

## COMPREHENSIVE EXTENSIVE HEALTH CHECKUP MALE AND FEMALE

### ROUTINE TESTS

- COMPLETE BLOOD COUNT WITH ESR
- BLOOD GROUP
- URINE ROUTINE
- STOOL ROUTINE

### DIABETIC PROFILE

- BLOOD SUGAR: FASTING AND POST LUNCH
- GLYCOSYLATED HB

### 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

### EXTENDED LIPID PROFILE

- APOLIPOPROTEIN A1
- APOLIPOPROTEIN B
- APO A1/APO B RATIO
- LIPOPROTEIN A

### IRON STUDIES

- UIVC
- TIVC
- SERUM TRANSFERRIN
- TRANSFERRIN SATURATION

### KIDNEY PROFILE

- BUN
- CREATININE
- SERUM ELECTROLYTES
- CALCIUM
- URIC ACID

### THYROID FUNCTION TEST

- T3 T4
- TSH

### BIOCHEMISTRY

- VITAMIN B12
- VITAMIN D3

### PSA (MALE)

### PAP SMEAR (FEMALE)

### RADIOLOGY INVESTIGATIONS

- X-RAY CHEST PA VIEW
- USG ABDOMEN & PELVIS
- MAMMOGRAPHY
- DEXA

### SPECIAL CARDIAC EVALUATION

- ECG
- STRESS TEST
- 2D-ECHO

### PULMONARY FUNCTION TEST (PFT)

### UROFLOMETRY

### CONSULTATIONS

- PHYSICIAN CONSULTATION
- DIETICIAN
- GYNAEC CONSULTATION {F}
- ORTHOPEDIC CONSULTATION

**Rs.25,430/- Rs.11,000/- MALE**  
**Rs29,030/- Rs.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
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- 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

## EXECUTIVE HEALTH CHECKUP FEMALE

### 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

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- VLDL
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- TOTAL CHOLESTEROL / HDL RATIO
- LDL / HDL RATIO

### KIDNEY PROFILE

- BUN
- CREATININE
- SERUM ELECTROLYTES
- CALCIUM
- URIC ACID
- INORG PHOSPHORUS

### THYROID FUNCTION TEST

- T3 T4
- TSH

### BIOCHEMISTRY

- ECG
- STRESS TEST

#### • PULMONARY FUNCTION TEST (PFT)

#### • UROFLOMETRY

#### CONSULTATIONS

- PHYSICIAN CONSULTATION
- DIETICIAN

**Rs.11,280/- @ Rs.5500/-**

### HEALTHY HEART

#### 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

- VITAMIN B12
- VITAMIN D3

#### PAP SMEAR (FEMALE)

#### RADIOLOGY INVESTIGATIONS

- X-RAY CHEST PA VIEW
- USG ABDOMEN & PELVIS
- MAMMOGRAPHY

#### CARDIAC EVALUATION

- ECG

#### CONSULTATIONS

- GYNAEC CONSULTATION
- PHYSICIAN CONSULTATION
- DIETICIAN

**Rs.15280/- @ Rs.6,500/-**

### 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

- 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

**Rs.11740/- @ Rs.5000/-**

#### DIABETIC HEALTH CHECKUP

##### ROUTINE TESTS

- COMPLETE BLOOD COUNT
- URINE ROUTINE
- STOOL ROUTINE

##### DIABETIC PROFILE

- BLOOD SUGAR: FASTING AND POST LUNCH
- GLYCOSYLATED HB

- TOTAL CHOLESTEROL / HDL RATIO
- LDL / HDL RATIO

#### KIDNEY PROFILE

- BUN
- CREATININE
- BICARBONATE
- CALCIUM
- URIC ACID
- PHOSPHORUS

#### PSA (MALE)

#### PAP SMEAR (FEMALE)

#### RADIOLOGY INVESTIGATIONS

- X-RAY CHEST PA VIEW

#### • UROFLOMETRY

#### CARDIAC EVALUATION

- ECG

#### CONSULTATIONS

- PHYSICIAN CONSULTATION
- ORTHOPAEDIC CONSULTATION
- OPHTHAL CONSULTATION
- GYNAEC CONSULTATION
- DENTAL
- DIET CONSULTATION

**Rs.7,930/- @ Rs.3,500/-**

#### OBESITY HEALTH CHECKUP

##### ROUTINE TESTS

- COMPLETE BLOOD COUNT WITH ESR
- URINE ROUTINE
- STOOL ROUTINE

##### DIABETIC PROFILE

- BLOOD SUGAR: FASTING AND POST LUNCH

- 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

#### CONSULTATIONS

- PHYSICIAN CONSULTATION
- OPHTHAL CONSULTATION
- DIETICIAN

**Rs.8,440/- @ Rs.3,500/-**

#### LIVER PROFILE

- TOTAL PROTEIN
- ALBUMIN GLOBULIN
- BILLIRUBIN: DIRECT AND INDIRECT
- SGOT
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- ALKALINE PHOSPHATASE

#### LIPID PROFILE

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#### BIOCHEMISTRY

- VITAMIN B12

#### RADIOLOGY INVESTIGATIONS

- USG ABDOMEN & PELVIS

#### CARDIAC EVALUATION

- ECG

#### CONSULTATIONS

- PHYSICIAN/ CARDIOLOGIST
- DIETICIAN

**Rs.10,320 @ Rs.4,500/-**

	<b>HEALTH CHECKUP INSTRUCTIONS</b>
1	KINDLY HAVE YOUR LAST MEAL 8 TO 10 HOURS BEFORE YOU COME FOR CHECK UP AND REPORT ON AN EMPTY STOMACH
2	YOU MAY DRINK WATER WHICH MAY ALLOW YOUR BLADDER TO FILL SO THAT WE CAN PERFORM THE ULTRASOUND OF LOWER ABDOMEN (PLEASE DO NOT PASS URINE TILL YOUR ULTRASOUND IS OVER)
3	WE WILL OFFER YOU A COMPLIMENTARY BREAKFAST AFTER YOUR HEALTH CHECKUP
4	YOU CAN COLLECT THE URINE AND STOOL SAMPLE CONTAINER FROM ZEN HOSPITAL AND BRING THE FIRST SAMPLE OF THE DAY ALONG WHEN YOU COME FOR A CHECKUP
5	KINDLY CARRY YOUR OLD MEDICAL RECORDS IF YOU HAVE ANY (IF YOU ARE ON REGULAR MEDICATIONS CARRY THOSE ALONG WITH YOU AND INFORM RECEPTIONIST /PHYSICIAN ABOUT THE SAME)
6	PLEASE WEAR COMFORTABLE CLOTHES AND SLIPPERS AS YOU MAY UNDER GO VARIOUS TESTS
7	PREGNANT WOMEN FOR THOSE SUSPECTING PREGNANCY ARE ADVISED NOT TO UNDERGO ANY X-RAY TEST IT IS ALSO ADVISABLE NOT TO UNDERGO ANY HEALTH CHECKUP DURING YOUR MENSTRUAL CYCLE