

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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SIMPLE HEALTH PLAN Rs. 1,550/-

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. 3,300/-

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. 5,500/-

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. 6,000/-

Haematology	Complete Blood Count ESR
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
Thyroid screening	Serum TSH
Cardiac Evaluation	ECG, Chest X-ray
Ultrasound	Abdomen & Pelvis
General	Urine Routine & Micro Stool Routine & Occult Blood Papsmear Mammography Serum Calcium Serum Phosphorous Serum Uric Acid

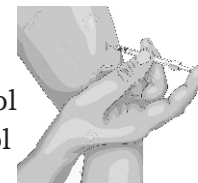


Consultations **General Physician**
Gynaecologist, Nutritionist
Surgical Oncologist

ADD-ON Rs. 1,000/-	Serum Glycated Haemoglobin Serum Electrolytes Urine Microalbumin
Consultation	Diabetologist

DIABETIC PROFILE Rs. 4,500/-

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



Consultations **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. 5,500/-

Haematology	Complete Blood Count, ESR
Glucose Profile	Fasting Blood Sugar Post Prandial Blood Sugar
Renal Profile	Blood Urea, Serum Creatinine
Lipid Profile	Serum Cholestrol Serum HDL Cholestrol Serum LDL Cholestrol 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 Profile	ECG, Chest X-ray TMT, ECHO
General	Urine Routine & Micro
Consultations	Cardiologist, Physician or Endocrinologist, Nutritionist



ADD-ON for Men Rs. 1,400/-	Serum PSA, Uro Flowmetry 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. 1,000/-	Serum Glycated Haemoglobin Serum Electrolytes, Urine Microalbumin
Consultation	Diabetologist

GYNAE PROFILE >35 years Rs. 3,500/-

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



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