



Embrace Good Health



PREVENTIVE HEALTH CHECK-UP **PACKAGES**

www.amritahospitals.org

About Us

Inspired by renowned humanitarian and spiritual leader, Sri Mata Amritanandamayi Devi (Amma), Amrita Hospital Faridabad focuses on providing world class healthcare at affordable costs. This is delivered with compassion and evidence based medicine.

534

Critical
Care Beds

2600

Beds With Ultra-Modern
Infrastructure

81

Cutting Edge
Technology

64

Critical
Care Beds

130

Acre Campus

9

Centres of Excellence



Importance of Health Check Up

Preventive health checks are important because they allow for early detection of potential health problems. This enables someone to take proactive steps to prevent or manage conditions before they become severe. This can also lead to improved health outcomes and a better quality of life.

Please Read The Following Instructions Carefully Before Your Health Check

General Instructions

- Please come well rested before the health check
- Please arrive at the hospital/clinic, 10-15 minutes prior to your appointment time.
- Fast overnight for minimum 10-12 hours before the tests. Nothing except plain water may be consumed while fasting.

- Do not consume heavy / fatty meal or meat for dinner prior to the day of health check.
- Avoid exercising in the morning of the day of health check.
- You are advised to remove all your jewelry before the health check.
- Do not consume alcohol or nicotine 24 hours prior to the health check.
- If you have a pre-existing medical condition, please bring along your medical records along with past test reports along with films for the doctor to review (preferably of last 2 years).

For Appointments & Billing

- Please schedule your health check appointment at least 2 days in advance. This will help us plan your health check and provide a pleasant experience.
- Please carry a valid Government ID Card for identification
- All corporate clients are requested to carry an authorization/credit letter from their respective organization with validity of at least 1 month.
- Any additional tests/investigations advised by the doctor will be billed separately post the Doctor's consultation.

Instruction for Abdominal Ultrasound

- Ultrasound of abdomen needs to be performed on a full bladder with minimum 4 hours fasting (A strong urge to pass urine implies a full bladder). We suggest that you consume water before your ultrasound as advised by the health check staff. This will ensure that you have a full bladder at the time of your ultrasound test (if included in the package). Please don't take your Breakfast or give Urine sample before your Ultrasound test is completed.

Instructions for Tests/Investigations

- Please carry all your current medications along with you.
- If you are Diabetic, please take your medication with breakfast (just before or after food as advised by your Physician)
- PP blood sugar sample has to be given exactly after two hours from the time you start breakfast. If you are required to give a PP blood sugar sample, please do not eat or drink anything (after your breakfast) in these two hours, except plain water
- Do not take BP/Hypertension medicines especially Calcium Channel Blockers and Beta blocker 24 hours before the Stress Echocardiography, TMT or Echo test unless advised by the Physician otherwise.
- Do not take Calcium or multi-vitamins / supplements (that contains Calcium salt) 48 hours prior to the test if you are scheduled for a DEXA scan / Bone densitometry test.
- Spirometry / Pulmonary Function test: Intake of inhalers should be avoided for 24 hours (if possible) prior to the

test. Do this only in consultation with your prescribing Physician.

- If you use contact lenses, discontinue their use 24 hours prior to your health check appointment. Wear your latest number spectacles instead. The eye specialist will need to evaluate your latest number spectacles (if Vision testing is included in the package).
- If you are a Diabetic/Cardiac/BP patient or have suffered any illness or fever in the recent past, please inform Preventive Health Check reception in advance

Instruction for Cardiac Check

- Please wear comfortable footwear or carry jogging shoes along, since you will be required to do brisk walking as part of the treadmill test (TMT).
- If you need to eat before the treadmill test, then eat a light snack and avoid fatty food.
- If you are under any treatment or taking medication for any condition, please notify the nurse / technician beforehand.
- Male patients are advised to shave their chest at home, before coming for health check as this will help make the electrode placement and removal for TMT/ECG pain free.

Duration for Health check

- The Health Check process will take a minimum of 5-6 hours. Some Packages may take longer and few tests may have to be performed on the next day as well.
- Your patience is of paramount importance and helps us serve you better.

Post Health Check consultation

- Your reports would be ready between 24 hours to 48 hours post your health check (depending on your package).
- You can collect your reports from the MHC Office.
- You would be meeting our specialist doctors (if included in your package), once your reports are published.
- Please connect with Health check team for aligning post health check doctor consultations.



BASIC HEALTH PACKAGE

INR 2500 /-
(For Male & Female)

~~INR 5,970 /-~~

The Basic Package has been created to ensure you are screened for common ailments early and hence can manage your health better.

- CBC With ESR
- Blood Sugar Fasting
- Blood Sugar PP
- Liver Function Test
- Kidney Function Test
- Complete Lipid Profile
- Urine R/M
- Chest X-ray

- Ultrasound (Whole Abdomen)
- ECG

Consultation

- General Physician
- Gynaecology (Female)

EXECUTIVE HEALTH PACKAGE

INR 5000 /-
(For Male & Female)

~~INR 13,260 /-~~

Track vital parameters of your body to help identify unrecognized conditions even before the appearance of any symptoms.

- CBC With ESR
- Blood Sugar Fasting
- Blood Sugar PP
- Liver Function Test
- Kidney Function Test
- Complete Lipid Profile
- Thyroid Profile (T₃ T₄ TSH)
- HbA1c
- Prostate Specific Antigen (PSA)

- Urine R/M
- Stool R/M
- Pap Smear (For Female)
- X-Ray Chest
- USG Whole Abdomen
- USG Breast
- ECG
- Tread Mill Test / 2D Echo

Consultation

- General Physician
- Gynaecology (Female)
- Dental
- Dietician

WHOLE BODY HEALTH PACKAGE

INR 9,999/-
(For Male & Female)

~~INR 26,550/-~~

The Amrita Whole Body Package is designed with a comprehensive set of tests and diagnostics. It provides a complete range of investigations to study your heart, blood, liver, kidney, cancer screening and bone health.

- CBC With ESR
- Blood Group Panel
- Blood Sugar Fasting
- Blood Sugar PP
- HbA1c
- Liver Function Test
- HBsAg
- Kidney Function Test
- Complete Lipid Profile
- Serum Calcium
- Vitamin D
- Vitamin B12
- Thyroid Profile (T₃ T₄ TSH)
- Prostate Specific Antigen (PSA)
- Urine R/M
- Stool R/M
- Pap Smear (For Female)
- PFT
- X-Ray Chest
- Mammography / USG Breast (For Female)
- USG Whole Abdomen
- DEXA Scan
- ECG
- Tread Mill Test
- 2D Echo

Consultation

- General Physician
- Gynaecology (Female)
- Dental Screen
- Ophthal Vision Screening
- Cardiology
- Dietician



AMRITA **CARDIAC PACKAGE**

INR 3,500/-
(For Male & Female)

~~INR 10,330/-~~

- CBC
- Kidney Function Test
- Blood Sugar Fasting
- Lipid Profile
- HbA1c
- ECG
- 2D Echo
- Tread Mill Test
- X-Ray (Chest PA View)
- Diet Counselling
- Cardiac Consultation

AMRITA DIABETES **PACKAGE**

INR 2,300/-
(For Male & Female)

~~INR 6,040/-~~

- Haemogram
- HbA1c
- Blood Sugar (Fasting & PP)
- Lipid Profile
- Kidney Function Test
- Liver Function Test
- Urine Micro Albuminurea (Mau)
- TSH
- Urine Routine & Microscopic
- ECG
- Ophthal Consultation (Fundus Examination)
- Dietician Counselling
- Endocrinology Consultation/Physician Consultation

AMRITA KIDS HEALTH CHECK-UP

INR 2,000/-

~~INR 5,400/-~~

- CBC With ESR
- Blood Group
- Urine Routine
- Stool Routine
- PTA
- Chest X-Ray PA View

Consultation

- Dentist Screening
- ENT Screening
- Eye Screening

AMRITA WELL WOMEN PACKAGE

INR 3,600/-

~~INR 8,570/-~~

- CBC With ESR
- HbA1c
- Thyroid Profile
- Blood Sugar Fasting
- Lipid Profile
- Urine Routine
- Chest X Ray PA View
- Ultrasound Whole Abdomen
- Mammography Or USG Breast

Consultation

- Dietician
- Gynaecologist

HEALTHY ME PACKAGE

- Blood Sugar Fasting
- Blood Sugar PP
- Lipid Profile
- Thyroid Profile
- Serum Calcium
- Liver Function Test
- Kidney Function Test
- Serum Insulin Fasting

INR 4,200/-

(For Male & Female)

~~INR 9,310 /-~~

- Cortisol 8AM & 4PM
- Urine Routine
- USG Abdomen
- PFT

Consultation

- Physican
- Dietician

CANCER SCREENING MALE

- CBC With ESR
- RBS
- Renal Function Test
- CEA (Cancer Maker)
- Alpha Fetoprotein
- Liver Function Test
- Prostate Specific Antigen (PSA)
- Urine Routine
- Stool Occult Blood
- Ultrasound Whole Abdomen
- Chest X-Ray PA View

INR 4,000/-

(Male)

~~INR 9,060 /-~~

Consultation

- Oncology Review Of Reports
- Physician
- Dietician

CANCER SCREENING FEMALE

INR 4,500/-
(Female)

~~INR 10,760 /-~~

- CBC With ESR
- RBS
- Liver Function Test
- Cancer Antigen 125
- Alpha Fetoprotein
- Urine Routine
- Stool occult Blood
- Pap Smear
- Mammography Or USG Breast
- Ultrasound Whole Abdomen
- Chest X-Ray PA View

Consultation

- Physican
- Dietician
- Gynaecologist
- Oncology Review Of Reports

AMRITA SENIOR CITIZEN HEALTH CHECK UP

INR 5,000/-
(For Male & Female)

~~INR 10,630 /-~~

- CBC With ESR
- Blood Sugar Fasting
- HbA1c
- Liver Function Test
- Renal Function Test
- Iron Studies
- Vitamin B12
- Vitamin D
- Serum Troponin
- Lipid Profile
- Urine Routing And Microalbumin
- ECG
- 2D Echo
- Chest X-Ray PA View

Consultation

- Physican
- Dietician

AMRITA DENTAL PREVENTIVE HEALTH CHECK UP

- XRay IOPA
- Scaling Grade 1 (1 Sitting)

Consultation

- Dentist

INR 1,800/-

~~INR 2,000/-~~



Healthcare, as it should be

India's Largest Multispeciality
Private Hospital





AMRITA
HOSPITAL
— FARIDABAD —

Embrace Good Health

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