAL & MEDICAL RESEARCH CENTRE
12, New Marine Lines, Mumbai - 400 020, Tel.: 2209 4788 or 40511487



EXECUTIVE HEALTH SCHEME
1st Floor - MRC Bldg.



BOMBAY HOSPITAL & MEDICAL RESEARCH CENTRE

More than 70 years of medical care you can trust



Before you actually feel unwell, there is a stage when the body starts giving signals. Diagnosed at this early stage, many reversible conditions can be treated and cured. Cancers, prospective Heart Attacks, Kidney Stones, Liver Malfunctions and other illness may be prevented.

Studies have shown that many groups of people do benefit from regular and complete checkups. Some of these are the peoples who are -

- Smokers or heavy drinkers
- Easily and often breathless
- Irregular about their check-ups (have not had one in over a year)
- Overweight
- Suffering from indigestion

The individuals most likely to benefit from Annual Preventive Health Check ups are Males & Females above 35 years of age.

Different Health Check up Packages are as under -

	<u>Male / Female</u>
1. Platinum	Rs. 12,500/-
2. Platinum + CT Angio	Rs. 20,000/-
3. Comprehensive Plus	Rs. 7,000/-
4. Comprehensive Plus + CT Angio	Rs. 14,500/-
5. Cancer Check	Rs. 6,000/-
6. Pre-operative	Rs. 5,500/-
7. Standard	Rs. 4,000/-
8. Basic	Rs. 2,500/-
9. Sr. Citizen Health Check * -	Age > 65 years + age proof required 10% discount on Comprehensive Plus & Platinum Health Packages
10. Husband & Wife Package * -	10% discount on the packages. Discount would be Applicable only on Comprehensive Plus & Platinum Health Package. Discount would be applicable only when both Husband & Wife will opt for the same health package.

*** Packages 9 & 10 cannot be utilized together**

(Details of the packages are on the adjoining sheet)

The Health Check up Schemes look in details at the functioning of the body's organs - the heart, lungs, liver, kidneys, pancreas, eyes and ears. Tests outlined are carried out to assess their health along with detailed physical examination. On receiving reports consultation can be availed of.

BH HEALTH PACKAGES

Platinum	Comprehensive Plus	Standard	Pre-operative	Basic	Cancer Check
Rs. 12,500/- CBC ESR Fasting Blood Sugar PP Blod Sugar Urine Routine Stool Routine T3, T4, TSH Sr. Bilirubin GGTP Total Protein SGOT SGPT LDH Sr. Alkaline Phosphatase Sr. Cholesterol Sr. Triglyceride HDL LDL VLDL Urea Sr. Creatinine Sr. Uric Acid Sr. Calcium Sr. Phosphorus CPK Sr. Sodium Sr. Potassium Sr. Chloride Hb1Ac Vitamin B12 Vitamin D3 G6PD Sr. Bicarbonates Blood Group & RH Factor Australia Antigen Sr. Homocystine Sr. Testosterone HIV I & II Anti HCV PSA (male) CA-125 (female) Pap Smear (female) ECG X-ray Chest USG Abdomen Pelvis 2-D Echo /Stress Test Mammo/Sono-mammography (female) Spirometry Audiogram Consultation Physician Ophthalmic Gynaecology (female) ENT Dietician Dental	Rs. 7,000/- CBC ESR FBS HCO3 PPBS Blood urea Sr. Sodium Sr. Potassium Sr. Chlorides Sr. Billirubin GGTP SGPT SGOT LDH CPK Sr. Proteins Sr. Calcium Sr. Phosphorus Sr. Alk. Phosphatase Sr. Creatinine Sr. Uric Acid Sr. Triglycerides Sr. Cholesterol HDL LDL VLDL Urea TSH Australia Antigen Sr. Acid Phosphatase Grouping & RH Factor G6PD Urine Rt Stool Rt Pap Smear (female) Mammo/Sono-mammography (female) ECG 2D-Echo/Stress Test Spirometry X-ray Chest PSA (male) CA-125 (female) Body Mass Analyser Audiogram Consultation Physician Gynaecology Ophthalmic Dental	Rs. 4,000/- CBC Blood Grouping & RH factor ESR Fasting Blood Sugar PP Blood Sugar Urine Routine Stool Routine Sr. Billirubin Sr. Alkaline Phosphatase GGTP Total Protein A/G Ratio SGPT SGOT LDH Sr. Cholesterol Sr. Triglyceride HDL LDL VLDL Urea Sr. Creatinine Sr. Uric Acid Sr. Calcium Sr. Phosphorus Sr. Bicarbonates TSH CPK Vitamin B12 Vitamin D3 Hb1Ac X-ray Chest ECG Pap Smear Consultation Physician Gynaecology Dental	Rs. 5,500/- CBC Random blood sugar Urine routine Australia Antigen Anti HCV HIV I & II Sr. Creatinine Sr. Electrolyte PT APTT Grouping & RH Factor SGPT SGOT Bilirubin Chest Xray ECG 2-D Echo	Rs. 2,500/- CBC Cholesterol Sr. Creatinine Fasting Blood Sugar PPBS Urine Rt Stool Rt Vitamin B12 Vitamin D3 SGPT SGOT X-ray Chest ECG Consultation Physician	Rs. 6,000/- CBC Urine Routine Stool Routine PAP Smear (Female) PSA (Male) CA-19-9 CEA CA-15-3 X-ray Chest Ultrasound - Abd/Pelvis Mammography (Female) Consultation Onco Surgeon



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**For more information please contact
Tel. No. 22094788, 40511487 Between 9 am to 5 pm**