

Healthy Heart Health Checkup

Routine Tests

- Complete Blood Count with ESR
- Urine Routine

Diabetic Profile

- Blood Sugar: Fasting and Post Lunch

Liver Profile

- Billirubin: Direct
- SGOT
- SGPT
- Alkaline Phosphatase

Lipid Profile

- Total Cholesterol
- HDL
- LDL
- VLDL
- Triglycerides
- Total Cholesterol / HDL Ratio

Extended Lipid Profile

- Apolipoprotein A1
- Apolipoprotein B
- Apo A1/Apo B Ratio
- Lipoprotein A

Kidney Profile

- BUN
- Creatinine
- Calcium

Thyroid Function Test

- TSH

Radiology Investigations

- X-ray Chest PA View

Special Cardiac Evaluation

- ECG
- Stress Test
- 2D Echo
- CRP
- Pulmonary Function Test (PFT)

Consultations

- Cardiologist Consultation

~~₹11,740/-~~ ₹5,000/-

Senior Citizen Health Checkup Male & Female

Routine Tests

- Complete Blood Count with ESR
- Urine Routine
- Stool Routine

Diabetic Profile

- Blood Sugar: Fasting and Post Lunch
- Glycosylated Hb

Liver Profile

- Total Protein
- Albumin Globulin
- Billirubin: Direct and Indirect
- SGOT
- SGPT
- Alkaline Phosphatase

Lipid Profile

- Total Cholesterol
- HDL
- LDL
- VLDL
- Triglycerides
- Total Cholesterol / HDL Ratio
- LDL / HDL Ratio

Kidney Profile

- BUN
- Creatinine
- Bicarbonate
- Calcium
- Uric Acid
- Phosphorus

PSA (Male)

PAP Smear (Female)

LBS (container)

Radiology Investigations

- X-ray Chest PA View
- Uroflometry

Cardiac Evaluation

- ECG
- Eye Check

Consultations

- Physician
- Orthopaedic Consultation
- Diet Consultation
- Dental Consultation
- Gynaec Consultation

~~₹7,930/-~~ ₹3,500/-

Diabetic Health Checkup

Routine Tests

- Complete Blood Count
- Urine Routine
- Stool Routine

Diabetic Profile

- Blood Sugar: Fasting
- Glycosylated Hb
- Urine Micro Albumin

Liver Profile

- SGPT

Lipid Profile

- Total Cholesterol
- HDL
- LDL
- VLDL
- Triglycerides
- Total Cholesterol / HDL Ratio

Kidney Profile

- Bun
- Creatinine

Radiology Investigations

- X-ray Chest PA View
- USG Abdomen & Pelvis

Cardiac Evaluation

- ECG
- Stress Test
- Eye Check

Consultations

- Physician Consultation
- Diet Consultations

~~₹8,440/-~~ ₹3,500/-

Obesity Health Checkup

Routine Tests

- Complete Blood Count with ESR
- Urine Routine
- Stool Routine

Diabetic Profile

- Blood Sugar: Fasting and Post Lunch

Liver Profile

- Total Protein
- Albumin Globulin
- Billirubin: Direct and Indirect
- SGOT
- SGPT
- Alkaline Phosphatase

Lipid Profile

- Total Cholesterol
- HDL
- LDL
- VLDL
- Triglycerides
- Total Cholesterol / HDL Ratio

Extended Lipid Profile

- Apolipoprotein A1
- Apolipoprotein B
- Apo A1/Apo B Ratio
- Lipoprotein A

Kidney Profile

- Creatinine
- Uric Acid

Thyroid Function Test

- T3 T4
- TSH
- Vitamin B12

Radiology Investigations

- USG Abdomen & Pelvis

Special Cardiac Evaluation

- ECG
- CRP

Consultations

- Physician/ Cardiologist
- Diet Consultations

~~₹10,320/-~~ ₹4,500/-

Address: Zen Hospital, Plot No. 425 & 437, 10th Road, Chembur, Mumbai - 400071 T: 25265701/5700

Central Processing Lab: Aston, 2nd floor, Sundervan Complex, Opp. Union Bank, Above Mercedes Showroom, Andheri W, Mumbai - 400053

Contact No. **88283 02200**



PREVENTION IS BETTER THAN CURE



STAY HEALTHY

Comprehensive Extensive Health Checkup Male & Female

Routine Tests

- Complete Blood Count with ESR
- Blood Group
- Urine Routine
- Stool Routine

Thyroid Function Test

- T3 T4
- TSH
- Vitamin B12
- Vitamin D3

Diabetic Profile

- Blood Sugar: Fasting and Post Lunch
- Glycosylated Hb

PSA (Male)

PAP Smear (Female) LBS (Container) Ca-125

Radiology Investigations

- X-ray Chest PA View
- USG Abdomen & Pelvis
- Mamography
- Dexa

Liver Profile

- Total Protein
- Albumin Globulin
- Billirubin: Direct, Indirect & Total
- SGOT
- SGPT
- Alkaline Phosphatase
- Gamma GT
- HbsAg (Marker for Hepatitis B)

Special Cardiac Evaluation

- ECG
- Stress Test
- 2D Echo
- Pulmonary Function Test (PFT)
- Uroflometry

Lipid Profile

- Total Cholesterol
- HDL
- LDL
- VLDL
- Triglycerides
- Total Cholesterol / HDL Ratio

Consultations

- Physician Consultation
- Orthopedic Consultation
- General Surgeon Consultation
- Diet Consultation

Extensive Lipd Profile

- Apo-A1
- Apo-B
- Apo A1/B
- Lipoprotine A
- R A Test Quantative

Iron Studies

- UIVC
- TIVC
- Sr. Transferrin
- Transferrin saturation

Kidney Profile

- Bun
- Creatinine
- Sereum Electrolytes
- Calcium
- Uric Acid
- Inorg Phosphorus

~~₹25,430/-~~ ₹11,000/- Male

~~₹29,030/-~~ ₹12,000/- Female

Executive Health Checkup - Male

Routine Tests

- Complete Blood Count with ESR
- Blood Group
- Urine Routine
- Stool Routine

Diabetic Profile

- Blood Sugar: Fasting and Post Lunch

Liver Profile

- Total Protein
- Albumin Globulin
- Billirubin: Direct, Indirect & Total
- SGOT
- SGPT
- Alkaline Phosphatase
- Gamma GT
- HbsAg (Marker for Hepatitis B)

Lipid Profile

- Total Cholesterol
- HDL
- LDL
- VLDL
- Triglycerides
- Total Cholesterol / HDL Ratio
- LDL / HDL Ratio

Kidney Profile

- BUN
- Creatinine
- Serum Electrolytes
- Calcium
- Uric Acid
- Inorg Phosphorus

Radiology Investigations

- X-ray Chest PA View
- USG Abdomen & Pelvis

Special Cardiac Evaluation

- ECG
- Stress Test
- Pulmonary Function Test (PFT)
- Uroflowmetry

Consultations

- Physician
- Dietecian

~~₹11,280/-~~ ₹5,500/-

Healthy Women Health Checkup

Routine Tests

- Complete Blood Count with ESR
- Blood Group
- Urine Routine
- Stool Routine

Diabetic Profile

- Blood Sugar: Fasting and Post Lunch

Liver Profile

- Total Protein
- Albumin Globulin
- Billirubin: Direct, Indirect & Total
- SGOT
- SGPT
- Alkaline Phosphatase
- Gamma GT
- HbsAg (Marker for Hepatitis B)

LDL / HDL Ratio

Lipid Profile

- Total Cholesterol
- HDL
- LDL
- VLDL
- Triglycerides
- Total Cholesterol / HDL Ratio

Thyroid Function Test

- T3 T4
- TSH
- Vitamin B12
- Vitamin D3

Kidney Profile

- Bun
- Creatinine
- Serum Electrolytes
- Calcium
- Uric Acid
- Inorg Phosphorus

PAP Smear (Female)

LBS (container)

Radiology Investigations

- X-ray Chest PA View
- USG Abdomen & Pelvis
- Mamography {F}

Cardiac Evaluation

- ECG
- Body Mass Index

Consultations

- Diet Consultation
- Gynaec Consultation
- Physician Consultation

~~₹15,280/-~~ ₹6,500/-

Healthy Women Extensive Health Checkup Female

Routine Tests

- Complete Blood Count with ESR
- Urine Routine
- Stool Routine

Diabetic Profile

- Blood Sugar: Fasting and Post Lunch
- HbA1C

Liver Profile

- Total Protein
- Albumin Globulin
- Billirubin: Direct, Indirect & Total
- SGOT
- SGPT
- Alkaline Phosphatase
- Gamma GT

Lipid Profile

- Total Cholesterol
- HDL
- LDL
- VLDL
- Triglycerides
- Total Cholesterol / HDL Ratio
- LDL / HDL Ratio

Extensive Lipd Profile

- Apo-A1
- Apo-B
- Apo A1/B
- Lipoprotine A

Kidney Profile

- Bun
- Creatinine
- Serum Electrolytes
- Calcium
- Uric Acid
- Inorg Phosphorus

~~₹25,130/-~~ ₹10,000/-

Health Check-up Instructions:

Kindly have your last meal at least 8-10 hours before you come for the check and report on an empty stomach. You may drink water which may allow your bladder to fill so that we can perform the ultrasound of the lower abdomen. No other fluid is permitted (tea/coffee or juice).

We will offer you a complimentary breakfast after your health check.

You can collect the urine and stool sample container from Zen Hospital & bring the first samples of the day along when you come for a checkup.

kindly carry your old medical records if you have any. (If you are on regular medication carry those along with you & inform receptionist/Physician about the same).

Please wear comfortable clothes and slippers as you may undergo various tests.

Pregnant women or those suspecting pregnancy are advised not to undergo any X-Ray test. It is also advisable not to undergo any health check during your menstrual cycle.