

# Preventive health checkup programmes

*Health is Happiness*



**A. J. Hospital & Research Centre**



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HEALTH - HOPE - HAPPINESS



*'Prevention is better than cure'*

## Preventive Health Check-up Programmes

Fast life and changing lifestyle have made us take health for granted. You never know when your current lifestyle could adversely affect your health. As the old adage goes, 'Prevention is better than cure'; regular health check-up could give a comprehensive profile of the body, which can probably interpret signals, giving opportunity for early detection. Early detection is the key to economical cure. A. J. Hospital & Research Centre is making an effort to popularize the concept of positive lifestyle through its preventive health check-up packages, designed to meet the needs of varying age groups. It is more economical to go for a health check than visiting a hospital at the time of distress.

### Advantages of preventive health check-up

- Early detection of diseases and health disorders.
- Timely remedy ensures treatment before matters get out of hand.
- Saves you high cost of treatment.
- Your life can go on smoothly without disruption as your healthcare is well planned.
- Get the benefit of hi-end medical technology.
- Helps you to constantly monitor your health and get timely advice keeping in mind your age, occupation and the other conditions influencing your health.
- Can be life saving too.

A regular complete health check-up is very important for maintaining good health.

**Go for a complete health check-up now.**

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### Please follow the guidelines listed below:

1. Fix your appointment at least 24 hours before by calling 0824 -661 3165 Extn. 165.
2. Report at the Health check-up lounge by 7.00 a.m. for tests on fasting or at the appointed time i.e., between 7.00 a.m. and 8.00 a.m.
3. 10-12 hours (overnight) fasting and abstinence from alcohol essential. Do not have milk / tea / coffee in the morning if you have to do tests on fasting. However, you may take plain water.
4. In case you are under certain medication, you can take the same as prescribed and inform the Health Check Executives before commencing the Health Check. Please bring along your previous medical records.
5. Additional tests / investigations / procedures / consultations can be provided on request or if required. These will be billed separately in addition to the package payment.
6. If you are referred by any company, please inform the reception desk.



## Executive Health Checkup (Men)

Rs. 6,500/-

- Registration
- Clinical Examination
- Physician's Consultation
- Complete Blood Count
- Vitamin D, Calcium
- Liver Function Tests
- Renal Function Tests
- Sugar: F B S, P P B S & HbA1c
- Lipid Profile
- Thyroid Function Tests: T3, T4, TSH
- Urine analysis
- E C G
- Echocardiogram or T M T
- Chest X-ray
- Ultrasound Abdomen
- ESR
- PSA

### Optional:

- Cardiac C T **at additional Rs. 6,000/-**
- Bone Mineral Densitometry **at additional Rs. 1,500/-**



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# Executive Health Checkup (Women) (Well Woman Programme)

**Rs. 6,500/-**

- Registration
- CBC
- LFT
- RFT
- FBS, PPBS and HbA1C
- TSH
- Urine
- Test for Calcium and Vitamin D<sub>3</sub>, B<sub>12</sub>
- FLP
- ECG
- Echo / TMT
- Chest X-Ray
- Ultrasound Abdomen
- Mammography
- PAP Smear
- Self Breast Examination Training
- Clinical Examination
- Gynaecology Consultation
- Physiotherapy Consultation
- Dietician Consultation







## Naari Swasthya

- Health Assessment for Women  
(Age - 40 and above) **Rs. 7,500/-**

- Registration
- CBC
- RFT
- FBS, PPBS and HbA1C
- TFT
- Urine analysis
- Test for calcium, Vitamin B12, D
- FLP
- ECG, Echo/TMT, Chest X –Ray
- Ultrasound abdomen
- Mammography
- PAP smear
- Self-breast examination training
- Bone Mineral Density Test  
(Osteoporosis Assessment) **DEXA 2 site**
- Clinical examination
- Gynaecological examination
- Physiotherapy consultation
- Dietician consultation

**Optional:** (Osteoporosis Assessment)

- Bone mineral density test - **DEXA 3 site**  
**at additional Rs. 500/-**
- Bone mineral density test - **DEXA whole body**  
**at additional Rs. 1,000/-**



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## Comprehensive Health Checkup (Men & Women)

Rs. 3,500/-

- Registration
- Physician's Consultation
- Clinical Examination
- Nutritionist's Consultation
- Complete Blood Count
- Liver Function Tests
- Renal Function Tests
- Sugar: F B S / P P B S
- Lipid Profile
- Urine analysis
- E C G
- Chest X-ray
- Ultrasound Abdomen

# Cardiac Health Checkup (Men & Women)

- Rs. 4,500/-



- Registration
- Clinical Examination
- Cardiologist's consultation
- Nutritionist's Consultation
- Lipid Profile
- Renal Function Tests
- Sugars: F B S / P P B S
- E C G
- Echocardiogram
- T M T

# Kidney Health Check Up

- Rs. 3,500/-



- Registration
- CBC
- RFT
- FBS
- PPBS
- HbA1C
- Lipid Profile
- Urine Analysis
- S. Electrolytes
- Ultrasound Abdomen and Pelvis
- Nephrology Consultation



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# Diabetic Care Check Up (Men & Women)

- Rs. 5,000/-

- Registration
- Complete Hemogram (CBC)
- Random Blood Sugar, HBA1C
- TG, ABPI
- Serum Creatinine
- Lipid Profile
- SGPT, SGOT
- Pedobarography
- Biothesiometer
- ECG
- 2D Echo
- CV Doppler
- USG Abdomen
- UP: UC
- Consultation & Preventive Education
- Eye Examination





## Dermatology Screening Package - Rs. 750/-

- Registration
- Consultation with dermatologist
- Skin Type Analysis
- Customized Skin Care Advice
- **Skin Treatment Advice**
  - Acne Evaluation
  - Anti-aging Skin Care
  - Skin Radiance
  - Hair Fall
- Pregnancy Skin care Tips
- Pigmentation Concerns
- Peri- Menopausal and Menopausal skin care concerns

### **At-Home Skin care Tips**

- Specific skin care routines and tips for daily use, including advice on gentle cleansing, exfoliation, miniaturization, and applying sun screen.

**Detailed Treatment Can be availed at DIRA**

(Unit of Laxmi Memorial Education Trust)

Call - 903 535 3111



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# Being Mom Well-being Package (Specialized Mother and New Born Antenatal and Postnatal Care)

- Rs. 500/- per session



## Package Highlights

- Registration
- Basic Yoga therapy
- Nutrition in Pregnancy
- Lactational Expert
- Emotional Well-being
- Orientation to child birth room and care, post natal care



# Menopause Wellness Package (Age: 40-55)

- Rs. 5,000/-

- Registration
- Blood Test
  - HbA1C
  - TSH
  - Creatinine - Serum
  - Glucose - Fasting
  - Glucose - Post Prandial (PPBS)
  - FSH
  - Vitamin B12, D3
- Urine Routine and Microscopy (Qualitative Method)
- DEXA Scan
- Pap Smear
- Ultrasound Abdomen and Pelvis
- Gynaecologist Consultation
- Counselling from Nutritional Therapist
- Counselling for Emotional Well-being
- Physiotherapy / Yoga & Lifestyle Coach





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# Senior Citizen Health Package

- Rs. 3,000/-



## **Enrolment:**

(60 years and above)

(Valid from the date of enrolment and for one year)

## **Benefits of Health Package:**

### **Consultations:**

- Physician Consultation
- **For Women:** Gynaecologist Consultation
- Diet Consultation

### **Investigations:**

- ECG, ECHO
- Chest X-ray
- Ultrasound of Abdomen / Pelvis
- B-12
- Complete Hemogram, Urine routine, Stool routine, FBBS, PBBS, Liver function tests, Lipid Profile & Thyroid test and Kidney function tests, Ca, PO4, HbA1c, Prostate-Specific Antigen (PSA) Test

## **Facilities Offered (Not included in the package)**

- Elderly care / Geriatric care in dedicated wards
- EOLC / Pain & Palliative Care
- Home Visits & Services (Contact: 77954 73777)
- Emergency Ambulances Service (Contact: 0824 222 5555)  
(Discount within city limits)
- OPD fast track

## **Eligible for Senior Citizen Club Card**



# Comprehensive Geriatric Care Health Assessment (Age: 65 years and above)

- Rs. 5,500/-



## 1. Registration

## 2. Investigations

- CBC, S. Electrolytes
- Fasting Blood Sugar, Postprandial Blood Sugar
- HbA1c
- TSH, T3, T4
- ECG
- ECHO
- Chest X Ray
- USG - Whole Abdomen / pelvis
- X Ray
- Mammogram & PAP smear (for women)
- Vitamin D, Vitamin B12
- Bone Mineral density(DEXA)
- Urine Analysis
- Liver Function Test (LFT)
- Renal Function Test (RFT)
- Lipid profile & Thyroid test
- Prostate Specific Antigen (PSA) test (for Men)

## 3. Nutritional Assessment

## 4. Physician Consultation

- Fall prevention

## 5. Gynaecological Consultation (for Women)

- Urinary Incontinence

## 6. Psychiatric Consultation

- Dementia
- Sleep and insomnia
- Mood disorder

## 7. Cognitive Assessment

## 8. Ophthalmology Consultation

## 9. ENT Consultation



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# Human Papilloma Virus (HPV) Vaccination

- HPV vaccination (9-14 yrs)  
two-dose series (0, 6 months) - Rs 3,000/-
- HPV vaccination (14-45 yrs)  
three-dose series (0, 2, 6 months) - Rs 4,500/-



The HPV vaccine protects against the human papillomavirus (HPV), which can cause some cancers. The CDC recommends the vaccine for children at age 09 till 45 years

## Who should get the vaccine?

- Children should get the vaccine at age 09
- People who didn't get vaccinated when younger should get it through age 26
- Adults ages 27–45 might consider it if they didn't get vaccinated when younger

## What does the vaccine protect against

- The vaccine protects against HPV types that most commonly cause cervical cancer
- The vaccine also protects against HPV types that cause genital warts



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(Well Woman Programme) - Rs. 6,500/-



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Being Mom Well-being Package  
(Specialized Mother and New Born Antenatal and Postnatal Care) - Rs. 500/- per session



Menopause Wellness Package (Age: 40-55)  
- Rs. 5,000/-

# Experience meets Excellence

## ROBOTIC SURGERY

*A technological revolution in healthcare*



The Latest  
4th Generation  
**da Vinci**  
Surgical Robot

- Precision in Surgical Procedures
- Faster Recovery
- Shorter Hospital Stay

## ROBOTIC KNEE / HIP REPLACEMENT

Is a robotics-assisted platform that helps orthopaedic surgeons perform knee replacements. It uses advanced software and instrumentation to improve accuracy and efficiency.

- Improved Accuracy
- Reduced Surgical Risk
- Faster Recovery Time



## DEPARTMENTS & FACILITIES

### SUPER SPECIALITIES

Cardiology  
Cardiothoracic Surgery  
Endocrinology  
Emergency Medicine  
Gastroenterology  
Interventional Radiology  
Medical Oncology  
Nephrology  
Neurology  
Neuro Surgery  
Nuclear Medicine  
Paediatric Cardiology  
Paediatric Cardiac Surgery  
Paediatric Surgery  
Pain & Palliative Medicine  
Plastic & Microvascular Surgery  
Radiation Oncology  
Surgical Gastroenterology  
Surgical Oncology  
Urology, Andrology &  
Transplant Surgery

### SPECIALITIES

Anaesthesiology  
Dentistry  
Dermatology  
ENT  
General Medicine  
General Surgery  
OBG  
Ophthalmology  
Orthopaedics  
Paediatrics  
Physiotherapy  
Psychiatry  
Pulmonary Medicine  
Radio Diagnosis

### SUPPORT DEPARTMENTS

Ambulance  
Cafeteria & Dietary  
Casualty  
Component Blood Bank  
Computerised X-Ray  
Corporate Desk  
Daycare  
Health Check-up Lounge  
Laboratory  
Laminar Flow OT  
Pharmacy

### SPECIAL EQUIPMENTS

Advanced Echo 4D  
Automated Digital X-Ray

CT Scan 128 Slice Dual Source  
Cathlab  
Computer Navigated System  
DaVinci Robotic System  
DEXA Scan  
Dialysis Unit  
EEG & ENMG  
Echocardiogram  
Gamma Camera  
HDR Brachithrapy  
Holmium Laser  
Linear Accelerator  
Lithotripsy  
MRI 1.5 Tesla  
Mammography  
OCT with AI  
PET-CT  
SPECT  
Spirometry  
TMT  
Ultrasound, 4D, TV, TR  
Urodynamic Lab  
Video-Endoscopy

### INTENSIVE CARE UNITS

Burns ICU  
Cardiac ICU  
Cardiothoracic ICU  
EICU  
Medical ICU  
Neonatal ICU  
Neuro ICU  
Paediatric ICU  
Respiratory ICU  
Surgical ICU

### SPECIALITY CLINICS

Breast Health Clinic  
Back Pain Clinic  
Catheter Clinic  
Diabetic Wellness Clinic  
Infertility Clinic  
Joint Replacement & Arthroscopy  
Obesity Clinic  
Stroke Clinic



Call: 0824 - 222 5555  
for 24x7 EMERGENCY SERVICES



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