

# Super 50 Health Check

Doctor Consult | Nutritionist Consult | Physiotherapist Consult

## Complete Blood Count (CBC)

Total Leucocytes

Neutrophils

Eosinophils

Basophils

Lymphocytes

Monocytes

Hematocrit (PCV)

Total RBC Count

Hemoglobin

Mean Corpuscular Volume

Mean Corpuscular Hemoglobin

MCH Concentration

Red Cell Distribution Width

Platelet Count

Platelet Distribution Width

Mean Platelet Volume

ESR

## Urine Routine

Urinary Glucose

Urinary Bilirubin

Urinary Ketone

Specific Gravity

Urine Blood

pH

Urinary Protein

Urobilinogen

Nitrate

Urinary Leucocytes

## Blood Sugar

HbA1c

Average Blood Sugar

## Thyroid Profile

Total Triiodothyronine (T3)

Total Thyroxine (T4)

Thyroid Stimulating Hormone (TSH)

## Kidney Profile

Blood Urea Nitrogen

Serum Creatinine

BUN/Creatinine ratio

## Lipid Profile

Total Cholesterol

Triglycerides

HDL Cholesterol - estimated

LDL Cholesterol - estimated

VLDL Cholesterol

TC/HDL Cholesterol ratio

LDL/HDL ratio

## ECG

## Deficiency Tests

Calcium

Vitamin D

Vitamin B12

## Rheumatoid Arthritis

Anti-CCP

Rheumatoid Factor

## C-reactive protein (CRP - Inflammations)

## Cancer Screening

PSA (For Men)

CA-125 (For Women)

Actual Cost - ₹8000/-

Package Price - ₹3999/-



**HEALTHSPRING**  
FAMILY HEALTH EXPERTS

[www.healthspring.in](http://www.healthspring.in) | +91 8655 44 5555

**MUMBAI** - Andheri (E), Andheri (W), Bandra, Borivali, Cuffe Parade, Dadar, Ghatkopar, Goregaon, Juhu, Kandivali, Kempes Corner, Khar, Mulund, Malad, Parel, Powai, Thane (Ghodbunder | Panchpakhadi), Vasai. **NAVI MUMBAI** - Kharghar, Koparkhairane, Nerul, Sanpada, Vashi. **PUNE** - Amanora Mall, Aundh, Kalyani Nagar, Pimple Saudagar, Senapati Bapat Marg, Viman Nagar. **GURUGRAM** - Unitech Cyber Park

Payment made towards Preventive Health Check, is eligible for Tax deductions under section 80D

## General Instructions

1. Please report to the Centre as per the scheduled appointment. The entire process of health check will take minimum 3 hours depending on the number of tests involved.
2. Get enough sleep, at least 6 hours, prior to the check-up. Lack of sleep may cause abnormal results such as blood pressure, heart beat, and body temperature. The doctor may not be able to assess if any change is a real abnormality.
3. Please come on an empty stomach with overnight fasting of 10 to 12 hours. You can drink water but no tea/coffee.
4. Please do not drink alcohol for at least 24 hours and please do not smoke for at least 12 hours prior to the appointment (as tobacco, drugs and alcohol may affect some tests).
5. If you are taking medicine for Hypertension / Diabetes or any other disease, please have a word with our doctor on phone prior to the appointment. Bring the medication along with you.
6. If you have a chronic illness or other health problems, please bring any test results or medical report with you to assist in diagnosis.
7. Kindly bring your morning sample of urine and stool (as applicable). Sterilized containers can be collected a day in advance from Healthspring centres.
8. You may be required to change clothes frequently while undergoing various tests, you will feel more comfortable in casual clothes and footwear. Avoid wearing any jewellery.
9. If TMT (Stress test) is included in your package, please wear sports shoes for the same. In case of men with hairy chest, trimming or shaving will be required. Kindly speak with the doctor of your designated centre on phone prior to the appointment, as certain medications have to put on hold for 2 days prior to doing the TMT.
10. Validity period of all health checks is one month, within which period, review should be completed.

### For Ladies

1. Pregnant ladies or those suspecting pregnancy should not undergo X – ray, Mammography, Bone densitometry or treadmill test.
2. If you are menstruating on the scheduled day of your appointment, kindly inform the nurse on arrival, since you will not be able to do your Urine, Stool and Pap Smear tests as the presence of blood would produce inaccurate results.



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