

# 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.

**H**Health is **W**wealth

 **CIMS**<sup>®</sup>  
CARE INSTITUTE OF MEDICAL SCIENCES  
Earning Trust with World-Class Practices



Joint Commission  
International



NABH



NABL  
Certificate No. MC-3049

# Basic-1

₹ 999/-

## 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

₹ 1,600/-

## 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

- ECG
- S. Cholesterol

## RADIOLOGICAL INVESTIGATION

- Chest X-Ray

## CONSULTATIONS

- Physician
- Diet & Wellness

# KIDS

₹ 2,400/-

## PRELIMINARY TESTS

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

## DIABETIC PROFILE

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

## INFECTION SCREENING

- CRP

## RADIOLOGICAL INVESTIGATION

- Chest X-Ray

## CONSULTATIONS

- Ophthalmologist
- Dentistry
- ENT
- Paediatrician
- Diet & Wellness

# Cardiac Screening

₹ 3,500/-

## 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

₹ 5,000/-

## 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

## CANCER DETECTION

- Pap Smear

## RADIOLOGICAL INVESTIGATIONS

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

## CONSULTATIONS

- Physician
- Gynaecologist
- Dentistry
- Diet & Wellness

# Bone

₹ 5,500/-

## 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)

## CONSULTATIONS

- Orthopaedic
- Diet & Wellness

# Cardio - Onco (Male)

₹ 5,500/-

## 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

## CANCER DETECTION

- Acid Phosphatase/PSA

## RADIOLOGICAL INVESTIGATIONS

- Chest X-Ray
- Sonography Abdomen

## CONSULTATIONS

- Physician
- Cancer Specialist
- Dentistry
- Diet & Wellness

# Cardio - Onco (Female)

₹ 6,000/-

## 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

## CANCER DETECTION

- Pap Smear

## RADIOLOGICAL INVESTIGATIONS

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

## CONSULTATIONS

- Physician
- Cancer Specialist
- Dentistry
- Gynaecologist
- Diet & Wellness

# Liver Plus

₹ 6,000/-

- CBC

- RFT

- LFT

- PT

- INR

- GGT

- HIV

- HbsAg

- Anti - HCV

- AFP

- Lipid Profile

- USG Abdomen

- Gastro Consultation

# Cardio Diabetic

₹ 6,500/-

## PRELIMINARY TESTS

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

## DIABETIC PROFILE

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

- HbA<sub>1c</sub>

## 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

₹ 7,000/-

- 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

₹ 8,500/-

## PRELIMINARY TESTS

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

## DIABETIC PROFILE

- Random Blood Sugar \$

- OR

- Fasting Blood Sugar \$

- Post Lunch Blood Sugar

- HbA<sub>1c</sub>

- 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

- Endocrinologist
- Dentistry

- Diet & Wellness

## Executive

₹ 12,000/-

### PRELIMINARY TESTS

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

### DIABETIC PROFILE

- Random Blood Sugar \$  
OR
- Fasting Blood Sugar \$
- HbA<sub>1c</sub>

### 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\*  
OR
- Carotid Doppler \*

### LUNG EFFICIENCY

- Pulmonary Function Test #

### CONSULTATIONS

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

## Advanced

₹ 17,300/-

### PRELIMINARY TESTS

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

### DIABETIC PROFILE

- Random Blood Sugar \$  
OR
- Fasting Blood Sugar \$
- Post Lunch Blood Sugar
- HbA<sub>1c</sub>

### 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 (Ortho Related)

### LUNG EFFICIENCY

- Pulmonary Function Test

### CANCER DETECTIONS

- Pap Smear  
OR

- Acid Phosphatase / PSA

### CONSULTATIONS

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

## Advance Plus

₹ 20,500/-

### PRELIMINARY TESTS

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

### DIABETIC PROFILE

- Random Blood Sugar \$  
OR
- Fasting Blood Sugar \$
- Post Lunch Blood Sugar
- HbA<sub>1c</sub>

### 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
- 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
- Cardiologist
- ENT
- Diet & Wellness

## Advance Plus-1

₹ 30,000/-

### PRELIMINARY TESTS

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

### DIABETIC PROFILE

- Fasting Blood Sugar
- Post Lunch Blood Sugar
- HbA<sub>1c</sub>

### 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
- 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
- ENT
- Cardiologist
- Gastro Physician Consultation
- Diet & Wellness

## Advance Plus-2

₹ 35,000/-

### ROOM STAY

- 1 Day Single Room

### PRELIMINARY TESTS

- CBC+ESR
- Blood Group
- Urine R/M
- Stool R/M
- Vitamin B-12

### DIABETIC PROFILE

- Fasting Blood Sugar
- Post Lunch Blood Sugar
- HbA<sub>1c</sub>

### URINE MICRO ALBUMINURIA

### 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

### 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
- 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.*

**For Health checkup appointment  
call : +91-79-2772 2116**

#### **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 done only after prior appointment.
- 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.
- 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 & Kids packages.
- 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.

For any health care service (Consultations / Investigations) not included in the health check-up package, extra charges will apply.