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.
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 $
- 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
- Dentistry
- Gynaecologist
- Diet & Wellness

Bone

₹ 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
- Pap Smear

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

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

Liver Plus

₹ 6,000/-

PRELIMINARY TESTS
- CBC
- RFT
- LFT
- PT
- INR
- GGT
- HIV
- HbsAg
- Anti - HCV
- AFP
- Lipid Profile
- USG Abdomen

CONSULTATIONS
- Physician
- Dentistry

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

Gastro Care

₹ 8,000/-

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

₹ 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_c

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

KIDS

₹ 2,400/-

PRELIMINARY TESTS
- CBC + ESR
- 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

Liver Plus

₹ 6,000/-

CBC
- RFT
- LFT
- PT
- INR
- GGT
- HIV
- HbsAg
- Anti - HCV
- AFP
- Lipid Profile
- USG Abdomen
- Gastro Consultation
### Executive
- **Preliminary Tests**
  - CBC + ESR
  - Blood Group
  - Urine R/M
- **Diabetic Profile**
  - Random Blood Sugar $12,000/-
  - Fasting Blood Sugar $12,000/-
  - Post Lunch Blood Sugar $12,000/-
- **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
  - Ultrasound Abdomen
  - Mammography / USG Breast
  - Carotid Doppler
  - MRI Screening (Ortho Related)
- **Lung Efficiency**
  - Pulmonary Function Test
- **Consultations**
  - Physician
  - Ophthalmologist
  - Dentist
  - Cancer Specialist (If needed)
  - Orthopaedist
  - Gynaecologist
  - Dermatologist
  - Diet & Wellness

### Advanced
- **Preliminary Tests**
  - CBC + ESR
  - Blood Group
  - Urine R/M
- **Diabetic Profile**
  - Random Blood Sugar $17,300/-
  - Fasting Blood Sugar $17,300/-
  - Post Lunch Blood Sugar $17,300/-
- **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
  - Ultrasound Abdomen
  - Mammography / USG Breast
  - Carotid Doppler
  - CT Coronary Angio
- **Lung Efficiency**
  - Pulmonary Function Test
- **Consultations**
  - Physician
  - Ophthalmologist
  - Dentist
  - Cancer Specialist (If needed)
  - Orthopaedist
  - Gynaecologist
  - Dermatologist
  - Diet & Wellness

### Advance Plus
- **Preliminary Tests**
  - CBC + ESR
  - Blood Group
  - Urine R/M
- **Diabetic Profile**
  - Random Blood Sugar $20,500/-
  - Fasting Blood Sugar $20,500/-
  - Post Lunch Blood Sugar $20,500/-
- **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
  - Ultrasound Abdomen
  - Mammography / USG Breast
  - Carotid Doppler
  - CT Coronary Angio
- **Lung Efficiency**
  - Pulmonary Function Test
- **Consultations**
  - Physician
  - Ophthalmologist
  - Dentist
  - Cancer Specialist (If needed)
  - Orthopaedist
  - Gynaecologist
  - Dermatologist
  - ENT
  - Cardiologist
  - Gastro Physician Consultation
  - Diet & Wellness

### Advance Plus-1
- **Preliminary Tests**
  - CBC + ESR
  - Blood Group
  - Urine R/M
- **Diabetic Profile**
  - Random Blood Sugar $30,000/-
  - Fasting Blood Sugar $30,000/-
  - Post Lunch Blood Sugar $30,000/-
- **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
  - Ultrasound Abdomen
  - Mammography / USG Breast
  - Carotid Doppler
  - CT Coronary Angio
- **Lung Efficiency**
  - Pulmonary Function Test
- **Consultations**
  - Physician
  - Ophthalmologist
  - Dentist
  - Cancer Specialist (If needed)
  - Orthopaedist
  - Gynaecologist
  - Dermatologist
  - ENT
  - Cardiologist
  - Gastro Physician Consultation
  - Diet & Wellness

### Advance Plus-2
- **Preliminary Tests**
  - CBC + ESR
  - Blood Group
  - Urine R/M
- **Diabetic Profile**
  - Random Blood Sugar $35,000/-
  - Fasting Blood Sugar $35,000/-
  - Post Lunch Blood Sugar $35,000/-
- **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
  - Ultrasound Abdomen
  - Mammography / USG Breast
  - Carotid Doppler
  - CT Coronary Angio
- **Lung Efficiency**
  - Pulmonary Function Test
- **Consultations**
  - Physician
  - Ophthalmologist
  - Dentist
  - Cancer Specialist (If needed)
  - Orthopaedist
  - 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

<table>
<thead>
<tr>
<th>Test</th>
<th>Description</th>
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<tbody>
<tr>
<td>$</td>
<td>Any one of these two tests can be done</td>
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<tr>
<td>#</td>
<td>Any one of these three tests can be done</td>
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<tr>
<td>*</td>
<td>Any one of these two tests can be done</td>
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</tbody>
</table>
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 checks 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 heath care service (Consultations / Investigations) not included in the health check-up package, extra charges will apply.

* All Packages are effective from June 22, 2018.