



Your health deserves a moment of your time

Preventive
Health Check Plans



MEDICAL



MEDICAL



Health Care
Doctor
Hospital
Pharmacist
Nurse
Dentist
First Aid
Surgeon
Emergency



MEDICAL



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Rajagiri Hospital : A Legacy of Excellence in Healthcare

Rajagiri Hospital, established in 2014 was a thoughtful initiative from the renowned Rajagiri (CMI) group of institutions to offer quality and affordable medical care. The legacy of Rajagiri in pioneering a distinctive culture in the educational sector has helped them carve an exemplary medical institution in Kerala. 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 consistent pursuit of achieving uncompromised excellence in healthcare has won Rajagiri Hospital many accolades and appreciation on national and international platforms. The 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), National Accreditation Board for Testing and Calibration Laboratories (NABL) and has received FSSC certification for its Food & Beverages services.

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.

PREVENTIVE HEALTH CHECK

IMPORTANT INSTRUCTIONS

- Please report at Rajagiri Health Check Department at 7.00 am.
- Please come on an empty stomach with an overnight fasting of 8-10 hours.
- Remember to bring your previous medical reports, if any.
- Kindly take prior appointment. Please call 0484 290 5000/+91 7594 011 123 or email to hccp@rajagirihospital.com to book your appointment.
- It is advisable to wear comfortable casual clothes & footwears.
- Avoid wearing jewellery and any metallic objects.
- Health check review consultation should be availed within 14 days, from the date of the health check.



SILVER CHECK

▲ Blood Investigations

- Haemoglobin
- Packed Cell Volume
- RBC Count
- MCHC
- MCV
- MCH
- Total WBC/Differential Count
- Platelet Count, MPV, RDW
- ESR
- Blood Group & Rh

▲ Blood Sugar

- Blood Sugar - Fasting
- Blood Sugar - Post Prandial
- HbA1c

▲ Renal Function Test

- Serum Creatinine
- Serum Urea

▲ Lipid Profile

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

▲ Other Blood Tests

- Serum Uric Acid

▲ Liver Function Test

- Bilirubin Total, Direct & Indirect
- SGOT
- SGPT
- Alkaline Phosphatase
- Serum Protein
- Serum Albumin
- Serum Globulin
- Serum Albumin: Globulin Ratio

▲ Thyroid Panel

- T3
- T4
- TSH

▲ Test for Men

- Serum PSA

▲ Urine

- Urine Routine

▲ Radiology & Image Screening Tests

- Chest X-ray - PA
- USG - Whole Abdomen

▲ ECG

▲ Consultation

- Physician Consultation
- Nutrition Consultation
- Complimentary Breakfast



GOLD CHECK

▲ Blood Investigations

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

▲ Blood Sugar

- Blood Sugar - Fasting
- Blood Sugar - Post Prandial
- HbA1c

▲ Renal Function Test

- Serum Creatinine
- Serum Urea

▲ Lipid Profile

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

▲ Other Blood Tests

- Serum Uric Acid
- HbsAg (CMIA)*

▲ Liver Function Test

- Bilirubin Total, Direct & Indirect
- SGOT
- SGPT
- GGT *
- Alkaline Phosphatase
- Serum Protein
- Serum Albumin
- Serum Globulin
- Serum Albumin: Globulin Ratio

▲ Thyroid Panel

- T3
- T4
- TSH

▲ Test for Men

- Serum PSA

▲ Urine

- Urine Routine

▲ Radiology & Image Screening Tests

- Chest X-ray - PA
- USG - Whole Abdomen
- Mammogram / USG Breast (For Female)*

▲ Echocardiography*

▲ TMT*

▲ PFT*

▲ ECG

▲ Pap Smear (For Female)*

▲ Consultation

- Physician Consultation
- Nutrition Consultation
- Gynaecology Consultation for women*
- One Specialist Consultation as required*

▲ Complimentary Breakfast & Buffet Lunch *



* Services provided in addition to Silver Check

PLATINUM CHECK

▲ Blood Investigations

- Haemoglobin
- Packed Cell Volume
- RBC Count
- MCHC
- MCV
- MCH
- Total WBC/Differential Count
- Platelet Count, MPV, RDW
- ESR
- Blood Group & Rh

▲ Blood Sugar

- Blood Sugar - Fasting
- Blood Sugar - Post Prandial
- HbA1c

▲ Renal Function Test

- Serum Creatinine
- Serum Urea

▲ Lipid Profile

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

▲ Other Blood Tests

- Serum Uric Acid
- HbsAg (CMIA)

- Vit D Total - 25 Hydroxy*
- Vitamin B Assay*

▲ Electrolyte Tests

- Serum Calcium*
- Serum Sodium*
- Serum Potassium*

▲ Liver Function Test

- Bilirubin Total, Direct & Indirect
- SGOT
- SGPT
- GGT
- Alkaline Phosphatase
- Serum Protein
- Serum Albumin
- Serum Globulin
- Serum Albumin: Globulin Ratio

▲ Thyroid Panel

- T3
- T4
- TSH

▲ Test for Men

- Serum PSA

▲ Urine

- Urine Routine

▲ Radiology & Image Screening Tests

- USG - Whole abdomen
- Chest X-ray - PA

- Mammogram / USG Breast (For Female)
- BMD*

▲ Echocardiography

▲ TMT

▲ PFT

▲ ECG

▲ Pap Smear (For Female)

▲ Consultation

- Physician Consultation
 - Nutrition Consultation
 - Gynaecology Consultation for Women
 - Two Specialist Consultation as Required*
- ▲ Complimentary Breakfast & 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

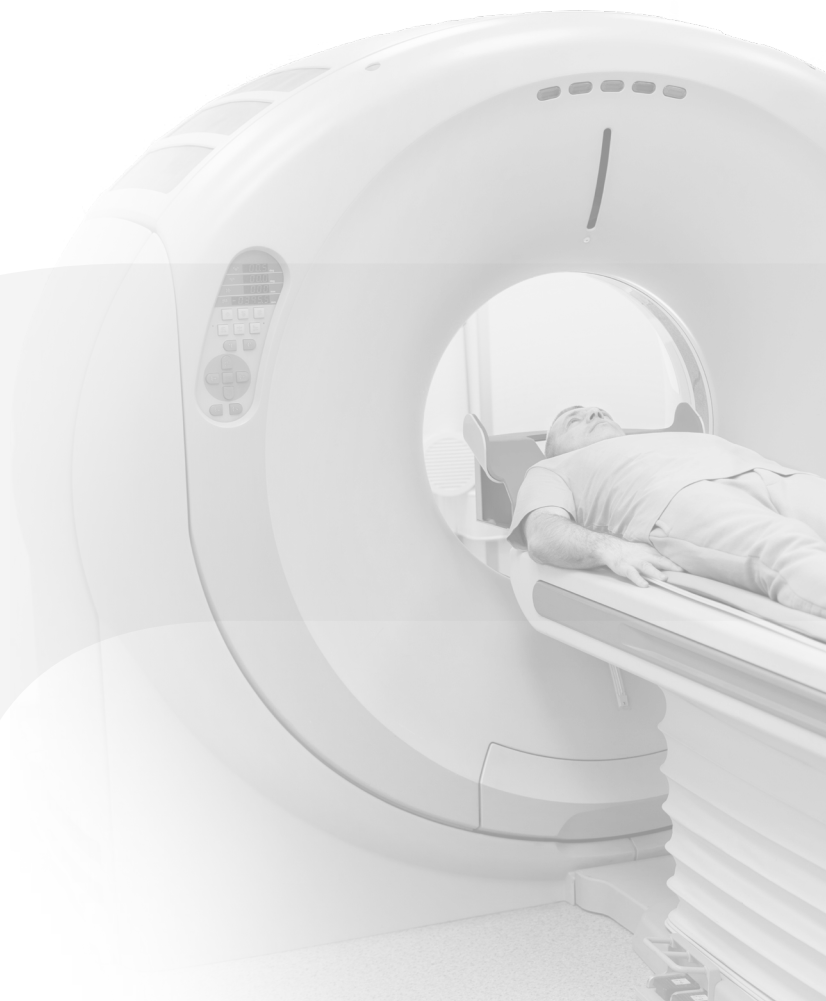
- Bilirubin Total, Direct & Indirect
- SGOT
- SGPT
- GGT
- Alkaline Phosphatase
- Serum Protein
- Serum Albumin
- Serum Globulin
- Serum Albumin: Globulin Ratio

▲ 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)*
- Mammogram / USG Breast (For Female)

▲ **Pulmonary Function Test**

▲ **ECG**

▲ **TMT**

▲ **2D ECHO**

▲ **Audiogram***

▲ **BMD (Bone Mineral Density)**

▲ **Tumor Marker**

- CEA*
- AFP*
- CA19.9*

▲ **Tests for Women**

- Pap Smear
- CA 125*
- CA 15.3*

▲ **Tests for Men**

- PSA

▲ **Consultations**

- Dietician
- Physician Consultation
- Dental Consultation*
- **3 Specialist Consultations as Required***

▲ **Vision test***

▲ **Gynaecology Consultation 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

* Services provided in addition to Platinum Check

FEMINA ESSENTIALIS

▲ Blood Investigations

- Haemoglobin
- Hemogram
- Packed Cell Volume (PCV)
- WBC Total & Differential Count
- RBC Count
- MCV, MCH, MCHC
- Platelet Count, RDW
- ESR

▲ Blood Sugar

- Fasting Blood Sugar
- HBA1C
- IgE (for allergy)

▲ Lipid Profile

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

▲ Thyroid Panel

- T3
- T4
- TSH

▲ Liver Function Test

- Bilirubin Total, Direct & Indirect
- SGOT

- SGPT
- GGT
- Alkaline Phosphatase
- Serum Protein
- Serum Albumin
- Serum Globulin
- Serum Albumin: Globulin Ratio

▲ Electrolyte Tests

- Serum Sodium
- Serum Potassium
- Serum Calcium
- Serum Phosphorus

▲ Renal Function Test

- Serum Creatinine
- Serum Blood Urea

▲ Urine

- Urine Routine

▲ Other Blood Test

- Serum Uric Acid
- HBsAg
- Vitamin B12 Assay
- Vit D Total - 25 Hydroxy
- Folic Acid

▲ Tumour Marker

- CA 125

▲ Radiology & Image Screening Tests

- Chest X-Ray
- USG - Abdomen
- Mammogram / USG Breast

▲ ECG

▲ TMT

▲ ECHO

▲ Pulmonary Function Test

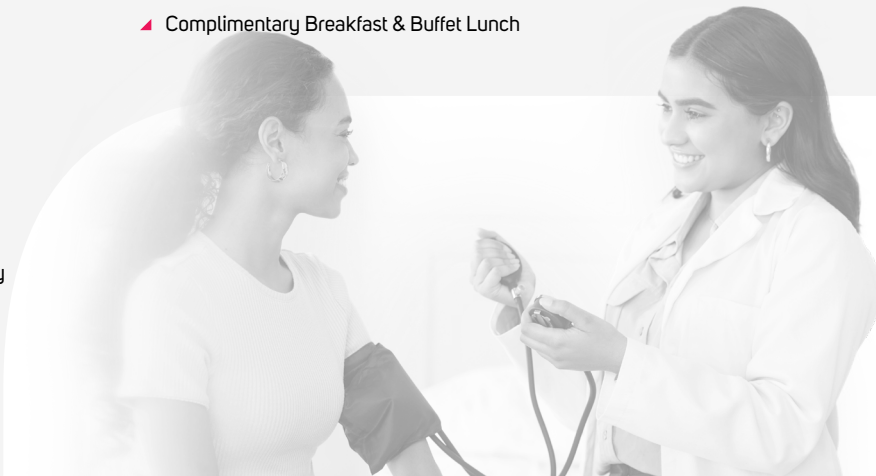
▲ Cervical Cancer Test

- Pap Smear

▲ Consultations

- Gynaecology Consultation
- Dietician Consultation
- Physician Consultation

▲ Complimentary Breakfast & Buffet Lunch



CARDIAC HEALTH CHECK

▲ Blood Investigations

- Haemoglobin
- Packed cell volume
- RBC Count
- MCHC
- MCV
- MCH
- ESR
- Platelet Count, MPV, RDW
- Total W.B.C/Differential Count

▲ Blood Sugar

- Fasting Sugar
- PPBS
- HbA1C

▲ Renal Function Test

- Urea
- Creatinine

▲ Other Blood Tests

- GFR
- Calcium
- VIT-D Total - 25 Hydroxy
- Uric Acid

▲ Thyroid Function

- T3
- T4
- TSH

▲ Lipid Profile:

- Total Cholesterol
- HDL Cholesterol
- LDL Cholesterol
- Triglycerides

▲ Urine

- Complete Urine Analysis

▲ Cardiac Biomarkers

- HbgAg
- PSA
- Serum Homocystine
- Cystatin C
- Hs CRP

▲ Liver Function Test

- Bilirubin Total, Direct & Indirect
- SGOT
- SGPT
- GGT
- Alkaline Phosphatase
- Serum Protein
- Serum Albumin
- Serum Globulin
- Serum Albumin: Globulin Ratio

▲ Radiology & Image Screening Tests

- X-Ray Chest - PA View
- USG - Abdomen

▲ Echo Cardiogram

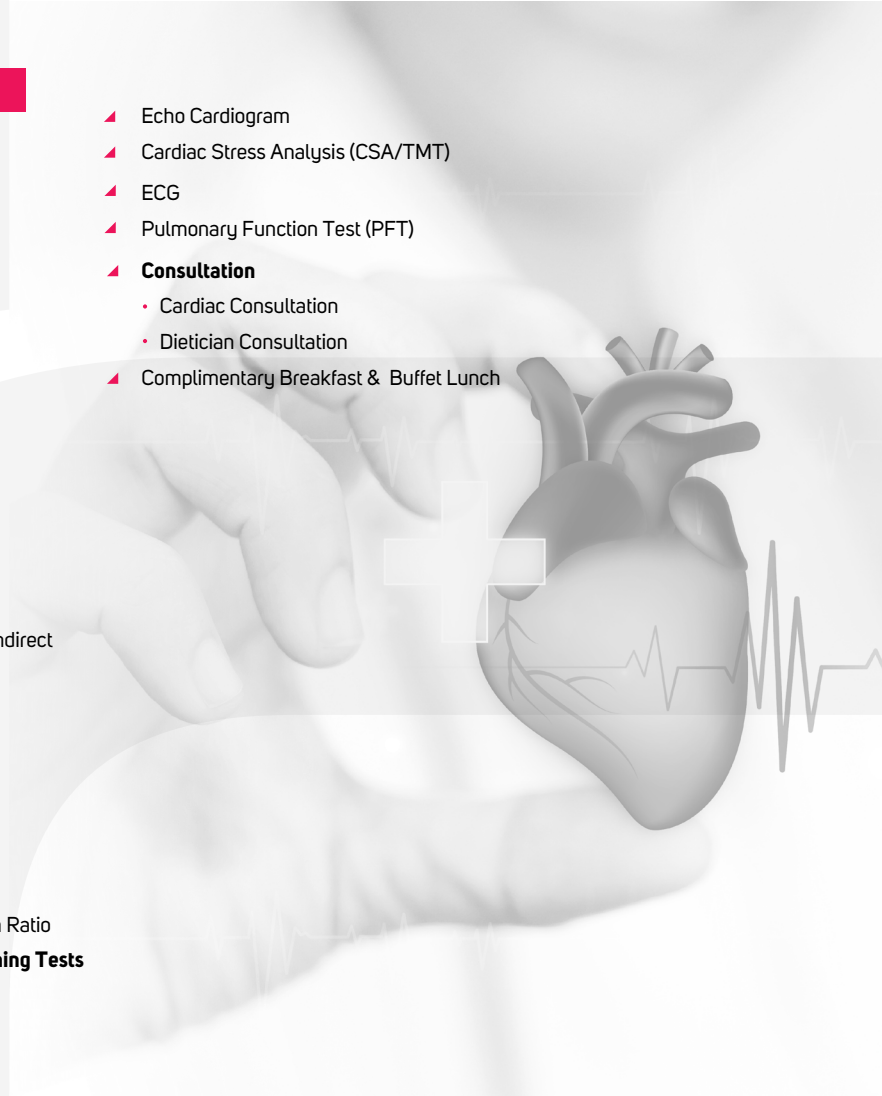
▲ Cardiac Stress Analysis (CSA/TMT)

▲ ECG

▲ Pulmonary Function Test (PFT)

▲ Consultation

- Cardiac Consultation
- Dietician Consultation
- ▲ Complimentary Breakfast & Buffet Lunch



CHILD HEALTH CHECK

- ▲ Haemoglobin
- ▲ Total Count
- ▲ Differential Count
- ▲ ESR
- ▲ 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)
- ▲ Pediatric Consultation
- ▲ Complimentary Breakfast



OPTIONAL

PCOD Profile

- FSH ▲
- LH ▲
- Prolactin ▲
- Testosterone Total ▲
- DHEAS ▲
- Estradiol (E2) ▲
- Insulin ▲

Special discounted rate for health check-up patrons

- MR Elastography ▲
- Calcium Scoring (CT) ▲
- Body Composition Analysis ▲



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 Medicine
- ▶ ENT
- ▶ Endocrinology
- ▶ Executive Health Check
- ▶ Fetal Medicine
- ▶ Forensic Medicine and Toxicology
- ▶ General Surgery
- ▶ Geriatrics
- ▶ Home Care
- ▶ GI, HPB & Multi Organ Transplant Surgery
- ▶ Hematology & Clinical Pathology
- ▶ Histopathology & Cytology
- ▶ Infectious Diseases
- ▶ Internal Medicine
- ▶ Interventional Pain 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 Cardiology
- ▶ Paediatric Cardiac Surgery
- ▶ Paediatric Oncology
- ▶ 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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Available Services



Doctor visit



Nursing Care



Physiotherapy



Phlebotomy



Medicine Delivery



ECG, X Ray & Sleep Study



Telemedicine services



Ayurveda wellness &
rehabilitation services



Post natal Ayurvedic care





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