

APOLLO HEALTH CHECK

Research all over the world has proven that it is more economical to invest in preventive healthcare rather than to think of a hospital only in times of distress. More than the cost, it is about the sheer joy of living a stress-free life without having to worry about one's health.

In India, Apollo Hospitals has in the last 25 years focused its efforts to propagate the concept of well being through preventive health check packages. The Apollo Group has been a pioneer in the area of preventive healthcare through Apollo Health Check-Ups. With vast experience in the area of preventive healthcare, a range of tailor-made packages have been developed to cater to the needs of a wide cross section of individuals.

One of the most comprehensive Health Screening Programs in the country, the Apollo Preventive Health Checks offers you the convenience of all the tests under one roof and immediate treatment if called for.

Packages and costs:

APOLLO MASTER HEALTH CHECK (AMHC)	Rs 3300.00
APOLLO EXECUTIVE HEALTH CHECK (AEHC)	Rs 4100.00
APOLLO HEART CHECK (AHC)	Rs 5100.00
APOLLO WHOLE BODY CHECK (AWBC)	Rs 7100.00
APOLLO DIABETIC CHECK (ADC)	Rs 4100.00
APOLLO WELL WOMEN CHECK (AWWC)	Rs 1400.00
APOLLO CHILD HEALTH CHECK (ACHC)	Rs 1250.00
APOLLO BASIC CANCER SCREENING FOR MEN	Rs 2400.00
APOLLO BASIC CANCER SCREENING FOR WOMEN	Rs 2700.00
APOLLO ADVANCED HEART CHECK PACKAGE (AAHC)	Rs 21000.00

The Apollo preventive Health Check Up Advantage

- Physical examination by a consultant Physician, Surgical consultation for men and Gynecological consultation for women by an experienced team of doctors
- Convenience of all tests, cross consultation and immediate treatment (if called for) under one roof
- Technologically advanced testing equipment and trained technicians for reliable written reports and reviews within 24 to 36 hours

1. APOLLO MASTER HEALTH CHECK (AMHC-Rs 3300)

- **HAEMOGRAM:** Hemoglobin, PVC, RBC, MCHC, MCV, MCH, Total WBC/Differential Count, ESR, Platelet count.
- **BIOCHEMICAL PARAMETERS:** FBS/PPBS, Blood Urea, S. Creatinine, S. Uric Acid,
- **LIVER FUNCTION TEST:** Total Protein, Albumin, Globulin, A/G ratio, SGOT, SGPT, Alkaline Phosphatase, Bilirubin (Total & Direct), Gamma GT.
- **LIPID PROFILE:** Total Cholesterol, HDL Cholesterol, LDL Cholesterol, Triglycerides, Total Cholesterol/ HDL Ratio.
- **GENERAL TESTS:** Blood grouping and RH Typing, Complete Urine Analysis, Stool routine test, Resting ECG, X-ray-Chest, Ultra Sonogram of the Abdomen (Screening only) and Pap smear (for Women).
- **Clinical Examination, Medical Summary and advice by Consultant in Internal Medicine.**
- **General Surgery Examination (For Men)**
- **Gynecologist Consultation (Women)**
- **Lifestyle Management.**

2: APOLLO EXECUTIVE HEALTH CHECK (AEHC-Rs 4100)

- All the tests and consults in AMHC.
- Cardiac Stress Test (TMT/CSA)
- Pulmonary Function Test

3. APOLLO HEART CHECK (AHC-Rs 5100)

- All Tests and consults in AEHC
- Echocardiography
- Cardiac Consult

4. APOLLO WHOLE BODY CHECK (AWBC-Rs 7100)

- All tests and consults in Apollo Heart Check
- Eye, ENT and Dental Consults
- S. Calcium and Phosphorous
- S. Electrolytes
- HbsAg + Mammogram for Women, PSA for Men

5. APOLLO DIABETIC CHECK (ADC-Rs 4100)

- All tests and consults in AMHC
- Hb A1C + Urine Micro albumin + Serum Electrolytes
- Diabetology / Endocrinology Consult
- Ophthalmology Consult
- Dental Consultation

6. APOLLO WELL WOMEN CHECK (AWWC Rs 1400)

Hb, TC, DC, E.S.R, PCV, MCV, MCHC, TLC, Differential count, Platelet count, Random Blood Sugar, Urine Analysis, Stool routine test, X-ray chest, Ultrasound Scan of Pelvis, Pap Smear test. Physical Examination (including Breast and Gynecology check up) and Lifestyle Management Program.

7. APOLLO CHILD HEALTH CHECK (ACHC Rs1250)

Blood grouping and RH typing, Hb, RBC, TC & DC, ESR, Urine Analysis, Stool routine test, Mantoux test, X-ray Chest, Dental Check-up, Physical Examination and advice by a Pediatric consultant.

8. BASIC CANCER SCREENING FOR MEN (Rs 2400)

Haemogram: Hemoglobin, RBC, Total WBC, PCV, MCV, MCH, MCHC, Differential count, ESR, Platelet count, Stool occult blood, PSA, X-ray chest, Ultra sonogram of the Abdomen, ENT Checkup, Oncologist Consult.

9. BASIC CANCER SCREENING FOR WOMEN (Rs 2700)

Hemoglobin, RBC, Total WBC, PCV, MCV, MCH, MCHC, Differential count, ESR, Platelet count, Stool occult blood, Pap smear, X-ray Chest, Ultra sonogram of the Abdomen, Mammogram, ENT Checkup, Gynaec Consult.

10. APOLLO ADVANCED HEART CHECK PACKAGE (AAHC-Rs 21000)

<p>HEMOGRAM</p> <ul style="list-style-type: none">• Hemoglobin• PCV• RBC• MCV, MCH, MCHC• Total WBC• Differential Count• ESR• Platelet Count <p>BIOCHEMICAL PARAMETERS</p> <ul style="list-style-type: none">• Fasting & PP Blood Sugar• Blood Urea & Creatinine• Uric Acid• Serum Electrolytes <p>LIPID PROFILE</p> <ul style="list-style-type: none">• Total Cholesterol• HDL Cholesterol• LDL Cholesterol• Triglycerides• Total Cholesterol / HDL ratio <p>Assessment of associated Coronary Risk Factors</p> <ul style="list-style-type: none">• Serum Homocysteine• Apolipoprotein A₁B• Lipoprotein (a)• S. Fibrinogen• CRP	<p>LIVER FUNCTION TEST</p> <ul style="list-style-type: none">• Total Protein / Albumin / Globulin• SGOT, SGPT• Alkaline Phosphatase• GGT• Serum Bilirubin <p>GENERAL TESTS</p> <ul style="list-style-type: none">• Blood grouping & Rh-Typing• Complete Urine Analysis• Stool routine test• X-ray Chest• Ultrasound of abdomen (screening only)• Pulmonary Function Test (PFT) <p>CARDIAC TESTS</p> <ul style="list-style-type: none">• ECG (Resting)• Cardiac Stress Analysis (CSA)• Echocardiography• 64 SLICE CT ANGIO SCAN <p>The above package includes Comprehensive Consultation by a consultant Physician, Surgeon, Gynecologist, Dentist & Cardiologist and a detailed medical summary.</p> <p>- Life Style Management Program :- Nutrition and diet counseling, risk factor management.</p>
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General Instructions:

- Please report at Apollo Health Check, registration counter, ground floor between 7.30 to 10.00 am with prior appointment
- Please come on an empty stomach with overnight fasting of 10 to 12 hours.
- Kindly bring your morning sample of urine and stool (Sterilized containers can be collected a day in advance from Apollo Health Check or from any nearby pharmacy/clinic).
- In case you are taking any medication, please bring your prescriptions / medication along with you.
- If you are Diabetic or a Cardiac Patient, please inform the Apollo Health Check Reception.
- You may be required to change clothes frequently while undergoing various tests, you will feel more comfortable in casual clothes and footwear
- Pregnant ladies or those suspecting pregnancy should not undergo X – ray, Mammography, Bone densitometry or treadmill test
- Validity period of all health check is one month, within which period, review should be completed
- Written reports and review would be completed within 24-36 hours (except Apollo Advanced heart check which takes 72-96 hours)

For Ladies:

- It is advisable to book appointment around day 10 to day 14 of your menstrual cycle
- 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

PLEASE NOTE :

- ❖ The package contents and tariffs may vary among different Apollo centers / Clinics.
- ❖ The final reports should necessarily be collected latest within one month.