

HEALTH CHECKUP GUIDELINES

PREPARATION PRIOR TO HEALTH CHECKUP

- 10-12 hours of fasting is essential for some tests. Kindly plan your previous day meal in advance. Take your regular medicines after consulting your doctor in case of any doubt

GUIDELINES FOR HEALTH CHECKUPS

- Reporting time is 8:30 am
- Please carry your photo Identity proof
- Breakfast is included in the cost of the package and will be provided at the hospital
- Reports will be provided within the next 48 hours. Once the reports are ready, consultation will be done with the doctor at the hospital
- For report related assistance and queries, contact Aadicura Superspeciality Hospital on **8980506161** or **hcp@aadicura.com** between 9am to 5pm, Monday to Saturday

IMPORTANT INSTRUCTIONS

- Pregnant women / lactating women are requested to inform the Radiology Department
- Avoid caffeinated drinks, alcohol, heavy (salty) meals 24 hours prior to your appointment. Do not smoke before fasting blood sugar and BP tests
- If your package includes PAP smear, you are advised not to undergo health check up during menstrual period, as it alters the results
- Any additional services other than those mentioned in health package shall be billed at actuals
- The approximate time for completion of health check up is 6 to 8 hours

BENEFITS OF GETTING REGULAR FULL HEALTH CHECKUPS

- Regular health check ups make you more aware of your health
- Reduce the risk of complication during treatment
- Reduce healthcare costs over time
- Timely detection of lifestyle / stress related diseases
- Increase the lifespan of an individual and maintaining a stronger immune system

WHO SHOULD UNDERGO A HEALTH CHECKUP?

- You have family history of diabetes, high blood pressure, heart disease or you are overweight
(These diseases run in families and preventive checkup can detect these diseases in early stages)
- If you are above 40 and Health conscious.
(You will want to maintain your good health forever. You want to start doing physical activity)
- Your job / work is such that you are chair bound for most of the day or Your work is very stressful
(These conditions make you more likely to develop diabetes, heart diseases or arthritis. Early detection is the key to prevent progress of these diseases)
- You consume tobacco (in any form) and / or alcohol.
(Health checkups can detect harm caused by these substances to lungs, liver or heart in early stages or early signs of cancer)
- You are an NRI and visiting India
(Our appointments are easy; our doctors are very accessible and our rates are amazing)

'Various illnesses do not manifest early symptoms, the significance of regular screening tests along with doctors and specialist consultation is highly recommended'

Address

Windward Business Park, Jetalpur Road,
Vadodara 390020, Gujarat, India.

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Superspeciality Hospital
— Putting Patients First —

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HEALTH PACKAGES

#karebaathealthki

Health Checkup

+91 89805 06161












Appointments

+91 89805 53311

Emergency 24x7

+91 89805 58811

Our Attractive and Well Designed Health Checkup Packages

RECOMMENDED FOR	TESTS / CONSULTATIONS	PRIMARY	STANDARD	COMPREHENSIVE	WHOLE BODY	OPTIMA
BASIC TEST 	CBC					
	ESR, Blood Group					
	Vit. B 12 Level					
	Vit. D Level					
	RA Factor					
DIABETIC CONTROL 	Fasting Blood Sugar					
	PP28S or PG2BS					
	HbA1c / Glycosylated Hemoglobin					
HEALTHY HEART 	Total Cholesterol					
	ECG					
	Full Lipid Profile (7 tests)					
	Echo Screening					
	TMT / Computerized Stress Test					
LIVER AND ABDOMEN HEALTH 	SGPT					
	SGOT AND USG whole abdomen screening					
	Full Liver Function Tests (10 tests)					
KIDNEY HEALTH 	Serum Creatinine					
	S. Uric Acid, Blood Urea					
	S. Calcium					
	S. Sodium and S. Potassium					
	Urine Albumin Creatinine Ratio					
THYROID HEALTH 	TSH Level					
	Serum T3 and S. T4 level					
LUNG HEALTH 	Chest X Ray					
	Lung Function Tests					
INFECTION SCREENING 	Urine Examination					
	Stool Examination					
	HBsAg and HIV tests					
	HCV test					
CANCER SCREENING 	Prostate Specific Antigen (Male)					
	PAP Smear (Female)					
	CA 125 test					
SPECIALIZED TESTS 	Body Composition Analysis					
	Ankle Brachial Pressure Index					
	Fundus Photography					
	Spine X Ray					
	Audiometry					
	Fibroscan of liver					
CONSULTATIONS 	Physician Consultation					
	Physiotherapist Consultation					
	ENT Consultation					
	Eye Checkup					
	Gynecologist (F) or Surgical (M) Consultation					
	Dietitian Consultation					
	Orthopedic Consultation					
	Cardiologist Consultation					
	Endocrinologist Consultation					
Pulmonologist Consultation						
ACTUAL COST		₹2900	₹6700	₹12500	₹19000	₹27000
HEALTH CHECKUP PACKAGE RATES		₹1600	₹4000	₹6500	₹9000	₹13000

Special Concessional Offer on Gastroenterologist Consultation with Screening Colonoscopy for Whole Body & Optima Health Checkup Individuals ₹19500 **Discounted Rate ₹10000**

Special Mammography Packages are available for Females Opting for Comprehensive, Whole Body, or Optima Packages (with Prior Appointment).