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.
## Basic-1

### 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
  - **CONSULTATIONS**
    - Doctor Consultation

### 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
    - TSH
    - CANCER DETECTION
      - Acid Phosphatase/PSA
  - **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 TEST
      - S. Calcium
    - S. Creatinine
  - **LIVER FUNCTION TEST**
    - SGPT
  - **CARDIAC CHECKS**
    - ECG
    - S. Cholesterol
  - **THYROID SCREENING**
    - TSH
  - **CONSULTATIONS**
    - Physician
    - Dentist
    - Gynaecologist
    - Diet & Wellness

### Kids
- **₹ 2,400/-**
  - **PRELIMINARY TESTS**
    - CBC + ESR
    - Urine R/M
  - **DIABETIC PROFILE**
    - Random Blood Sugar $ OR
    - Fasting Blood Sugar $ INFECTION SCREENING
  - **CONSULTATIONS**
    - Ophthalmologist
    - Dentist
    - Paediatrician
    - 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
  - **CONSULTATIONS**
    - Physician
    - Cancer Specialist
    - Dentist
    - 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
  - **CONSULTATIONS**
    - Physician
    - Cancer Specialist
    - Dentist
    - Gynaecologist
    - Diet & Wellness

### Gastro Care
- **₹ 8,000/-**
  - CBC
  - ESR
  - Serum Creatinine
  - SGPT
  - HIV
  - HbsAg
  - Serum TSH
  - Upper GI Endoscopy / Eso Manometry - B / Anorectal manometry - A / Sigmoïdoscopie
  - 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
    - HbA1c
  - **KIDNEY FUNCTION TESTS**
    - Urea
    - S. Creatinine
    - S. Potassium
  - **LIVER FUNCTION TEST**
    - SGPT
  - **CARDIAC CHECKS**
    - Lipid Profile
    - ECG
    - Echo Screening
    - TMT
  - **THYROID SCREENING**
    - TSH
  - **CONSULTATIONS**
    - Physician
    - Endocrinologist
    - Dentist
    - Diet & Wellness

### 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
    - HbA1c
  - **KIDNEY FUNCTION TESTS**
    - Uric Acid
    - S. Creatinine
    - S. Potassium
  - **LIVER FUNCTION TEST**
    - SGPT
  - **CARDIAC CHECKS**
    - Lipid Profile
    - ECG
    - Echo Screening
    - TMT
  - **THYROID SCREENING**
    - TSH
  - **CONSULTATIONS**
    - Physician
    - Ophthalmologist
    - Dentist
    - Diet & Wellness
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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 : +91-79-3010 2116**

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**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 cannot 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.

*All Packages are effective from June 22, 2018.*