

Health Check-up



CIMS offers Health Check-up Programs to individuals who are keen on being medically vigilant.

Preventive Health Check-up (subject to a max of 5000/-) is eligible for deduction under section 80-D of Income Tax 1961.

HHealth is **W**wealth



Basic-1

₹ 1099/-

PRELIMINARY TESTS

- CBC
- Urine R/M

DIABETIC PROFILE

- Random Blood Sugar \$
OR
- Fasting Blood Sugar \$

KIDNEY FUNCTION TEST

- S. Creatinine

LIVER FUNCTION TEST

- SGPT

CARDIAC CHECKS

- ECG
- S.Cholesterol

CONSULTATION

- Doctor Consultation

Basic Screening

₹ 1,700/-

PRELIMINARY TESTS

- CBC+ESR
- Urine R/M

DIABETIC PROFILE

- Random Blood Sugar \$
OR
- Fasting Blood Sugar \$

KIDNEY FUNCTION TEST

- S.Creatinine

LIVER FUNCTION TEST

- SGPT

CARDIAC CHECKS

- ECG
- S. Cholesterol

RADIOLOGICAL INVESTIGATION

- Chest X-Ray

CONSULTATIONS

- Physician
- Diet & Wellness

Cardiac Screening

₹ 3,600/-

PRELIMINARY TESTS

- CBC + ESR
- Urine R/M

DIABETIC PROFILE

- Random Blood Sugar \$
OR
- Fasting Blood Sugar \$

KIDNEY FUNCTION TEST

- S.Creatinine

LIVER FUNCTION TEST

- SGPT

CARDIAC CHECKS

- Lipid Profile
- ECG
- Echo Screening \$ OR
- TMT \$

RADIOLOGICAL INVESTIGATION

- Chest X-Ray

CONSULTATIONS

- Physician
- Diet & Wellness

Well Woman

₹ 5,700/-

PRELIMINARY TESTS

- CBC + ESR
- Urine R/M

DIABETIC PROFILE

- Random Blood Sugar \$
OR
- Fasting Blood Sugar \$

KIDNEY FUNCTION TESTS

- S.Calcium
- S.Creatinine

LIVER FUNCTION TEST

- SGPT

CARDIAC CHECKS

- ECG
- S. Cholesterol

THYROID SCREENING

- TSH

VITAMIN

- Vitamin D
- Vitamin B12

CANCER DETECTION

- Pap Smear

RADIOLOGICAL INVESTIGATIONS

- Chest X-Ray
- Mammography / USG Breast
- Sonography Abdomen

CONSULTATIONS

- Physician
- Dentistry

- Gynaecologist

- Diet & Wellness

Bone

₹ 5,700/-

PRELIMINARY TESTS

- CBC+ESR
- Urin R/m
- Vitamin B-12
- Vitamin D (25OH)
- R.A test (Quantitative)
- PARA THYROID HORMONE (PTH)

- S. Calcium

DIABETIC PROFILE

- Fasting Blood Sugar \$
OR
- Random Blood Sugar \$

KIDNEY FUNCTION TESTS

- RFT

- Uric Acid

LIVER FUNCTION TESTS

- Total protein
- Alkaline Phosphate

RADIOLOGICAL INVESTIGATION

- X-Ray- Joints (3 Region) / MRI

CONSULTATIONS

- Orthopaedic
- Diet & Wellness

Cardio - Onco (Male)

₹ 6,000/-

PRELIMINARY TESTS

- CBC+ESR
- Urine R/M

- Vitamin B12

DIABETIC PROFILE

- Random Blood Sugar \$
OR
- Fasting Blood Sugar \$

KIDNEY FUNCTION TESTS

- S.Calcium
- S.Creatinine

LIVER FUNCTION TEST

- SGPT

CARDIAC CHECKS

- ECG
- Lipid Profile
- Echo

THYROID SCREENING

- TSH

CANCER DETECTION

- Acid Phosphatase/PSA

RADIOLOGICAL INVESTIGATIONS

- Chest X-Ray
- Sonography Abdomen

CONSULTATIONS

- Physician
- Cancer Specialist (If needed)
- Dentistry
- Diet & Wellness

Cardio - Onco (Female)

₹ 7,300/-

PRELIMINARY TESTS

- CBC+ESR
- Urine R/M

DIABETIC PROFILE

- Random Blood Sugar \$
OR
- Fasting Blood Sugar \$

KIDNEY FUNCTION TESTS

- S.Calcium
- S.Creatinine

LIVER FUNCTION TEST

- SGPT

CARDIAC CHECKS

- ECG
- Lipid Profile
- Echo

THYROID SCREENING

- TSH

VITAMIN

- Vitamin D
- Vitamin B12

CANCER DETECTION

- Pap Smear

RADIOLOGICAL INVESTIGATIONS

- Chest X-Ray
- Mammography / USG Breast
- Sonography Abdomen

CONSULTATIONS

- Physician
- Dentistry
- Cancer Specialist (If needed)
- Gynaecologist
- Diet & Wellness

Cardio Diabetic

₹ 6,800/-

PRELIMINARY TESTS

- CBC+ESR
- Blood Group
- Urine R/M

DIABETIC PROFILE

- Random Blood Sugar \$
OR
- Fasting Blood Sugar \$
- Post Lunch Blood Sugar
- HbA_{1c}

KIDNEY FUNCTION TESTS

- Urea
- S.Creatinine
- S. Potassium

LIVER FUNCTION TEST

- SGPT

CARDIAC CHECKS

- Lipid Profile
- ECG

- Echo Screening
- TMT

THYROID SCREENING

- TSH

RADIOLOGICAL INVESTIGATION

- Chest X-Ray

OPHTHALMOLOGY CONSULTATION

- Fundus Examination

CONSULTATIONS

- Physician
- Ophthalmologist
- Dentistry
- Diet & Wellness

Gastro Care

₹ 7,100/-

- CBC
- ESR
- Serum Creatinine
- SGPT
- HIV
- HbsAg
- Serum TSH
- Upper GI Endoscopy /
Eso Manometry - B /
Anorectal manometry - A /
Sigmoidoscopy
- USG Abdomen
- Gastro Consultation

Cardio Diabetic Plus

₹ 8,800/-

PRELIMINARY TESTS

- CBC+ESR
- Blood Group
- Urine R/M

DIABETIC PROFILE

- Random Blood Sugar \$
OR
- Fasting Blood Sugar \$
- Post Lunch Blood Sugar
- HbA_{1c}

- Urine Micro Albuminuria

KIDNEY FUNCTION TESTS

- Uric Acid
- S.Creatinine
- S. Potassium

LIVER FUNCTION TEST

- SGPT

CARDIAC CHECKS

- Lipid Profile
- ECG

- Echo Screening
- TMT

THYROID SCREENING

- TSH

RADIOLOGICAL INVESTIGATIONS

- Chest X-Ray
- Sonography KUB

OPHTHALMOLOGY CHECK

- Fundus Examination

CONSULTATIONS

- Physician
- Ophthalmologist
- Dentistry
- Diet & Wellness

Executive

₹ 13,000/-

PRELIMINARY TESTS

- CBC+ESR
- Blood Group
- Urine R/M
- Vitamin D

DIABETIC PROFILE

- Random Blood Sugar \$
OR
- Fasting Blood Sugar \$
- HbA_{1c}

KIDNEY FUNCTION TESTS

- RFT
- Uric Acid

LIVER FUNCTION TEST

- LFT

CARDIAC CHECKS

- Lipid Profile
- ECG
- Echo Screening
- TMT

THYROID SCREENING

- TSH

CANCER DETECTIONS

- Pap Smear #
- Acid Phosphatase/PSA #

RADIOLOGICAL

INVESTIGATIONS

- Chest X-Ray
- Sonography Abdomen
- Mammography / USG Breast*

LUNG EFFICIENCY

- Pulmonary Function Test #

CONSULTATIONS

- Physician
- Ophthalmologist
- Dentistry
- Cancer Specialist (If needed)
- Gynaecologist
- Diet & Wellness

Advanced

₹ 18,000/-

PRELIMINARY TESTS

- CBC+ESR
- Blood Group
- Urine R/M

DIABETIC PROFILE

- Random Blood Sugar \$
OR
- Fasting Blood Sugar \$
- Post Lunch Blood Sugar
- HbA_{1c}

KIDNEY FUNCTION TESTS

- RFT
- Uric Acid
- S.Calcium

LIVER FUNCTION TEST

- LFT

CARDIAC CHECKS

- Lipid Profile
- ECG
- Echo Screening
- TMT

THYROID SCREENINGS

- TSH
- T3
- T4

RADIOLOGICAL

INVESTIGATIONS

- Chest X-Ray
- Sonography Abdomen
- Mammography / USG Breast
- Carotid Doppler
- MRI Screening (Related to Ortho) or X-ray Joint (3 region)

LUNG EFFICIENCY

- Pulmonary Function Test

CANCER DETECTIONS

- Pap Smear
OR
- Acid Phosphatase / PSA

CONSULTATIONS

- Physician
- Ophthalmologist
- Dentistry
- Cancer Specialist (If needed)
- Orthopaedic
- Gynaecologist
- Dermatologist (If needed)
- Diet & Wellness

Advance Plus

₹ 21,300/-

PRELIMINARY TESTS

- CBC+ESR
- Blood Group
- Urine R/M

DIABETIC PROFILE

- Random Blood Sugar \$
OR
- Fasting Blood Sugar \$
- Post Lunch Blood Sugar
- HbA_{1c}

KIDNEY FUNCTION TESTS

- RFT
- Uric Acid
- S.Calcium

LIVER FUNCTION TEST

- LFT

CARDIAC CHECKS

- Lipid Profile
- ECG
- Echo Screening
- TMT

THYROID SCREENINGS

- TSH
- T3
- T4

VITAMIN

- Vitamin D
- Vitamin B12

RADIOLOGICAL

INVESTIGATIONS

- Chest X-Ray
- Sonography Abdomen
- Mammography / USG Breast
- Carotid Doppler
- CT Coronary Angio

LUNG EFFICIENCY

- Pulmonary Function Test

CANCER DETECTIONS

- Pap Smear
OR
- Acid Phosphatase / PSA

CONSULTATIONS

- Physician
- Ophthalmologist
- Dentistry
- Cancer Specialist (If needed)
- Gynaecologist
- Dermatologist (If needed)
- Cardiologist
- ENT
- Diet & Wellness

Advance Plus-1

₹ 30,900/-

PRELIMINARY TESTS

- CBC+ESR
- Blood Group
- Urine R/M

DIABETIC PROFILE

- Fasting Blood Sugar
- Post Lunch Blood Sugar
- HbA_{1c}

KIDNEY FUNCTION TESTS

- RFT
- Uric Acid
- S.Calcium

LIVER FUNCTION TEST

- LFT

CARDIAC CHECKS

- Lipid Profile
- ECG
- Echo Screening
- TMT

THYROID SCREENINGS

- TSH
- T3
- T4

VITAMIN

- Vitamin D
- Vitamin B12

RADIOLOGICAL

INVESTIGATIONS

- Chest X-Ray
- Sonography Abdomen
- Mammography / USG Breast
- Carotid Doppler
- CT Coronary Angio

LUNG EFFICIENCY

- Pulmonary Function Test

CANCER DETECTIONS

- Pap Smear
OR
- Acid Phosphatase / PSA

ENDOSCOPY

- Upper GI Scopy

CONSULTATIONS

- Physician
- Ophthalmologist
- Dentistry
- Cancer Specialist (If needed)
- Gynaecologist
- Dermatologist (If needed)
- ENT
- Cardiologist
- Gastro Physician Consultation
- Diet & Wellness

Advance Plus-2

₹ 35,900/-

ROOM STAY

- 1 Day Single Room

PRELIMINARY TESTS

- CBC+ESR
- Blood Group
- Urine R/M
- Stool R/M

DIABETIC PROFILE

- Fasting Blood Sugar
- Post Lunch Blood Sugar
- HbA_{1c}

KIDNEY FUNCTION TESTS

- RFT
- Uric Acid
- S.Calcium

LIVER FUNCTION TESTS

- LFT

CARDIAC CHECKS

- Lipid Profile
- ECG
- Echo Screening
- TMT
- Homocystine
- LP(a)

INFECTION SCREENINGS

- HIV
- HbsAg
- VDRL

THYROID SCREENINGS

- TSH
- T3
- T4

VITAMIN

- Vitamin B12
- Vitamin D

RADIOLOGICAL INVESTIGATIONS

- Chest X-Ray
- Sonography Abdomen
- Mammography / USG Breast
- Carotid Doppler
- CT Coronary Angio

LUNG EFFICIENCY

- Pulmonary Function Test

CANCER DETECTIONS

- Pap Smear
OR
- Acid Phosphatase / PSA

ENDOSCOPYS

- Upper GI Scopy
- Colonoscopy

CONSULTATIONS

- Physician
- Ophthalmologist
- Dentistry
- Cancer Specialist (If needed)
- Gynaecologist
- Dermatologist (If needed)
- ENT
- Cardiologist
- Gastro Physician Consultation
- Diet & Wellness

In executive package if PSA / PAP Smear is done then only cancer specialist consultation will be given

\$: Any one of these two tests can be done

: Any one of these three tests can be done

*Any one of these two tests can be done

You are in need of health check-up if you display any one or more of the following:

- Over 40 yrs of age
- Obesity
- Chewing Tobacco/Smoking or Heavy drinker
- Executive with a stressful job
- Suffering from or having a family history of Diabetes, High blood pressure and Heart disease.
- Low exercise tolerance
- Weight loss / Weight gain
- Chronic indigestion
- Swelling in stomach, hand-leg, breast, etc.
- Blood in urine, stool or while coughing

Tests included:

- a) **Liver Profile:** SGPT, SGOT, Total Bilirubin (Conjugated Bilirubin, Unconjugated Bilirubin), Alkaline Phosphatase, Total Proteins, Albumin, Globulin, A/g ratio ggt.
- b) **Renal Profile:** Blood Urea, Serum Creatinine, Electrolytes (Sodium, Potassium & Chloride)
- c) **Lipid Profile:** Serum Cholesterol, Triglycerides, HDL Cholesterol, LDL Cholesterol, VLDL Cholesterol, Cholesterol / HDL Ratio, LDL/HDL Ratio.

For males below 45 years, Acid Phosphatase test to be done and for males above 45 years, Prostate specific antigen (PSA) test to be done.

NOTES:

Please read this before coming for your Health Check

- All health checkups are conducted by prior appointment only.
- The entire process of check-up lasts about 5-6 hours if appointment is taken in advance. If no appointment is taken, then the process will last for about 6-8 hours depending on the package. So we request a prior appointment.
- Eye lenses, if any, should be removed before coming for check-up.
- You are advised to wear loose and comfortable clothing. Remove jewellery before coming for health check-up.
- Kindly bring along previous medical records, if any. Also bring any hearing aids, visual aids like spectacles or any other aids that you use.
- Any Additional investigations or consultation will be conducted on OPD, after completion of health checkup.
- Additional tests, investigations or consultation can be conducted on request or requirement, but they will be billed in addition to the cost of your health check package.
- There will be no change in tariff once the patient is registered under a package. In case a test which is part of the package cannot be conducted due to medical / other reasons, the change of the test amount will be non-refundable.
- Please do not take anything except water after 10 pm the night prior to an appointment and do come by 8 am on the appointment day.
- Light dinner on the previous night is recommended.
- A small stool sample should be brought in the provided container.
- Breakfast/snacks will be served after collection of blood samples in all packages.
- Lunch will be provided in all packages except in Cardiac Screening, Basic Screening & Basic-I.
- In Advanced Package, MRI will be done only after orthopaedic doctor's suggestion.
- If you are above 45 years, jogging shoes will be required for the Tread Mill Test.
- An authorization letter from your Company is required for cashless facility. Also, bring a xerox of your Company's ID proof or Govt. photo ID proof.
- Men are requested to shave their chest to ensure a good ECG/Tread Mill Test. However if not done, it will be done at the hospital.
- For Ladies: The Hospital shall not conduct certain investigations like X-ray for pregnant women. PAP Smear test can not be done during menstruation.
- For tests not included in your selected package a 20 % discount will be offered (conditions apply)
- USG Breast Test will be done for female less than 40 years and a mammogram will be conducted for females above 40 years.
- If MRI / CT Scan / Endoscopy are not included in your selected package a 10% discount will be offered (conditions apply), if you opt for the same.

Marengo CIMS Hospital

Plot No. 67/1, Opp. Pancharut Bunglows,
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For emergency or appointment,
1800 309 9999