

## Instructions for Health Checkup

- Fasting for 12 hours before check-up is mandatory. If required a little quantity of water may be consumed.
- You are requested to report at 8:30 am to facilitate the smooth process of your check up.
- Do not take any medication, alcohol, cigarettes, tobacco, food or liquids (except water) in the morning.
- Bring all your medical prescriptions, medicines and previous medical records with you.
- Inform us in advance, if you have a history of diabetes or cardiac problems.
- Please inform the Health Plan office in case you are pregnant or suspect pregnancy.
- If you are diabetic/ hypertensive and taking medication, please take the scheduled medication on the day of the check up after giving fasting sample.
- Please do not give urine sample for examination when you are menstruating.
- Papsmear is usually not advised during menstruation.
- We can provide additional Test/ Investigations / Procedures / Consultations at request or if required. However these will be billed separately in addition to the package payment.
- Corporate sponsored clients are requested to bring their referral letter / credit note and employee ID.
- There will be optimal waiting time for each test as per your selected package
- Only one visit is arranged under Health Plan Consultation. The Next Visit will be charged.
- Validity period of all health checks is one month, within which period review should be completed and the final reports should be collected.
- To make an appointment, please contact our office on 080 22065077 between 8:30 am to 5:00 pm

All health check up packages are prepared by the Management at subsidized rates, and hence cannot be divided into individual tests or investigations. In this context, even if you are unable to take any particular test from the health check up package due to any personal / health reasons, no equivalent amount will be refunded to you.

# ST. JOHN'S PREVENTIVE HEALTH PLANS



## ST. JOHN'S MEDICAL COLLEGE & HOSPITAL

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[www.stjohns.in](http://www.stjohns.in)

**SIMPLE HEALTH PLAN****Rs. 1,450/-**

Complete Blood Count  
 ESR  
 Blood Group & Rh Typing  
 FBS  
 Serum Creatinine  
 Serum Cholesterol  
 Serum Triglycerides  
 Urine Analysis  
 ECG  
 Chest X-ray

**Consultation****General Physician****EXECUTIVE HEALTH PLAN Rs. 3,150/-****Haematology**

Complete Blood Count  
 ESR, Platelet Count  
 Blood Group & Rh Typing

**Glucose Profile**

Fasting Blood Sugar  
 Post Prandial Blood Sugar

**Renal Profile**

Blood Urea, Serum Creatinine

**Lipid Profile**

Serum Cholesterol  
 Serum HDL Cholesterol  
 Serum LDL Cholesterol  
 Serum Triglycerides

**Liver Function**

Serum Total Proteins, Serum Albumin  
 Serum Total Bilirubin, Serum AST  
 Serum ALT  
 Serum Alkaline Phosphatase  
 Serum Gamma GT

**Cardiac Evaluation**

ECG, Chest X-ray

**General**

Serum Calcium, Serum Phosphorus  
 Urine Routine & Micro  
 Stool Routine & Occult Blood  
 VDRL, Serum HBsAg

**Consultation****General Physician****ADD-ON Rs. 1,000/-**

Serum TSH, Spirometry  
 Ultrasound : Abdomen & Pelvis

**SENIOR CITIZENS PLAN - Men>60 Rs. 5,000/-****Haematology**

Complete Blood Count, ESR

**Glucose Profile**

Fasting Blood Sugar  
 Post Prandial Blood Sugar

**Renal Profile**

Serum Urea, Serum Creatinine

**Lipid Profile**

Serum Cholesterol  
 Serum HDL Cholesterol  
 Serum LDL Cholesterol  
 Serum Triglycerides

**Liver Function**

Serum Total Proteins, Serum Albumin  
 Serum Total Bilirubin  
 Serum AST, Serum ALT  
 Serum Alkaline Phosphatase  
 Serum Gamma GT

**Thyroid Screening**

Serum TSH

**Cardiac Evaluation**

ECG, Chest X-ray, Echo

**General**

Serum Calcium, Phosphorous  
 Serum PSA, Serum Uric Acid  
 Urine Routine & Micro  
 Stool Routine & Occult Blood

**Consultations****General Physician****One Speciality of Choice****Nutritionist****ADD-ON Rs. 1,000/-**

Serum Glycated Haemoglobin  
 Serum Electrolytes  
 Urine Microalbumin

**Consultation****Diabetologist****ADD-ON Rs. 1,200/-**

Ultrasound : Abdomen & Pelvis  
 Serum Glycated Haemoglobin  
 Serum Electrolytes

**SENIOR CITIZENS PLAN - Women >60 Rs. 5,500/-**

<b>Haematology</b>	Complete Blood Count ESR
<b>Glucose Profile</b>	Fasting Blood Sugar Post Prandial Blood Sugar
<b>Renal Profile</b>	Blood Urea, Serum Creatinine
<b>Lipid Profile</b>	Serum Cholesterol Serum HDL Cholesterol Serum LDL Cholesterol Serum Triglycerides
<b>Liver Function</b>	Serum Total Proteins Serum Albumin Serum Total Bilirubin Serum AST, Serum ALT Serum Alkaline Phosphatase Serum Gamma GT
<b>Thyroid screening</b>	Serum TSH
<b>Cardiac Evaluation</b>	ECG, Chest X-ray
<b>Ultrasound</b>	Abdomen & Pelvis
<b>General</b>	Urine Routine & Micro Stool Routine & Occult Blood Papsmear Mammography Serum Calcium Serum Phosphorous Serum Uric Acid



**Consultations**

**General Physician  
Gynaecologist, Nutritionist  
Surgical Oncologist**

**ADD-ON  
Rs. 1,000/-**

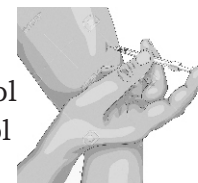
Serum Glycated Haemoglobin  
Serum Electrolytes  
Urine Microalbumin

**Consultation**

**Diabetologist**

**DIABETIC PROFILE Rs. 4,200/-**

<b>Diabetic Profile</b>	Fasting Blood Sugar Post Prandial Blood Sugar Serum Glycated Haemoglobin Urine Microalbumin
<b>Haematology</b>	Hb, Tc, Dc
<b>Lipid Profile</b>	Serum Cholesterol Serum HDL Cholesterol Serum LDL Cholesterol Serum Triglycerides
<b>Renal Profile</b>	Blood Urea, Serum Creatinine Serum Electrolytes
<b>Cardiac Evaluation</b>	ECHO, ECG
<b>General</b>	Urine Routine & Micro Fundoscopy & Refraction
<b>Consultations</b>	Cardiologist, Ophthalmologist Diabetologist Nutritionist



**ADD-ON for Men  
Rs. 1,400/-**

Uro Flowmetry, PSA  
Ultrasound : Abdomen & Pelvis

**Consultation**

**Urologist**

**ADD-ON for Women  
Rs. 2,000/-**

Mammography  
Ultrasound-Abdomen & Pelvis  
Papsmear & Colposcopy

**Consultation**

**Gynaecologist or  
Gynae-Oncologist**

**ADD-ON Rs. 2,350/-**

Plasma Vitamin D, Serum Calcium  
Serum Phosphorus  
Serum Albumin  
Serum Alkaline Phosphatase  
PTH (Parathyroid hormone)

**ADD-ON Rs. 1,500/-**

TMT, Serum TSH

**COMPREHENSIVE HEART CHECK -UP**  
**>35 years Rs. 5,000/-**

<b>Haematology</b>	Complete Blood Count, ESR
<b>Glucose Profile</b>	Fasting Blood Sugar Post Prandial Blood Sugar
<b>Renal Profile</b>	Blood Urea, Serum Creatinine
<b>Lipid Profile</b>	Serum Cholestrol Serum HDL Cholestrol Serum LDL Cholestrol Serum Triglycerides
<b>Liver Function</b>	Serum Total Proteins Serum Albumin Serum A/G Ratio Serum Total Bilirubin Serum AST, Serum ALT Serum Alkaline Phosphatase Serum Gamma GT
<b>Thyroid Screening</b>	Serum TSH
<b>Cardiac Profile</b>	ECG, Chest X-ray TMT, ECHO
<b>General</b>	Urine Routine & Micro
<b>Consultations</b>	<b>Cardiologist, Physician or Endocrinologist, Nutritionist</b>



**GYNAE PROFILE >35 years Rs. 3,000/-**

<b>Haematology</b>	Complete Blood Count, ESR
<b>Glucose Profile</b>	Fasting Blood Sugar Post Prandial Blood Sugar
<b>Lipid Profile</b>	Serum Cholesterol Serum HDL Cholesterol Serum LDL Cholesterol Serum Triglycerides
<b>Thyroid Profile</b>	Serum T3, Serum T4 Serum TSH
<b>Cardiac Evaluation</b>	ECG, Chest X-ray
<b>Ultrasound</b>	Abdomen and Pelvis
<b>General</b>	Urine Routine & Micro Stool Routine & Occult Blood Papsmear, Colposcopy
<b>Consultation</b>	<b>General Physician Gynaecologist</b>



<b>ADD-ON for Men</b> <b>Rs. 1,450/-</b>	Serum PSA, Uro Flowmetry Ultrasound-Abdomen & Pelvis
<b>Consultation</b>	<b>Urologist</b>
<b>ADD-ON for Women</b> <b>Rs. 2,000/-</b>	Mammography Ultrasound : Abdomen & Pelvis Papsmear, Colposcopy
<b>Consultation</b>	<b>Gynaecologist or Gynae-Oncologist</b>
<b>ADD-ON</b> <b>Rs. 1,000/-</b>	Serum Glycated Haemoglobin Serum Electrolytes, Urine Microalbumin
<b>Consultation</b>	<b>Diabetologist</b>

<b>ADD-ON Rs. 1,000/-</b>	Serum Glycated Haemoglobin Serum Electrolytes Urine Microalbumin
<b>Consultation</b>	<b>Diabetologist</b>
<b>ADD-ON Rs. 2,000/-</b>	LFT, Serum Creatinine, Echo
<b>ADD-ON Rs. 2,300/-</b>	LFT, Serum Creatinine Mammography
<b>Consultation</b>	<b>Surgical Oncologist</b>
<b>ADD-ON Rs. 2,350/-</b>	Plasma Vitamin D, Serum Calcium Serum Phosphorus Serum Albumin Serum Alkaline Phosphatase PTH (Parathyroid hormone)