



Hope lives here...

IHR WELLNESS PACKAGES



Complete Diabetic Check

₹ 7777/-

- CBC
- FBS
- PPBS
- Lipid Profile
- Serum Electrolytes
- HbA1c
- TSH
- Urine-Microalbumin
- LFT
- Urine Routine
- CREATININE
- CRP
- Chest X-RAY - PA
- USG-Whole Abdomen
- ECG
- Consultation with Diabetologist
- Height, Weight & BMI Check
- Consultation with Dietician
- Fitness Consultation
- Dental Check-up

Pre-Pregnancy Health Check

₹ 6666/-

- Hb Electrophoresis
- Platelet Count
- RBS
- HBAIC
- Blood Grouping and Rh-T
- TSH
- Rubella IgG & IgM
- HIV
- HbSAg
- VDRL
- HCV
- Urine Routine
- Pap Smear
- Ultrasound LA + TVS
- Height, Weight & BMI Check
- Consultation with Gynaecologist
- Stress Management
- Fitness Consultation
- Diet Consultation
- Dental Check-up

Pre-Marital Health Check-WOMAN

₹ 4444/-

- HB electrophoresis
- Platelet Count
- RBS
- Blood Group & Rh-Typing
- HIV
- HbsAg
- HCV
- VDRL
- TSH
- Urine Routine
- TSH
- Urine Routine
- USG: Lower Abdomen
- Height, Weight & BMI Check
- Consultation by Female Gynaecologist
- Diet Consultation
- Stress Management
- Dental Check-up



Pre-Marital Health Check-MAN

₹ 3333/-

- HB electrophoresis
- RBS
- Blood Group & Rh-Typing
- HIV
- HbsAg
- HCV
- VDRL
- Urine Routine
- Consultation
- Height, Weight & BMI Check
- Diet Consultation
- Stress Management
- Dental Check-up

Pre-Marital Health Check-COUPLE

₹ 7777/-

Female

- HB electrophoresis
- Platelet Count
- RBS
- Blood Group & Rh-Typing
- HIV
- HbsAg
- HCV
- VDRL
- TSH
- Urine Routine
- USG: LA
- Consultation
- Height, Weight & BMI Check
- Diet Consultation
- Stress Management

Male

- HB electrophoresis
- RBS
- Blood Group & Rh-Typing
- HIV
- HbsAg
- HCV
- VDRL
- Urine Routine
- Consultation
- Height, Weight & BMI Check
- Diet Consultation
- Stress Management
- Dental Check-up

Well Man Health Check

₹ 9999/-

- Haemogram
- RBS
- Urine Routine
- Uric Acid
- RA Factor
- HbA1C
- Lipid Profile
- PSA
- Creatinine
- LFT
- TSH
- VIT D3
- VIT B12
- X-RAY Chest
- USG-Whole Abdomen
- ECG
- Physical examination including check-up by a Int Med Specialist
- Height, Weight & BMI Check
- Diet Consultation
- Stress Management
- Fitness Consultation
- Dental Check-up



Well Woman Health Check

₹ 11111/-

- Haemogram
- RBS
- Urine Routine
- Uric Acid
- RA Factor
- PAP Smear
- HbA1C
- Creatinine
- Lipid Profile
- LFT
- TSH
- VIT D3
- VIT B12
- X-RAY Chest
- USG-Whole Abdomen
- ECG
- USG- Breast
- Physical examination including breast examination by a Female Gynaecologist.
- Height, Weight & BMI Check
- Diet Consultation
- Stress Management
- Fitness Consultation
- Dental Check-up

Adolescent Girls Health Check (12-18 yrs)

₹ 7777/-

- Haemogram
- T3/T4/TSH
- Prolactin
- Rubella IgG
- RBS
- VITAMIN D3
- SGOT/SGPT
- VIT B12
- Calcium
- Lipid Profile
- Height/Weight/BMI Estimation
- USG
- Chest X-RAY-PA
- Gynaecologist Consultation
- Diet Consultation
- Fitness Consultation
- Stress Management
- Dental Check-up

Child Health Check (2-12 yrs)

₹ 3333/-

- Haemogram
- Blood group & Rh-Typing
- Urine Routine
- Stool test
- Mantoux test
- Creatinine
- SGOT
- SGPT
- X-Ray Chest
- USG Whole Abdomen
- Height, Weight & BMI Estimation
- Child Psychologist Consultation
- Diet Consultation
- Paediatric Consultation
- Vaccination advice including Vaccination Card
- Dental Check-up



GENERAL INSTRUCTIONS

1. It is preferable that an appointment is scheduled for the Health Checkup. This will ensure that waiting time is kept to a minimum.
2. To make an appointment, please call on **9435502020** between 9:00 am to 5:00 pm.
3. You are requested to reach at 9:00 am to facilitate the smooth process of your check-up.
4. The estimated time required for the completion of the entire package depends on the package opted for.
5. Additional tests, investigations, procedures and consultations can be arranged on request or if required.
6. You are requested to bring samples of your urine and stool when you come for the check-up. Containers for samples are available at the Lab on the ground floor. Alternatively, these can be purchased from any pharmacy.
7. It is recommended that you wear loose clothing and easily removable footwear.
8. Remove all jewelry (necklaces, bangles, rings and anklets).
9. Bring all your earlier medical records with you.
10. Bring medical accessories like glasses hearing aid, if you use.

REMEMBER:

- All payments to be made by cash / credit card.

SPECIAL INSTRUCTIONS:

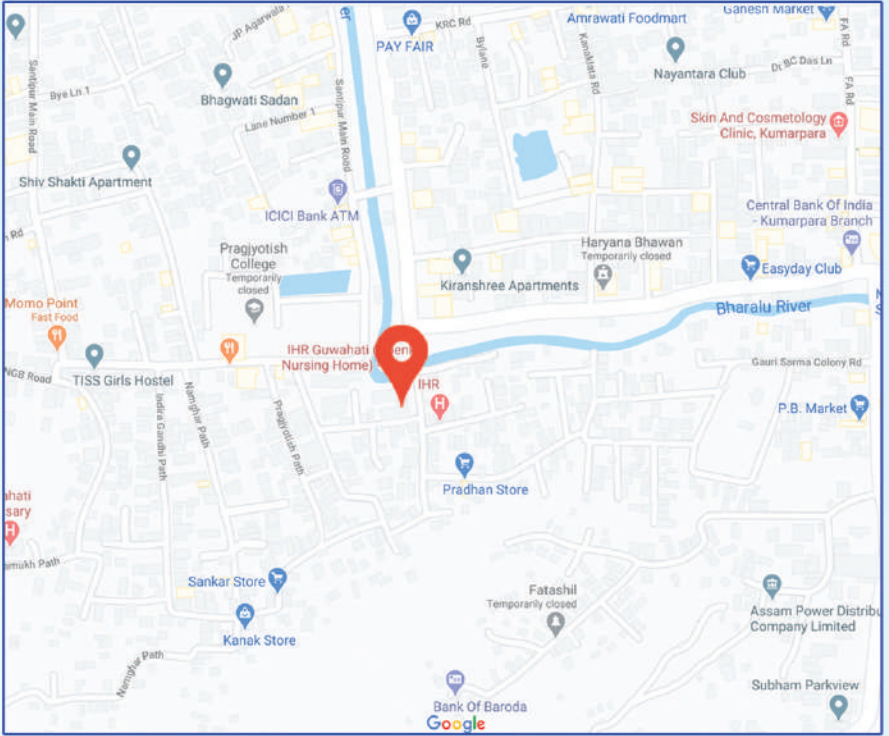
1. Low fat diet on the previous night and minimum of 12 hours fasting is essential prior to the check-up. You may drink water, but abstinence from alcohol at least 12 hours prior to the check-up is mandatory.
2. Men are requested to shave their chest for ECG.
3. If you are diabetic, avoid taking your insulin injections or anti-diabetic tablets in the morning, prior to the check-up. Please carry your insulin injection or anti-diabetic tablets with you, these can then be had before or after your breakfast in the hospital. Other regular medications can be taken as instructed by the doctor. Please carry all your regular medication with you.
4. Certain tests like X-Ray are not conducted during pregnancy.
5. PAP smear test is not conducted during menstruation.
6. Avoid using any powder or perfume on the day the test is scheduled.
7. Underarms must be shaved.

• A package will be valid for a maximum duration of 8 days only, starting from the booking date. Any pending investigation or consultation must be completed within this period.

• Kindly note that breakfast is not included in the package. However it is available in the hospital canteen at a nominal cost.

IHR

FIND US AT



TO BOOK A PACKAGE, CONTACT OUR PATIENT CARE COORDINATOR
94355 02020



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