



## One day could add years to your life...

Call between 9.00am and 5.00pm on **0484 29 05 027**  
for booking an appointment or visit our Help Desk for more details.

PREVENTIVE HEALTH CHECK PLANS FOR THE ENTIRE FAMILY



**Rajagiri  
Hospital**

*We care. We cure*



## STATE-OF-THE-ART MULTISPECIALTY TERTIARY CARE REFERRAL CENTRE

**R**ajagiri Hospital is an initiative from the renowned Rajagiri (CMI) Group of Institutions based in the pristine State of Kerala (India) to provide world class tertiary healthcare services.

The hospital is well laid out in a 40 acre green landscape in the serene setting of Chunangamvely, Aluva and is the closest facility to the Cochin International Airport. The 550-bed multi-specialty tertiary care hospital features all modern medical services, ranging from diagnostics to therapy to rehabilitation, under one roof. At Rajagiri Hospital, we are proud to bring you the latest advancements in surgical technology - Da Vinci Xi Robotic-Assisted Surgery. With unparalleled precision & minimal invasion, this cutting-edge surgical system is revolutionizing healthcare and transforming the way surgeries are performed.

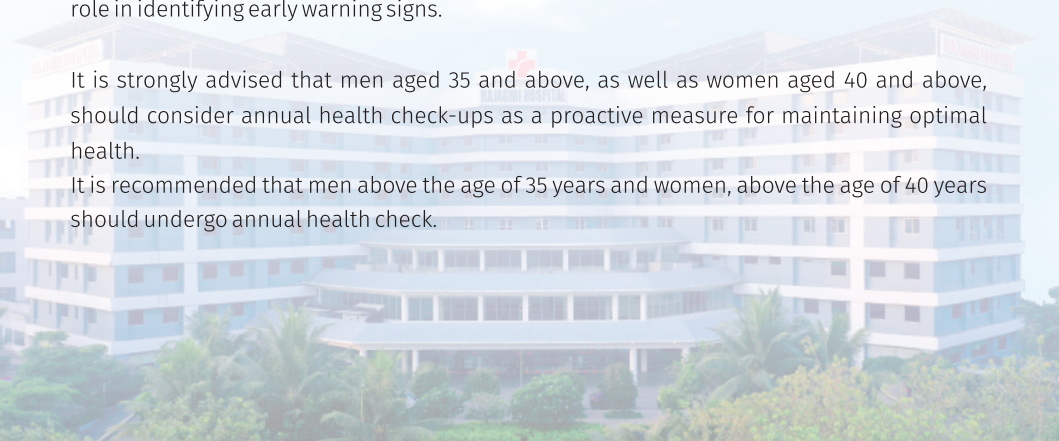
Rajagiri Hospital is accredited by the Joint Commission International (JCI) with the gold seal for complying with the highest international standards on patient safety and quality of care. The hospital is also accredited by the National Accreditation Board for Hospitals and Healthcare Providers (NABH) and National Accreditation Board for Testing and Calibration Laboratories (NABL).

### **Importance of Regular Health Check-ups**

In the fast-paced lifestyle prevalent today, individuals often become deeply immersed in their daily routines, leaving little time for essential physical activity to uphold overall well-being. Additionally, contemporary dietary patterns exert prolonged impacts on the body. In such circumstances, the significance of undergoing regular health check-ups on a yearly basis becomes pivotal in detecting any latent health risks. This is particularly crucial for individuals with a notable family history of conditions like diabetes, heart disease, cancer, high cholesterol, or elevated blood pressure levels, as preventive health checks play a crucial role in identifying early warning signs.

It is strongly advised that men aged 35 and above, as well as women aged 40 and above, should consider annual health check-ups as a proactive measure for maintaining optimal health.

It is recommended that men above the age of 35 years and women, above the age of 40 years should undergo annual health check.



## SILVER CHECK

- ▶ Haemoglobin
- ▶ Packed Cell Volume
- ▶ RBC Count
- ▶ MCHC
- ▶ MCV
- ▶ MCH
- ▶ Total WBC / Differential Count
- ▶ Platelet count, MPV, RDW
- ▶ ESR
- ▶ Blood Group & Rh
- ▶ Blood Sugar - Fasting
- ▶ Blood Sugar - Post Prandial
- ▶ HbA1c

### Lipid Profile:

- Total cholesterol
- Triglycerides
- HDL Cholesterol
- LDL Cholesterol
- VLDL Cholesterol



- ▶ Thyroid Panel - T3, T4, TSH

### Liver function test

- Bilirubin - total, direct & indirect
- SGOT
- SGPT
- Alkaline phosphatase
- Serum Protein
- Serum Albumin
- Serum Globulin
- Serum Albumin: Globulin Ratio
- ▶ Serum Uric acid
- ▶ Serum Creatinine
- ▶ Serum Urea
- ▶ Serum PSA
- ▶ Urine Routine
- ▶ ECG
- ▶ Chest X-ray - PA
- ▶ USG - Whole abdomen
- ▶ Medical Consultation
- ▶ Nutrition Consultation
- ▶ Complimentary Breakfast

## GOLD CHECK

- ▶ Haemoglobin
- ▶ Packed Cell Volume
- ▶ RBC Count
- ▶ MCHC
- ▶ MCV
- ▶ MCH
- ▶ Total WBC / Differential Count
- ▶ Platelet count, MPV, RDW
- ▶ ESR
- ▶ Blood Group & Rh
- ▶ Blood Sugar Fasting
- ▶ Blood Sugar - Post Prandial
- ▶ HbA1c

### Lipid Profile

- Total cholesterol
  - Triglycerides
  - HDL Cholesterol
  - LDL Cholesterol
  - VLDL Cholesterol
- ▶ Thyroid Panel - T3, T4, TSH
  - ▶ Serum Uric acid
  - ▶ Serum Creatinine
  - ▶ Serum Urea

### Liver function test

- Bilirubin - total, direct & indirect
- SGOT
- SGPT
- GGT
- Alkaline phosphatase
- Serum Protein
- Serum Albumin
- Serum Globulin
- Serum Albumin: Globulin Ratio



- ▶ HbsAg (CMIA)\*
- ▶ Serum PSA (Male)
- ▶ PAP Smear (Female)
- ▶ Urine routine
- ▶ Chest X Ray - PA
- ▶ USG - Whole abdomen
- ▶ ECG
- ▶ Echocardiography\*
- ▶ TMT\*
- ▶ PFT \*
- ▶ Mammogram / USG Breast (For Female)\*
- ▶ Medical Consultation
- ▶ Gynaecology consultations for women\*
- ▶ Nutrition Consultation
- ▶ One Specialist Consultation as required\*
- ▶ Complimentary Breakfast
- ▶ Complimentary Buffet Lunch \*

\* Services provided in addition to Silver Check

## PLATINUM CHECK

- ▶ Haemoglobin
- ▶ Packed Cell Volume
- ▶ RBC Count
- ▶ MCHC
- ▶ MCV
- ▶ MCH
- ▶ Total WBC / Differential Count
- ▶ Platelet count, MPV, RDW
- ▶ ESR
- ▶ Blood Group & Rh
- ▶ Blood Sugar Fasting
- ▶ Blood Sugar - Post Prandial
- ▶ HbA1c
- ▶ **Lipid Profile**
  - Total cholesterol
  - Triglycerides
  - HDL Cholesterol
  - LDL Cholesterol
  - VLDL Cholesterol
- ▶ Thyroid Panel T3, T4, TSH
- ▶ Serum Uric acid
- ▶ Serum Creatinine,
- ▶ Serum Urea
- ▶ Serum PSA (Male)
- ▶ PAP Smear (Female)
- ▶ **Liver function test**
  - Bilirubin - total, direct & indirect
  - SGOT
  - SGPT
  - GGT
  - Alkaline phosphatase
  - Serum Protein
  - Serum Albumin
  - Serum Globulin
  - Serum Albumin: Globulin Ratio



- ▶ Vit D Total - 25 Hydroxy\*
- ▶ Vitamin B<sup>12</sup> Assay\*
- ▶ HbsAg, HCV (CMIA)
- ▶ Serum Calcium\*
- ▶ Serum Sodium\*
- ▶ Serum Potassium\*
- ▶ Urine routine
- ▶ Chest X Ray - PA
- ▶ BMD\*
- ▶ USG - Whole abdomen
- ▶ ECG
- ▶ Echocardiography
- ▶ TMT
- ▶ PFT
- ▶ Mammogram / USG Breast (For Female)
- ▶ Medical Consultation
- ▶ Gynaecology consultations for women
- ▶ Nutrition Consultation
- ▶ 2 Specialist Consultation as required\*
- ▶ Complimentary Breakfast
- ▶ Complimentary Buffet Lunch

\* Services provided in addition to Gold Check

# DIAMOND CHECK

## Blood Investigations

- Haemoglobin
- Packed Cell Volume (PCV)
- WBC - total & differential count
- RBC count
- MCV, MCH, MCHC
- Platelet count, MPV, RDW
- ESR
- Serum Iron\*
- Serum Ferritin\*
- % Saturation\*
- Serum Iron Binding Capacity\*
- Blood Grouping and Rh Typing

## Blood Sugar

- Fasting Blood Sugar
- Postprandial Blood Sugar
- HbA1c (glycosylated Hb)

## Renal Function Test

- Serum Creatinine
- Serum Blood Urea

## Fasting Lipid profile

- T Cholesterol
- Serum Triglycerides
- LDL Cholesterol
- VLDL Cholesterol
- HDL Cholesterol

## Liver Function Test

- Bilirubin - total, direct & indirect
- SGOT
- SGPT
- GGT
- Alkaline phosphatase
- Serum Protein
- Serum Albumin
- Serum Globulin
- Serum Albumin: Globulin Ratio



## Thyroid Panel

- TSH
- Free T3
- Free T4
- Anti TPO Antibodies

## Other Blood Tests

- Serum Uric Acid
- HBsAg
- Vitamin B12 Assay
- Vit D Total - 25 Hydroxy
- Anti HCV\*
- Folic Acid\*
- Retic count\*

## Electrolyte Tests

- Serum Sodium
- Serum Potassium
- Serum Calcium
- Serum Magnesium\*
- Serum Phosphorus\*

### Cardiac Biomarkers

- Serum Homocystine\*
- Cystatin C\*
- Hs CRP\*

### Urine

- Urine Routine
- Urine Microalbumin: Creatinine Ratio

### Stool\*

- Occult Blood

### Radiology & Image Screening Tests

- Chest X-Ray
- USG – Abdomen, Pelvis
- CT\* or MRI (if required)\*

- ▶ Pulmonary Function Test
- ▶ ECG
- ▶ TMT
- ▶ 2D ECHO
- ▶ Audiogram\*
- ▶ BMD (Bone Mineral Density)

### Tumor Marker

- CEA\*
- AFP\*
- CA19.9\*

### Tests for Women

- Pap Smear
- Mammogram
- CA 125\*
- CA 15.3\*



### Tests for Men

- PSA

### Consultations

- Dietician
  - Physician Consultation
  - Dental Consultation\*
  - **3 Specialist consultations as required\***
- ▶ Vision test\*
  - ▶ Gynaecology consultations for women
  - ▶ Complimentary Breakfast & Buffet Lunch

\*CT is a modality involving radiation hence should be ideally done under Physicians recommendation

CT/MRI will be done at the earliest available slot

# CARDIAC HEALTH CHECK

- ▶ Specific Cardiac Biomarkers
- ▶ ECG(Resting)
- ▶ X-Ray Chest - PA View
- ▶ Echo Cardiogram
- ▶ Cardiac Stress Analysis(CSA/TMT)
- ▶ Pulmonary Function Test (PFT)
- ▶ HSCRp
- ▶ Cardiac Consultation
- ▶ Diet Counselling

## Blood Investigations

- ▶ Haemoglobin
- ▶ Packed cell volume
- ▶ R.B.C count
- ▶ MCHC
- ▶ MCV
- ▶ MCH
- ▶ E.S.R.
- ▶ Platelet count, MPV, RDW
- ▶ Total W.B.C/Differential Count

## Biochemical Parameters:

- ▶ Fasting Sugar
- ▶ PPBS
- ▶ HbA1C
- ▶ Urea
- ▶ Creatinine
- ▶ GFR
- ▶ Uric Acid

## Lipid Profile:

- Total Cholesterol
- HDL Cholesterol
- LDL Cholesterol
- Triglycerides

## Thyroid Function

- T3
- T4
- TSH

- ▶ CALCIUM
- ▶ VIT - D Total - 25 Hydroxy

## Liver Function Test

- Bilirubin - total, direct & indirect
- SGOT
- SGPT
- GGT
- Alkaline phosphatase
- Serum Protein
- Serum Albumin
- Serum Globulin
- Serum Albumin: Globulin Ratio

## General Tests:

- Complete Urine Analysis
- Ultrasonogram of the abdomen (Screening only)
- Complimentary Breakfast
- Complimentary Buffet Lunch

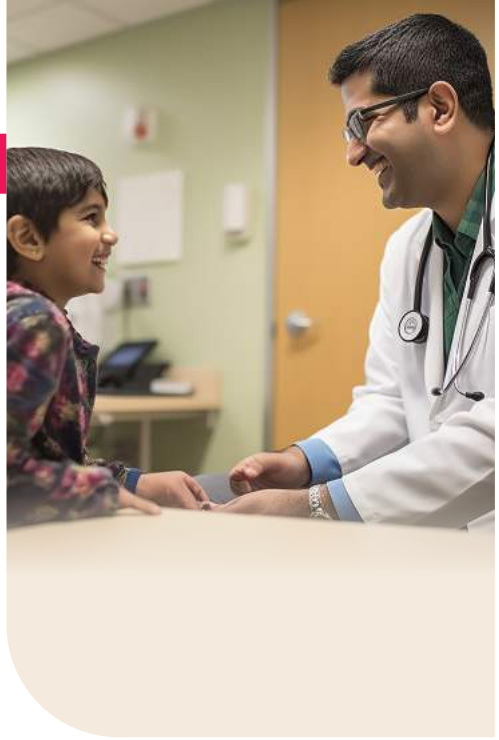




## CHILD HEALTH CHECK

- ▶ Haemoglobin
- ▶ Total Count
- ▶ Differential Count
- ▶ E.S.R.
- ▶ RBC Count
- ▶ Urine Analysis
- ▶ Blood Glucose - RBS
- ▶ Blood Urea
- ▶ Serum Creatinine
- ▶ Liver Function Test
- ▶ Vit D Total - 25 Hydroxy
- ▶ Vit B12
- ▶ Thyroid Function Test
- ▶ Serum Calcium
- ▶ Serum Phosphorus
- ▶ Blood Grouping & Rh typing
- ▶ Ferritin
- ▶ X-Ray Chest (On doctor advice)
- ▶ Physical examination and advice by a
- ▶ Pediatric Consultant
- ▶ Complimentary Breakfast

▶ **Post-COVID health check packages are available.**



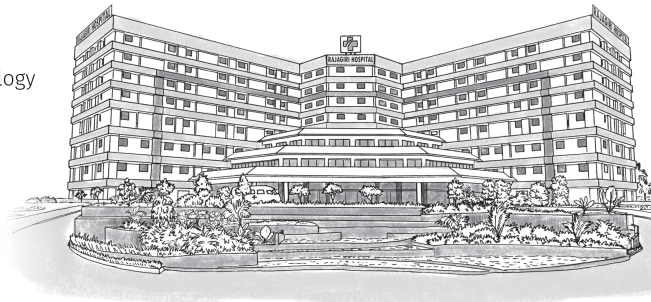
# PREVENTIVE HEALTH CHECK

## IMPORTANT INSTRUCTIONS

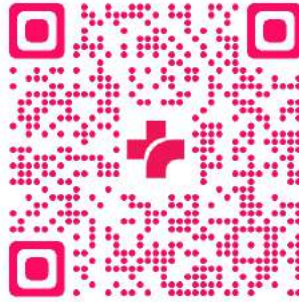
- Please report at 7.00am for early registration and other processes
- If already registered with Rajagiri, please remember to bring your registration card
- **Please be fasting for 8-10 hours**
- Remember to bring your previous medical reports, if any.
- To reduce your waiting time please book an appointment over telephone or by Email, minimum 24 hours in advance
- Dress up in loose/casual clothes, avoid wearing tight clothes.
- Avoid wearing Jewellery and any metallic objects
- Health check review consultation should be availed within 14 days, from the date of the health check.

## DEPARTMENTS:

- ▶ Anesthesiology
- ▶ Bariatric Surgery
- ▶ Cardiology & Interventional Cardiology
- ▶ Cardio-Thoracic & Vascular Surgery
- ▶ Clinical Hematology & Hemato-Oncology
- ▶ Clinical Immunology & Rheumatology
- ▶ Clinical Pharmacology
- ▶ Cranio Maxillo Facial Surgery
- ▶ Implantology & Dental Sciences
- ▶ Critical Care Medicine
- ▶ Community Medicine
- ▶ Dermatology
- ▶ Diagnostic & Interventional Radiology
- ▶ Emergency
- ▶ ENT
- ▶ Endocrinology
- ▶ Executive Health Check
- ▶ Forensic Medicine and Toxicology
- ▶ General Surgery
- ▶ GI & Minimally Invasive Surgery
- ▶ HPB & Multi Organ Transplant Surgery
- ▶ Hematology & Clinical Pathology
- ▶ Histopathology & Cytology
- ▶ Internal Medicine
- ▶ Kidney Transplantation
- ▶ Liver Transplantation
- ▶ Medical Gastroenterology & Hepatology
- ▶ Medical Oncology
- ▶ Microbiology
- ▶ Nephrology
- ▶ Neurology & Interventional Neurology
- ▶ Neuro Surgery
- ▶ Neonatology
- ▶ Nuclear Medicine
- ▶ Obstetrics & Gynaecology
- ▶ Orthopaedics & Spine Surgery
- ▶ Ophthalmology
- ▶ Pain & Palliative Medicine
- ▶ Paediatrics & Paediatric Critical Care
- ▶ Paediatric Neurology
- ▶ Paediatric Surgery
- ▶ Paediatric Urology
- ▶ Physical Medicine & Rehabilitation
- ▶ Plastic, Reconstructive & Micro Vascular Surgery
- ▶ Psychiatry & Clinical Psychology
- ▶ Pulmonology
- ▶ Radiation Oncology
- ▶ Stem Cell Transplantation
- ▶ Surgical Oncology
- ▶ Transfusion Medicine
- ▶ Trauma Services
- ▶ Urology & Genito - Urinary Surgery
- ▶ Telemedicine
- ▶ Ayurveda



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**For Appointments**

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[www.rajagirihospital.com](http://www.rajagirihospital.com)