### **Thyroid Checkup**

₹1000

- FBG/RBG
- Creatinine
- T4
- TSH
- Total Cholesterol
- Consultation by general Physician / Endocrinologist



#### Heart Checkup

₹2000/2500 (WITH TMT)

- Random Blood Glucose
- Creatinine
- Lipid Profile
- ECG
- 2D ECHO
- TMT
- X-Ray Chest PA
- Consultation by Cardiologist





#### Diabetes Checkup

₹1900

- FBG
- Lipid Profile
- PPBG
- HBUrine Routine
- HBA1CCreatinine
  - ine ECG
- TSH
- Consultation by General Physician/Endocrinologist



#### Liver Checkup

**₹ 2200** 

- Complete Blood Picture
- Fasting Blood Glucose
- Bilirubin Total & Direct
- SGPT
- HBSAG
- Total Protein
- Ultrasound Total Abdomen
- Consultation by General Physician

#### **Health Checkup Center at SevenHills**

We have around dedicated place only for health checkup along with equipments for better comfort of all guests.

We offer several preventive health check packages to suit specific needs. We do make customized packages for corporate and insurance companies based on individual requirements. The aim of these packages is to promote good health, prevent disease and facilitate early diagnosis and treatment, thereby paving the way to "WELLNESS".





\_Within your reach\_

Waltair Main Road, Ram Nagar,
Visakhapatnam - 530002, Andhra Pradesh
www.sevenhillshospital.com/
Ph: 0891-6677777

# MAKING STRIDES IN HEALTHCARE WITH INNOVATION

Prevent yourself from critical health ailments with cost-effective health check-up packages



DEPARTMENT OF PREVENTIVE MEDICINE





#### **HEALTH CHECKUP**

Good health is the key to a happy and fruitful life; it is also the most neglected asset. Our lifestyle today is ridden with unnecessary stress, irregular working hours, and poor eating habits, late night partying and inadequate rest. All these coupled with high pollution levels result in physical and psychological health problems.

At Seven Hills Hospital, a range of cost-effective health care packages are designed to suit individuals according to gender, age and requirements.

#### **GUIDELINES FOR HEALTH CHECKUPS**

- All Health Check-ups are scheduled with prior appointments only
- Minimum 12 hours of fasting is essential prior to the check-up.
- Avoid alcohol 3 days prior to the health check-up.
- Please take care of your belongings. Wear loose clothing, no Jewellery and easily removable footwear.
- Please do not wear contact lens on the day of Health Check-up.
- Avoid exercising before coming for check up.
- 1-3 years) medical records and medical accessories if you have any like glasses, hearing aids, etc., when you come for the Health Check-up.
- If you are diabetic, avoid taking your insulin injections/anti-diabetic tablets on the morning of the Health Checkup. Please carry your insulin/antidiabetic tablets which you can have before or after your breakfast in the hospital.
- Please carry other regular medication along with you, which can be taken as per the instructions by the consultant at the Wellness Department.



- Please inform the Wellness Department in advance if you want any additional investigations or consultations to be done.
- Tests like X-Rays are not to be done if you suspect a pregnancy.
- Please bring all your earlier (within
   Please bring your morning urine/stool sample on the day of check-up in the container provided by the hospital.
  - Urine routine and PAP smear test cannot be done during menses (periods) for females.
  - · Company sponsored clients are requested to bring referral letter.
  - Collection of summary reports: Wellness Clinic reception between 10 am to 5 pm.
  - In case you do not wish to undergo certain test/s mentioned in the package, the money will not be refunded.

### Basic Health Check ₹ 1200

- Complete blood picture
- Creatinine
- Random blood glucose
- Urine routine
- X-Ray chest PA
- Bilirubin total and direct
- Blood grouping and RH typing
- Consultation by general physician

#### Master Health Check-Women ₹ 3000

- Haemogram
- Blood grouping and RH typing
- Fasting blood glucose
- Creatinine
- Total cholesterol
- TSH
- Bilirubin total and direct
- Urine routine
- ECG
- X-Ray Chest PA
- Ultrasound total Abdomen
- PAP Smear
- Consultation by General Physician
- Consultation by Gynaecologist



# Master Health Check - Men | ₹ **2600**

- Complete blood picture
- Blood grouping and rh typing
- Fasting blood glucose
- Creatinine
- Total cholesterol
- Bilirubin total and direct
- TSH
- Urine Routine
- ECG
- X-Ray Chest PA
- Ultrasound total Abdomen
- consultation by general physician



#### Execuive Health Check -Men ₹ 4500

- · Complete Blood Picture
- Blood grouping & RH typing
- FBG/RBG
- PPBG
- Creatinine
- Total Cholesterol
- Triglycerides
- TSH
- · bilirubin total and direct
- PSA
- Urine Routine
- ECG
- X-Ray Chest PA
- Ultrasound Total abdomen
- 2D ECHO
- TMT
- · Consultation by general physician
- Consultation by Cardiologist



#### **Executive Health** Check-Women

₹ 4200

- Complete Blood Picture
- Blood Grouping & RH typing
- FBG/RBG
- PPBG
- Total cholesterol
- Triglycerides
- TSH
- Bilirubin total & Direct
- Urine Routine
- ECG
- X-Ray Chest PA
- Ultrasound Total Abdomen
- 2D ECHO
- TMT
- PAP Smear
- Consultation by General Physician
- Consultation by Cardiologist
- · Consultation by Gynaecologist

### Child health check | ₹ 900

- · Complete blood picture
- Urine analysis
- CRP
- · consultation by paediatrician



# Women Screening | ₹ 2500

- · Random Blood Glucose
- TSH
- Complete Blood Picture
- Urine Routine
- Ultrasound Total Abdomen
- Ultrasound Breast
- PAP Smear
- Consultation by Gynaecologist

#### Cancer Screening Women -

₹ 3200

- Random Blood Glucose
- TSH
- Complete Blood Picture
- Urine Routine
- LFT
- Chest X-Ray PA
- Ultrasound Total Abdomen Ultrasound Breast
- PAP Smear
- Consultation by Gynaecologist



## Cancer Screening Men

₹ 2500

- Complete Blood Picture
- Random blood glucose
- PSA (Fee & Total) Urine Routine
- LFT
- X-Ray Chest PA
- Ultrasound total Abdomen
- Consultation by General Physician