

# NOW YOUR HEALTH CHECK TAKES CARE OF YOUR MEDICAL BILLS

- ☑ Health Check
- ☑ Health Insurance of ₹2Lacs\*  
(Cardiac Cover or Cancer Cover)
- ☑ No Medical Bills Required
- ☑ No Hospitalisation required



Healthspring is a Master Policy Holder of HDFC Life under the HDFC Life Group Health Shield Policy

\*The Health & Medical tests (as applicable) are exclusively being organised by Healthspring

**Age:** 18 - 55 years

**Validity:** 1 year



Insurance solutions by



*Sar utha ke jiyao!*

# VALUE PLUS HEALTH CHECK

Doctor-led 'Full System Review' Consultation  
with an Expert Physiotherapist



**HEALTHSPRING**  
FAMILY HEALTH EXPERTS

## BLOOD SUGAR TESTS

(Fasting Sugar + Post-Prandial Sugar) or HbA1c

## BODY FAT SCREEN

Body fat percentage

Body water percentage

Muscle Mass

Bone Mass

Visceral fat

Metabolic age

Heart Rate

Oxygen Saturation

Blood Pressure

Body Mass Index (BMI)

## RADIOLOGY TESTS

Electro Cardio Gram (ECG)

Chest X-ray

## COMPLETE BLOOD COUNT

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

Erythrocyte Sedimentation Rate (ESR)

## ROUTINE URINE

Urinary Glucose

Urinary Bilirubin

Urinary Ketone

Specific Gravity

Urine Blood

pH

Urinary Protein

Urobilinogen

Nitrate

Urinary Leucocytes

## LIPID PROFILE

Total Cholesterol

Triglycerides

HDL Cholesterol (estimated)

LDL Cholesterol (estimated)

VLDL Cholesterol

TC/HDL Cholesterol ratio

LDL/HDL ratio

## LIVER PROFILE

Bilirubin (Total)

SGPT (ALT)

SGOT (AST)

Bilirubin (Direct)

Bilirubin (Indirect)

Alkaline Phosphate

GGTP

Serum Albumin

Serum Globulin

Albumin/Globulin ratio

Protein-Total

## KIDNEY PROFILE

Blood Urea Nitrogen

Serum Creatinine

BUN/Creatinine ratio

Uric Acid

Calcium

Phosphorus

## THYROID PROFILE

Total Triiodothyronine (T3)

Total Thyroxine (T4)

Thyroid Stimulating Hormone (TSH)

## CANCER SCREENING

PSA for men

CA-125 for women

## DENTAL SCREENING

## ROADMAP TO GOOD HEALTH

**ACTUAL PRICE - ₹6000**

**ADD-ON: GET A STRESS TEST**

**SPECIAL OFFER PRICE - ₹3999**

**(TMT) WORTH ₹1500 FOR ₹750 ONLY.**

**Pay ₹2000 additionally to avail MEMBERSHIP PACKAGE benefits.**

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

**www.healthspring.in | 86528 86529**

**MUMBAI** - Andheri (E). Andheri (W). Borivali. Cuffe Parade. Dadar. Dombivali (Lodha Palava). Ghatkopar. Goregaon. Juhu. Kandivali. Kemps Corner. Khar. Mulund. Malad. Parel. Powai. Thane (Ghodbunder | Panchpakhadi). Vasai.

**NAVI MUMBAI** - Kharghar. Koparkhairane. Nerul. Sanpada. Vashi. **PUNE** - Aundh. Kalyani Nagar. Pimple Saudagar.

Senapati Bapat Marg. Viman Nagar. **BANGALORE** - Koramangala. Sadashivnagar