

HealthFirst Location Map  
Walking route from Hinduja Hospital



**To book appointments**

Call : 022 - 45108181 / 67668181

Website : [www.hindujahospital.com](http://www.hindujahospital.com)

E-mail : [healthcheck@hindujahospital.com](mailto:healthcheck@hindujahospital.com)

**Note:** The Department is functional on all days except Sundays & Public Holidays.  
(Please contact appointment booking cell for details)

**P. D. Hinduja National Hospital & Medical Research Centre,**  
Lalita Girdhar Tower II, Dilip Gupte Road, Mahim, Mumbai - 400 016.



PREVENTIVE  
HEALTH  
CHECK-UP



**P. D. HINDUJA HOSPITAL**  
& MEDICAL RESEARCH CENTRE



## Towards Your Healthy Future

Your health is your most important asset. Good health changes your life experience. You are more productive, happier and lead a more fulfilling and rewarding life.

Today, there are too many factors that harm your health regardless of your age. These include sedentary lifestyle, stress, pollution, unhealthy eating habits and many more. People are getting diagnosed with ailments like diabetes, heart diseases, etc., at much younger ages. The symptoms are often invisible until it is too late. Regular Health Check-ups are of paramount importance in today's environment, to help prevent diseases from taking root and eliminating expensive treatment procedures later. In many cases, check-ups can help save your life by detecting diseases early, so that you can get them treated before it is too late.

## HealthFirst, Health Check By P. D. Hinduja Hospital

HealthFirst is the new Preventive Health Check service launched by your trusted P. D. Hinduja Hospital & Medical Research Centre. It is specially designed by our medical experts to help protect your health. Some of the advantages of HealthFirst are:

- Exclusive dedicated facility by the hospital for Health Check – separate from the premises for out-patients, in-patients and casualty patients.
- State-of-the-art medical and supportive equipment ensuring accurate and reliable results.
- Fast-Track facility - blood, urine and sample collection at home a day prior to the test to ensure shorter time spent at the facility on the appointment date.
- Complete thorough tests - not just 'fast & quick' screening.
- Soothing ambience, with all facilities like wifi, television, tablets, refreshments and meals to ensure a comfortable visit.



Our HealthFirst preventive Health Check packages have been specially designed to suit your requirements, based on your age, gender and health needs. These will help you manage, monitor and maintain your health.

**STANDARD**

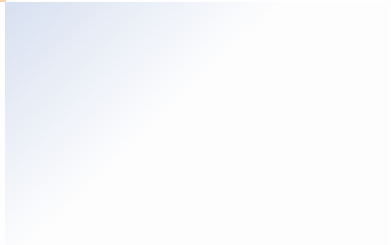
- HealthPerfect
- HealthSure
- HealthPrime
- HealthActivPlus
- HealthActiv
- YouthActiv
- TeenActiv
- ChildActiv

**SPECIAL**

- HealthyElders
- HeartHealth
- DiabeticSpecial
- PremaritalPerfect
- WellWoman

**PERSONALISED**

- FlexiCheck



STANDARD  
PACKAGES

## HealthPerfect

Female: ₹21,000/-

Male: ₹20,000/-

If you are over 40 years of age, you can get a thorough, exhaustive evaluation of your health profile with HealthPerfect. The tests will look at every aspect of your health, including BMD, Vit D and B12, Mammography (females), TSH, Sonography of abdomen and pelvis and detailed specialty consultations. Nothing is left to chance.

### PACKAGE PROFILE

Investigations	Urine routine, Stool routine, CBC & ESR, Blood group, 25 Hydroxy Vitamin D, Vitamin B12, Iron Binding Studies (Sr. Iron, TIBC, Transferrin Saturation), G6PD, Spirometry, Audiogram
Viral Markers	HCV Antibody, Hepatitis B
Cancer Tests	PSA - Prostate Specific Antigen (for Males), PAP Smear (for Females)
Hormones	FT4, TSH
Diabetes Evaluation	FBS, PPBS, HbA1C
Lipid Profile	Cholesterol, HDL Cholesterol, Triglycerides (Chol. / HDLC ratio, LDL Cholesterol, VLDL Cholesterol)
Liver Profile	Bilirubin, SGOT, SGPT, Gamma GT, Total Protein, Albumin, Alkaline Phosphatase (Globulin, A/G ratio)
Kidney Profile	BUN, Creatinine, Uric Acid, Serum Calcium, Bicarbonates (TCO2), Electrolytes (includes Sodium, Potassium, Chloride)
Cardiac Risk Evaluation	ECG, Stress Test, 2D Echo
Imaging Tests	Chest X-ray, Sonography Abdomen and Pelvis, BMD, Mammography (for Females)
Consultations	General Physician, ENT, Ophthalmic, Dental, Surgeon (for Males) / Gynaecologist (for Females), Dietician

## PACKAGE GUIDELINES

### Option 1

- **Fast-Track** this package with a complementary Home Sample Collection available prior to the Health Check, to reduce the duration at the HealthFirst facility.
- Under this service, a technician from our home collection team will visit your residence (within Mumbai Municipal Corporation limits), a day prior to the scheduled Health Check package, at a time convenient to you (between 7:00 am and 9:30 am) and collect fasting blood, urine and stool samples.
- You may opt for Fast-Track service while booking your Health Check package.
- Kindly pay the stipulated amount or furnish the Credit Authorization letter to the technician at the time of Home Sample Collection and collect the manual receipt from the technician.
- If you have availed the Fast-Track service, you can report at 8 am on the day of Health Check, at 7<sup>th</sup> Floor Reception of Lalita Girdhar Tower 2, with 6 hrs of fasting (you may drink water). You can expect to leave by 4 pm.

### Option 2

Please report at 7 am, at 7<sup>th</sup> Floor Reception of Lalita Girdhar Tower 2, with 10 - 12 hrs of overnight fasting (please do not eat or drink anything except water in low quantity, from previous night 10 pm onwards). You can expect to leave by 5 pm.



## HealthSure

**Female: ₹11,000/-**  
**Male: ₹11,500/-**

If you are over 40 years of age and wish to have a good, comprehensive evaluation of your health profile, HealthSure is ideal for you. The tests ensure a complete body check-up, including TSH, Sonography of abdomen and pelvis and detailed specialty consultations.

### PACKAGE PROFILE

Investigations	Urine routine, Stool routine, CBC & ESR, Blood group, G6PD, TSH, Spirometry, Audiogram
Cancer Tests	PSA - Prostate Specific Antigen (for Males), PAP Smear (for Females)
Diabetes Evaluation	FBS, PPBS, HbA1C
Lipid Profile	Cholesterol, HDL Cholesterol, Triglycerides (Chol. /HDL ratio, LDL Cholesterol, VLDL Cholesterol)
Liver Profile	Bilirubin, SGOT, SGPT, Gamma GT, Total Protein, Albumin, Alkaline Phosphatase (Globulin, A/G ratio)
Kidney Profile	BUN, Creatinine, Uric Acid, Serum Calcium, Potassium
Cardiac Risk Evaluation	ECG, Stress Test or 2D Echo
Imaging Tests	Chest X-ray, Sonography Abdomen and Pelvis
Consultations	General Physician, ENT, Ophthalmic, Dental, Surgeon (for Males) / Gynaecologist (for Females)

## PACKAGE GUIDELINES

### Option 1

- **Fast-Track** this package with a complementary Home Sample Collection available prior to the Health Check, to reduce the duration at the HealthFirst facility.
- Under this service, a technician from our Home Collection team will visit your residence (within Mumbai Municipal Corporation limits), a day prior to the scheduled Health Check package, at a time convenient to you (between 7:00 am and 9:30 am) and collect fasting blood, urine and stool samples.
- You may opt for Fast-Track service while booking your Health Check package.
- Kindly pay the stipulated amount or furnish the Credit Authorization letter to the technician at the time of Home Sample Collection and collect the manual receipt from the technician.
- If you have availed the Fast-Track service, you can report at 8 am on the day of Health Check, at 7<sup>th</sup> Floor Reception of Lalita Girdhar Tower 2, with 6 hrs of fasting (you may drink water). You can expect to leave by 2 pm.

### Option 2

Please report at 7 am, at 7<sup>th</sup> Floor Reception of Lalita Girdhar Tower 2. You are requested to be on 10-12 hrs of overnight fasting (please do not eat or drink anything except water in low quantity, from previous night 10 pm onwards). You can expect to leave by 3 pm.



## HealthPrime

₹8,800/-

In your 40s, your health profile changes and it becomes important to check the health of all body systems, irrespective of whether you lead a healthy life or not. HealthPrime is designed to check your entire health profile, if you are over 40 years of age.

### PACKAGE PROFILE

Investigations	Urine routine, Stool routine, CBC & ESR, Blood group, G6PD, Spirometry, Audiogram, Chest X-ray
Cancer Tests	PAP Smear (for Females)
Diabetes Evaluation	FBS, PPBS, HbA1C
Lipid Profile	Cholesterol, HDL Cholesterol, Triglycerides (Chol/HDLC ratio, LDL Cholesterol, VLDL Cholesterol)
Liver Profile	Bilirubin, SGOT, SGPT, Gamma GT, Total Protein, Albumin, Alkaline Phosphatase (Globulin, A/G ratio)
Kidney Profile	BUN, Creatinine, Uric Acid, Serum Calcium, Potassium
Cardiac Risk Evaluation	ECG, Stress Test or 2D Echo
Consultations	General Physician, ENT, Ophthalmic, Dental, Surgeon (for Males) / Gynaecologist (for Females)

Males above 50 years of age may add PSA (Prostate Specific Antigen Test) to this package.

## PACKAGE GUIDELINES

### Option 1

- **Fast-Track** this package with a complementary Home Sample Collection available prior to the Health Check, to reduce the duration at the HealthFirst facility.
- Under this service, a technician from our Home Collection team will visit your residence (within Mumbai Municipal Corporation limits), a day prior to the scheduled Health Check package, at a time convenient to you (between 7:00 am and 9:30 am) and collect fasting blood, urine and stool samples.
- You may opt for Fast-Track service while booking your Health Check package.
- Kindly pay the stipulated amount or furnish the Credit Authorization letter to the technician at the time of Home Sample Collection and collect the manual receipt from the technician.
- If you have availed the Fast-Track service, you can report at 10 am on the day of Health Check, at 7<sup>th</sup> Floor Reception of Lalita Girdhar Tower 2, with 2 hrs of fasting (you may drink water). You can expect to leave by 3 pm.

### Option 2

Please report at 8 am, at 7<sup>th</sup> Floor Reception of Lalita Girdhar Tower 2, with 10 - 12 hrs overnight fasting (do not eat or drink anything except water in low quantity, from previous night 10 pm onwards). You can expect to leave by 3 pm.



## HealthActivPlus

₹7,300/-

If you are above 30 years of age, have an unhealthy lifestyle e.g. if you smoke or chew tobacco, are overweight, diabetic, hypertensive, have high cholesterol or if you have a family history for the same, then HealthActivPlus is designed for you. These factors increase the risk of diseases, which can be detected early, so that you can work towards a healthier lifestyle.

### PACKAGE PROFILE

Investigations	Urine routine, Stool routine, CBC & ESR, Blood group, Chest X-ray, Spirometry
Cancer Tests	PAP Smear (for Females)
Diabetes Evaluation	FBS, PPBS, HbA1C
Lipid Profile	Cholesterol, HDL Cholesterol, Triglycerides (Chol. /HDL ratio, LDL Cholesterol, VLDL Cholesterol)
Liver Profile	Bilirubin, SGOT, SGPT, Gamma GT, Total Protein, Albumin, Alkaline Phosphatase (Globulin, A/G ratio)
Kidney Profile	BUN, Creatinine, Uric Acid, Serum Calcium, Potassium
Cardiac Risk Evaluation	ECG, Stress Test or 2D Echo
Consultations	General Physician, Surgeon (for Males) / Gynaecologist (for Females)

Males above 50 years of age may add PSA (Prostate Specific Antigen Test) to this package.

## PACKAGE GUIDELINES

### Option 1

- **Fast-Track** this package with a complementary Home Sample Collection available prior to the Health Check, to reduce the duration at the HealthFirst facility.
- Under this service, a technician from our Home Collection team will visit your residence (within Mumbai Municipal Corporation limits), a day prior to the scheduled Health Check package, at a time convenient to you (between 7:00 am and 9:30 am) and collect fasting blood, urine and stool samples in order to shorten the duration at the hospital.
- You may opt for Fast-Track service while booking your Health Check package.
- Kindly pay the stipulated amount or furnish the Credit Authorization letter to the technician at the time of Home Sample Collection and collect the manual receipt from the technician.
- If you have availed the Fast-Track service, you can report at 2 pm on the day of Health Check, at 7<sup>th</sup> Floor Reception of Lalita Girdhar Tower 2, with 2 hrs of fasting (you may drink water). You can expect to leave by 5 pm.

### Option 2

Please report at 9 am, at 7<sup>th</sup> Floor, Reception of Lalita Girdhar Tower 2, with 10 - 12 hrs overnight fasting (do not eat or drink anything except water in low quantity, from previous night 10 pm onwards). You can expect to leave by 2 pm.



## HealthActiv

₹5,800/-

If you are above 30 years of age and are interested in a general check-up, the HealthActiv package is designed precisely for you.

### PACKAGE PROFILE

Investigations	Urine routine, Stool routine, CBC & ESR, Blood group, Chest X-ray
Cancer Tests	PAP Smear (for Females)
Diabetes Evaluation	FBS, PPBS, HbA1C
Lipid Profile	Cholesterol, HDL Cholesterol, Triglycerides (Chol. /HDL ratio, LDL Cholesterol, VLDL Cholesterol)
Liver Profile	Bilirubin, SGOT, SGPT, Gamma GT, Total Protein, Albumin, Alkaline Phosphatase (Globulin, A/G ratio)
Kidney Profile	BUN, Creatinine, Uric Acid, Serum Calcium, Potassium
Cardiac Risk Evaluation	ECG
Consultations	General Physician, Surgeon (for Males) / Gynaecologist (for Females)

Males above 50 years of age may add PSA (Prostate Specific Antigen Test) to this package.

## PACKAGE GUIDELINES

### Option 1

- **Fast-Track** this package with a complementary Home Sample Collection available prior to the Health Check, to reduce the duration at the HealthFirst facility.
- Under this service, a technician from our Home Collection team will visit your residence (within Mumbai Municipal Corporation limits), a day prior to the scheduled Health Check package, at a time convenient to you (between 7:00 am and 9:30 am) and collect fasting blood, urine and stool samples.
- You may opt for Fast-Track service while booking your Health Check package.
- Kindly pay the stipulated amount or furnish the Credit Authorization letter to the technician at the time of Home Sample Collection and collect the manual receipt from the technician.
- If you have availed the Fast-Track service, you can report at 2 pm on the day of Health Check, at 7<sup>th</sup> Floor Reception of Lalita Girdhar Tower 2, with 2 hrs of fasting (you may drink water). You can expect to leave by 4 pm.

### Option 2

Please report at 9 am, at 7<sup>th</sup> Floor Reception of Lalita Girdhar Tower 2, with 10 - 12 hrs overnight fasting (do not eat or drink anything except water in low quantity, from previous night 10 pm onwards). You can expect to leave by 1 pm.





## YouthActiv

₹2,500/-

YouthActiv is a general Health Check package, designed for men and women between 15 and 30 years of age. With this package, you can ensure you are healthy and energetic, which is essential as you are likely to be leading an active lifestyle.

### PACKAGE PROFILE

Investigations	Urine routine, Stool routine, Chest X-ray
Diabetes Evaluation	FBS, PPBS
Blood Tests	CBC, Cholesterol, Triglycerides, Creatinine, SGPT
Cardiac Risk Evaluation	ECG
Consultations	General Physician

## PACKAGE GUIDELINES

### Option 1

- **Fast-Track** this package with a complementary Home Sample Collection available prior to the Health Check, to reduce the duration at the HealthFirst facility.
- Under this service, a technician from our Home Collection team will visit your residence (within Mumbai Municipal Corporation limits), a day prior to the scheduled Health Check package, at a time convenient to you (between 7:00 am and 9:30 am) and collect fasting blood, urine and stool samples.
- You may opt for Fast-Track service while booking your Health Check package.
- Kindly pay the stipulated amount or furnish the Credit Authorization letter to the technician at the time of Home Sample Collection and collect the manual receipt from the technician.
- If you have availed the Fast-Track service, you can report at 11 am on the day of Health Check, at 7<sup>th</sup> Floor Reception of Lalita Girdhar Tower 2, with 2 hrs of fasting (you may drink water). You can expect to leave by 12 noon.

### Option 2

Please report at 9 am, at 7<sup>th</sup> Floor Reception of Lalita Girdhar Tower 2, with 10 - 12 hrs overnight fasting (do not eat or drink anything except water in low quantity, from previous night 10 pm onwards). You can expect to leave by 12 noon.



## TeenActiv

₹4,800/-

Your adolescents between 12 and 15 years of age will benefit from the TeenActiv Package. You can ensure their health is at its best across all parameters. The package includes ENT, Dental, Ophthalmic and Paediatric consultations.

### PACKAGE PROFILE

Investigations	Urine routine, Stool routine, Chest X-ray, Audiometry
Blood Tests	CBC & ESR, Blood group, FBS, Lipid Profile (Cholesterol, Triglycerides, HDL Cholesterol), SGPT, Creatinine, 25 Hydroxy Vitamin D, TSH
Consultations	ENT, Dental, Ophthalmic, Paediatric

## PACKAGE GUIDELINES

### Option 1

- **Fast-Track** this package with a complementary Home Sample Collection available prior to the Health Check, to reduce the duration at the HealthFirst facility.
- Under this service, a technician from our Home Collection team will visit your residence (within Mumbai Municipal Corporation limits), a day prior to the scheduled Health Check package, at a time convenient to you (between 7:00 am and 9:30 am) and collect fasting blood, urine and stool samples.
- You may opt for Fast-Track service while booking your Health Check package.
- Kindly pay the stipulated amount or furnish the Credit Authorization letter to the technician at the time of Home Sample Collection and collect the manual receipt from the technician.
- If you have availed the Fast-Track service, you can report at 10 am on the day of Health Check, at 7<sup>th</sup> Floor Reception of Lalita Girdhar Tower 2. You can expect to leave by 1 pm.

### Option 2

Please report at 8 am, at 7<sup>th</sup> Floor Reception of Lalita Girdhar Tower 2, with 10 - 12 hrs overnight fasting (do not eat or drink anything except water in low quantity, from previous night 10 pm onwards). You can expect to leave by 1 pm.



## ChildActiv

₹3,000/-

If you have kids between 2 and 11 years, ChildActiv is the right package for them. Your child's overall health will be covered, which is a relief for you as parents. ENT, Dental, Ophthalmic and Paediatric consultations are also included.

### PACKAGE PROFILE

Investigations	Urine routine, Stool routine, Chest X-ray, Audiometry, Mantoux test
Blood Tests	CBC & ESR, Blood Group, RBS, SGPT, BUN, Creatinine, Electrolytes (Sodium, Potassium, Chloride)
Consultations	ENT, Dental, Paediatric

### PACKAGE GUIDELINES

#### Option 1

- **Fast-Track** this package with a complementary Home Sample Collection available prior to the Health Check, to reduce the duration at the HealthFirst facility.
- Under this service, a technician from our Home Collection team will visit your residence (within Mumbai Municipal Corporation limits), a day prior to the scheduled Health Check package, at a time convenient to you (between 7:00 am and 9:30 am) and collect blood, urine, stool samples and administer the Mantoux test.
- You may opt for Fast-Track service while booking your Health Check package.
- Kindly pay the stipulated amount or furnish the Credit Authorization letter to the technician at the time of Home Sample Collection and collect the manual receipt from the technician.
- If you have availed the Fast-Track service, you can report at 11 am on the day of Health Check, (which is to be scheduled 3 days after the Mantoux test), at 7<sup>th</sup> Floor Reception of Lalita Girdhar Tower 2. You can expect to leave by 1 pm.

#### Option 2

Please report at 8 am, at 7<sup>th</sup> Floor Reception of Lalita Girdhar Tower 2. You can expect to leave by 11 am. Consultation with the Paediatrician will be scheduled after 3 working days.

## SPECIAL PACKAGES

## HealthyElders

**Female: ₹18,000/-**  
**Male: ₹16,000/-**

If you are over 65 years of age, your health needs special attention and evaluation. Our HealthyElders package is designed to ensure all your health parameters are thoroughly tested and proper advice is given through various specialty consultations. You should remain in the pink of health, regardless of your age.

### PACKAGE PROFILE

Investigations	Urine routine, Stool routine, CBC & ESR, Blood Group, 25 Hydroxy Vitamin D, Vitamin B12, Spirometry, Audiogram
Cancer Markers	PSA - Prostate Specific Antigen (for Males), PAP Smear (for Females)
Hormones	TSH
Diabetes Evaluation	FBS, PPBS, HbA1C
Lipid Profile	Cholesterol, HDL Cholesterol, Triglycerides (Chol. / HDLC ratio, LDL Cholesterol, VLDL Cholesterol)
Liver Profile	Bilirubin, SGOT, SGPT, Gamma GT, Total Protein, Albumin, Alkaline Phosphatase (Globulin, A/G ratio)
Kidney Profile	BUN, Creatinine, Uric Acid, Serum Calcium, Bicarbonates (TCO <sub>2</sub> ), Electrolytes (includes Sodium, Potassium, Chloride)
Cardiac Risk Evaluation	ECG, Stress Test or 2D Echo
Imaging Tests	Chest X-ray, Sonography Abdomen and Pelvis, BMD, Mammography (for Females)
Consultations	General Physician, ENT, Ophthalmic, Dental, Surgeon (for Males) / Gynaecologist (for Females), Mobility Assessment (Physiotherapy)

## PACKAGE GUIDELINES

### Option 1

- **Fast-Track** this package with a complementary Home Sample Collection available prior to the Health Check, to reduce the duration at the HealthFirst facility.
- Under this service, a technician from our Home Collection team will visit your residence (within Mumbai Municipal Corporation limits), a day prior to the scheduled Health Check package, at a time convenient to you (between 7:00 am and 9:30 am) and collect fasting blood, urine and stool samples.
- You may opt for Fast-Track service while booking your Health Check package.
- Kindly pay the stipulated amount or furnish the Credit Authorization letter to the technician at the time of Home Sample Collection and collect the manual receipt from the technician.
- If you have availed the Fast-Track service, you can report at 8 am on the day of Health Check, at 7<sup>th</sup> Floor Reception of Lalita Girdhar Tower 2, with 6 hrs of fasting (you may drink water). You can expect to leave by 4 pm.

### Option 2

Please report at 7 am, at 7<sup>th</sup> Floor Reception of Lalita Girdhar Tower 2, with 10 - 12 hrs overnight fasting (do not eat or drink anything except water in low quantity, from previous night 10 pm onwards). You can expect to leave by 5 pm.



## HeartHealth

₹11,000/-

This package is meant for individuals who are above 30 years and have risk factors for heart diseases like hypertension, high cholesterol, diabetes, smoking, obesity, stressful lifestyle or have a family history of heart problems.

### PACKAGE PROFILE

Investigations	CBC, Chest X-ray, Electrolytes (Sodium, Potassium, Chloride), Creatinine
Diabetes Evaluation	FBS, PPBS, HbA1C
Cardiac Risk Evaluation	ECG, Stress Test, 2D Echo
Lipid Profile	Cholesterol, HDL Cholesterol, Triglycerides (Chol. /HDL ratio, LDL Cholesterol, VLDL Cholesterol)
Cardiac markers	Homocysteine, Lipoprotein (a), HS CRP, Apolipoprotein A1, Apolipoprotein B
Consultations	Cardiologist & Dietician

You may also opt for the following add-on tests with the HeartHealth Package, as advised by your physician / cardiologist (*Prescription required*).

Imaging Tests	CT Coronary Angiography	₹11,700
	Stress Thallium Study	₹8,640

## PACKAGE GUIDELINES

### Option 1

- **Fast-Track** this package with a complementary Home Sample Collection available prior to the Health Check, to reduce the duration at the HealthFirst facility.
- Under this service, a technician from our Home Collection team will visit your residence (within Mumbai Municipal Corporation limits), a day prior to the scheduled Health Check package, at a time convenient to you (between 7:00 am and 9:30 am) and collect fasting blood sample.
- You may opt for Fast-Track service while booking your Health Check package.
- Kindly pay the stipulated amount or furnish the Credit Authorization letter to the technician at the time of Home Sample Collection and collect the manual receipt from the technician.
- If you have availed the Fast-Track service, you can report at 2 pm on the day of Health Check, at 7<sup>th</sup> Floor Reception of Lalita Girdhar Tower 2, with 2 hrs of fasting (you may drink water). You can expect to leave by 5 pm.

### Option 2

Please report at 9 am, at 7<sup>th</sup> Floor Reception of Lalita Girdhar Tower 2, with 10 - 12 hrs overnight fasting (do not eat or drink anything except water in low quantity, from previous night 10 pm onwards). You can expect to leave by 12 noon. Consultation with the Cardiologist will be scheduled after 2 working days.



## DiabeticSpecial

₹12,000/-

This is meant for individuals with symptoms or risk factors of diabetes and those having diabetes or a family history of diabetes. It includes a set of tests for early detection, treatment and management of diabetes and possible associated complications.

### PACKAGE PROFILE

Investigations	Urine routine, Urine Spot Albumin / Creatinine Ratio, CBC & ESR, Chest X-ray, 25 Hydroxy Vitamin D, Vitamin B12
Hormones	TSH
Diabetes Evaluation	FBS, PPBS, HbA1C
Lipid Profile	Cholesterol, HDL Cholesterol, Triglycerides (Chol. /HDL ratio, LDL Cholesterol, VLDL Cholesterol)
Liver Profile	Bilirubin, SGOT, SGPT, Gamma GT, Total Protein, Albumin, Alkaline Phosphatase (Globulin, A/G ratio)
Kidney Profile	BUN, Creatinine, Uric Acid, Serum Calcium, Electrolytes (includes Sodium, Potassium, Chloride)
Cardiac Risk Evaluation	ECG, Stress Test or 2D Echo
Consultations	Ophthalmic, Surgeon (for Males) / Gynaecologist (for Females), Dietician, Endocrinologist
Imaging Tests	BMD DEXA

## PACKAGE GUIDELINES

### Option 1

- **Fast-Track** this package with a complementary Home Sample Collection available prior to the Health Check, to reduce the duration at the HealthFirst facility
- Under this service, a technician from our Home Collection team will visit your residence (within Mumbai Municipal Corporation limits), a day prior to the scheduled Health Check package, at a time convenient to you (between 7:00 am and 9:30 am) and collect fasting blood and urine sample.
- You may opt for Fast-Track service while booking your Health Check package.
- Kindly pay the stipulated amount or furnish the Credit Authorization letter to the technician at the time of Home Sample Collection and collect the manual receipt from the technician.
- If you have availed the Fast-Track service, you can report at 9 am on the day of Health Check, at 7<sup>th</sup> Floor Reception of Lalita Girdhar Tower 2, with 2 hrs of fasting (you may drink water). You can expect to leave by 2 pm.

### Option 2

Please report at 7 am, at 7<sup>th</sup> Floor Reception of HealthFirst, at Lalita Girdhar Tower 2, with 10 - 12 hrs overnight fasting (do not eat or drink anything except water in low quantity, from previous night 10 pm onwards). You can expect to leave by 2 pm.



## PremaritalPerfect

₹4,800/-

If you are about to get married, this package is recommended to check your and your to-be spouse's health. This will help in detecting hereditary disorders, chronic infectious diseases, help prevent risk of infectious or sexually transmitted diseases and reduce health risk for children.

### PACKAGE PROFILE

Investigations	Urine routine, ECG, Chest X-ray
Blood Tests	Blood group, CBC, FBS, HIV I & II, Hepatitis B, HCV, Antibody, Thalassemia studies
Consultation	Gynaecologist (for Females) / Surgeon (for Males)

### PACKAGE GUIDELINES

#### Option 1

- **Fast-Track** this package with a complementary Home Sample Collection available prior to the Health Check, to reduce the duration at the HealthFirst facility.
- Under this service, a technician from our Home Collection team will visit your residence (within Mumbai Municipal Corporation limits), a day prior to the scheduled Health Check package, at a time convenient to you (between 7:00 am and 9:30 am) and collect fasting blood and urine sample.
- You may opt for Fast-Track service while booking your Health Check package.
- Kindly pay the stipulated amount or furnish the Credit Authorization letter to the technician at the time of Home Sample Collection and collect the manual receipt from the technician.
- If you have availed the Fast-Track service, you can report at 11 am on the day of Health Check, at 7<sup>th</sup> Floor Reception of Lalita Girdhar Tower 2. You can expect to leave by 12 noon.

#### Option 2

Please report at 9 am, at 7<sup>th</sup> Floor Reception of Lalita Girdhar Tower 2, with 10 - 12hrs overnight fasting (do not eat or drink anything except water in low quantity, from previous night 10 pm onwards). You can expect to leave by 10 am. Consultation will be scheduled after 3 working days.

## WellWoman

₹3,800/-

WellWoman package is meant for married women below 40 years of age. You can benefit from this package as it is focused on women's health needs, specifically on gynaecological problems.

### PACKAGE PROFILE

Investigations	Urine routine, Stool routine
Blood Tests	CBC, Creatinine, TSH, HbA1C
Imaging Tests	Chest X-ray, USG Pelvis
Consultation	Gynaecologist with PAP Smear test

### PACKAGE GUIDELINES

#### Option 1

- **Fast-Track** this package with a complementary Home Sample Collection available prior to the Health Check, to reduce the duration at the HealthFirst facility.
- Under this service, a technician from our Home Collection team will visit your residence (within Mumbai Municipal Corporation limits), a day prior to the scheduled Health Check package, at a time convenient to you (between 7:00 am and 9:30 am) and collect blood, urine and stool samples.
- You may opt for Fast-Track service while booking your Health Check package.
- Kindly pay the stipulated amount or furnish the Credit Authorization letter to the technician at the time of Home Sample Collection and collect the manual receipt from the technician.
- If you have availed the Fast-Track service, you can report at 11 am on the day of Health Check, at 7<sup>th</sup> Floor Reception of Lalita Girdhar Tower 2. You can expect to leave by 1 pm.

#### Option 2

Please report at 9 am, at 7<sup>th</sup> Floor Reception of HealthFirst, at Lalita Girdhar Tower 2. You can expect to leave by 12 noon.

PERSONALISED  
PACKAGES  
(MAKE YOUR  
OWN PACKAGE)

## FlexiCheck

Now you have the option to make your health package. HealthFirst introduces for the first time, FlexiCheck which enables you to customize the package to suit your specific health need. We offer a base mandatory package covering basic essential health tests and a range of add-on bundles, which you may choose as per your requirement.

### BASE PACKAGE PROFILE - ₹5800

Investigations	Urine routine, Stool routine, CBC & ESR, Blood group, Chest X-ray
Cancer Test	PAP Smear (for Females)
Diabetes Evaluation	FBS, PPBS, HbA1C
Lipid Profile	Cholesterol, HDL Cholesterol, Triglycerides (Chol. /HDL ratio, LDL Cholesterol, VLDL Cholesterol)
Liver Profile	Bilirubin, SGOT, SGPT, Gamma GT, Total Protein, Albumin, Alkaline Phosphatase (Globulin, A/G ratio)
Kidney Profile	BUN, Creatinine, Uric Acid, Serum Calcium, Potassium
Cardiac Risk Evaluation	ECG
Consultations	General Physician, Surgeon (for Males)/ Gynaecologist (for Females)



## ADD-ON BUNDLES

You may choose to add-on any of these 'Bundles' with our base package.

Name	Details	Amount
Lung and Cardiac Evaluation	Spirometry, Stress Test and 2D Echo	₹4,000
Extended Cardiac Evaluation	Homocysteine, Apolipoprotein A1, Apolipoprotein B, Lipoprotein a, Ultrasensitive CRP, CT Coronary Angiography*, Cardiologist Consultation	₹14,000
For Over 50 yrs Males	Prostate Specific Antigen	₹1,000
Thyroid Function Test	T3, T4, TSH	₹1,200
Additional Thyroid Function tests	Free T3, Free T4, Thyroid Antibodies (Anti TPO), Anti Thyroglobulin antibodies	₹3,600
Vitamin Screening	Vitamin B12, 25 Hydroxy Vitamin D	₹2,600
Iron and Vitamin Screening	Vitamin B12, Folic Acid, 25 Hydroxy Vitamin D, S. Iron Study, Ferritin	₹4,000
Additional Consultations	Dental / ENT / Ophthalmic	₹1,600
PCOS Hormonal Profile (for Females)	T3, T4, TSH, Insulin & Insulin PP, Total Testosterone, Prolactin, Sr. AMH, DHEA, USG Pelvis	₹7,500
Viral Markers	Hepatitis B (HbsAg), Hepatitis C (HCV Antibody) HIV I & II Elisa	₹2,000
Arthritis Evaluation	Rheumatoid factor, ANA, Anti-CCP, C-reactive protein	₹3,000
Women Add On	USG Pelvis, Mammography, BMD	₹4,400

\*Prescription required

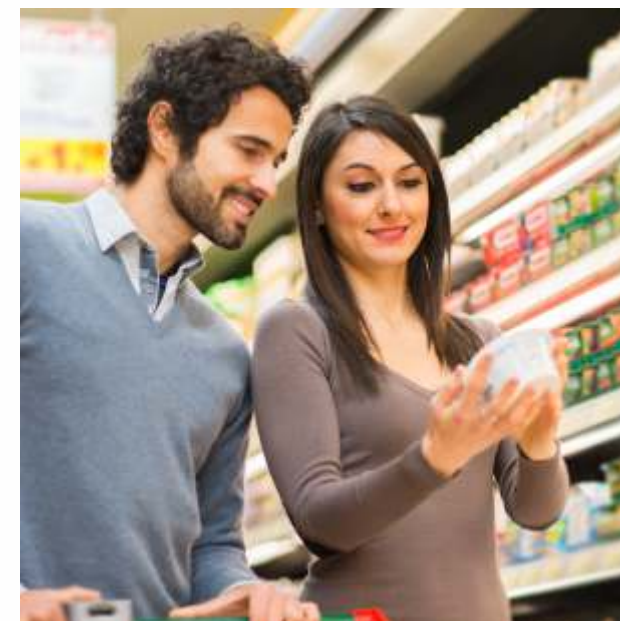
## PACKAGE GUIDELINES

### Option 1

- **Fast-Track** this package with a complementary Home Sample Collection available prior to the Health Check, to reduce the duration at the HealthFirst facility.
- Under this service, a technician from our Home Collection team will visit your residence (within Mumbai Municipal Corporation limits), a day prior to the scheduled Health Check package, at a time convenient to you (between 7:00 am and 9:30 am) and collect fasting blood, urine and stool samples.
- You may opt for Fast-Track service while booking your Health Check package.
- Kindly pay the stipulated amount or furnish the Credit Authorization letter to the technician at the time of Home Sample Collection and collect the manual receipt from the technician.
- If you have availed the Fast-Track service, you can report at 7<sup>th</sup> Floor Reception of Lalita Girdhar Tower 2, at 9 am with 2hrs fasting. Your package completion time will depend on the add-on bundles chosen.

### Option 2

Please report at 9 am, at 7<sup>th</sup> Floor Reception of Lalita Girdhar Tower 2, with 10 - 12 hrs overnight fasting (do not eat or drink anything except water in low quantity, from previous night 10 pm onwards). Package completion time will depend on the add-on bundles chosen.



## Summary of Health Packages

### STANDARD PACKAGES

Package	Guidelines	Timings
<b>HealthPerfect</b>	If you are over 40 years of age, you can get an thorough exhaustive evaluation of your health profile with HealthPerfect. The tests will look at every aspect of your health, including BMD, Vit D and B12, Mammography (females), TSH, Sonography of abdomen and Pelvis and detailed specialty consultations. Nothing is left to chance.	With Fast-Track 8 am – 4 pm  Without Fast-Track 7 am – 5 pm
<b>HealthSure</b>	If you are over 40 years of age and wish to have a good comprehensive evaluation of your health profile, HealthSure is ideal for you. The tests ensure a complete body check-up, including TSH, Sonography of abdomen and pelvis and detailed specialty consultations.	With Fast-Track 8 am – 2 pm  Without Fast-Track 7 am – 3 pm
<b>HealthPrime</b>	In your 40's , your health profile changes and it becomes important to check the health of all body systems, irrespective of whether you lead a healthy life or not. Our HealthPrime is designed to check your entire health profile, if you are over 40 years of age.	With Fast-Track 10 am – 3 pm  Without Fast-Track 8 am – 3 pm
<b>HealthActiv Plus</b>	If you are above 30 years of age, have an unhealthy lifestyle e.g., if you smoke or chew tobacco, are overweight, diabetic, hypertensive, have high cholesterol or if you have a family history for the same, then the HealthActivPlus is designed for you. These factors increase the risk of diseases, which can be detected early, so that you can work towards a healthier lifestyle.	With Fast-Track 2 pm – 5 pm  Without Fast-Track 9 am – 2 pm
<b>HealthActiv</b>	If you are above 30 years age and are interested in a general check-up, the HealthActiv package is designed precisely for you.	With Fast-Track 2 pm – 4 pm  Without Fast-Track 9 am – 1 pm

Package	Guidelines	Timings
<b>YouthActiv</b>	YouthActiv is a general health check package, designed for men and women between 15 – 30 years of age. With this package, you can ensure you are healthy and energetic, which is essential as you are likely to be leading active lifestyles.	With Fast-Track 11 am – 12 noon  Without Fast-Track 9 am – 12 noon
<b>TeenActiv</b>	Your adolescents between 12-15 years of age will benefit from the TeenActiv Package. You can ensure their health is in top form across all parameters. The package includes ENT, Dental, Ophthalmic and Pediatric consultations.	With Fast-Track 10 am – 1 pm  Without Fast-Track 8 am – 1 pm
<b>ChildActiv</b>	If you have kids between 2-11 years , ChildActiv is the right package for them. Your child's overall health will be covered , which is relief for you as parents. ENT, Dental, Ophthalmic and Pediatric consultations are also included.	With Fast-Track 8 am – 11 am  Without Fast-Track 11 am – 1 pm

### SPECIAL PACKAGES

Package	Guidelines	Timings
<b>HealthyElders</b>	If you are over 65 years of age, your health needs special attention and evaluation. Our HealthyElders package is designed to ensure all your health parameters are thoroughly tested and proper advice is given through various specialty consultations. You should remain in the pink of your health, regardless of your age.	With Fast-Track 8 am – 4 pm  Without Fast-Track 7 am – 5 pm
<b>HeartHealth</b>	This package is meant for individuals who are above 30 years and have risk factors for heart disease like hypertension, high cholesterol, diabetes, smoking, obesity, stressful lifestyle or have a family history of heart problems.	With Fast-Track 2 pm – 5 pm  Without Fast-Track 9 am – 12 noon

Package	Guidelines	Timings
<b>DiabeticSpecial</b>	This is meant for individuals with symptoms or risk factors of diabetes and those having diabetes or a family history of diabetes. It includes a set of tests for early detection, treatment and management of diabetes and possible associated complications	With Fast-Track 9 am – 2 pm  Without Fast-Track 7 am – 2 pm
<b>PremaritalPerfect</b>	If you are about to get married, this package is recommended to check your and to be spouse's health. This will help in detecting hereditary disorders, chronic infectious diseases, help prevent risk of infectious or sexually transmitted diseases and reduce health risk for children.	With Fast-Track 11 am – 12 noon  Without Fast-Track 9 am – 10 am
<b>WellWoman</b>	WellWoman package is meant for married women below 40 years of age. You can benefit from this package as it is focused on women's health needs, specifically on gynaecological problems.	With Fast-Track 11 am – 1 pm  Without Fast-Track 9 am – 12 noon

### PERSONALISED PACKAGE

Package	Guidelines	Timings
<b>FlexiCheck</b>	Now you have the option to make your health package. FlexiCheck Man and FlexiCheck Woman enable you to customize the package to suit your specific health need. We offer a base mandatory package covering basic essential health tests and a range of add-on packages, which you may choose as per your requirement.	Depends on the add-on bundles chosen.



**HEALTH PACKAGES**  
to suit your health needs.

## How Tests Work


TEST / INVESTIGATIONS / CONSULTATIONS	SIGNIFICANCE
<b>INVESTIGATIONS</b>	
Urine Routine	An array of tests performed on urine helps detect alterations in the composition of urine e.g.- protein, blood, sugar, bilirubin in urine or infection.
Stool Routine	A stool analysis is a series of tests done on a stool (faeces) sample to help diagnose infection (such as from parasites, viruses or bacteria), poor nutrient absorption, or presence of blood.
Complete Blood Count (CBC)	To diagnose Anemia, infection, bleeding disorders, abnormal cells.
Erythrocyte Sedimentation Rate (ESR)	ESR is increased by inflammation or infection.
25-Hydroxy-Vitamin D	Diagnosis of vitamin D deficiency in adults. Investigation of suspected vitamin D intoxication.
Vitamin B12	To check for deficiency of Vitamin B12, important for blood / brain.
G-6-PD	A genetic deficiency of G6PD enzyme predisposes to haemolysis. Advice to restrict certain drugs is needed.
HB Study HPLC	For abnormal haemoglobins.
MT Skin Test	Mantoux test (for children), Tuberculosis.
Serum Iron	
Total Iron Binding Capacity	To check for iron deficiency or excess.
Ferritin	
Urine Creatinine Random	
Urine Protein	To check for albuminuria.
Spirometry	Lung function test, specifically measures the amount (volume) and / or speed (flow) of air that can be inhaled and exhaled. Helpful in assessing conditions such as asthma, pulmonary fibrosis and COPD.
Audiometry / Audiogram	To check hearing ability.
<b>ARTHRITIS EVALUATION</b>	
Rheumatoid Factor	
ANA	
Anti-CCP	Arthritis-related issues.
C-Reactive Protein	

TEST / INVESTIGATIONS / CONSULTATIONS	SIGNIFICANCE
<b>DIABETES EVALUATION</b>	
Fasting Blood Sugar	
Post Prandial Blood Sugar	To diagnose diabetes and monitor blood sugar on treatment.
Random Blood Sugar (RBS)	
Fasting Insulin	
Post Prandial Insulin	To diagnose insulin resistance.
GLYCO HB/HBA1C	Gives 3 month blood sugar average.
<b>LIPID PROFILE</b>	
Cholesterol	
HDL Cholesterol	This is used to identify hyperlipidemia (various disturbances of cholesterol and triglyceride levels), many forms of which are recognized risk factors for cardiovascular and cerebrovascular diseases.
Serum Triglycerides	
<b>LIVER PROFILE</b>	
Albumin	
Alkaline Phosphatase	
Bilirubin	These tests can be used to:
Gamma GT	(1) detect the presence of liver disease,
Serum Protein	(2) distinguish among different types of liver disorders,
SGOT	(3) gauge the extent of known liver damage and
SGPT	(4) follow the response to treatment.
<b>KIDNEY PROFILE</b>	
Bicarbonate	
BUN	
Calcium	
Chloride	
Creatinine	Overall assessment of kidney function. High Calcium and Uric acid levels may be associated with certain diseases.
Potassium	
Sodium	
Uric Acid	

TEST / INVESTIGATIONS / CONSULTATIONS	SIGNIFICANCE
<b>VIRAL MARKERS</b>	
HCV Antibody - ELISA	Viral marker for Hepatitis C.
Hepatitis B - HBSAG ELISA	Hepatitis B infection or carrier state.
HIV-1 / HIV-2 ELISA	
<b>CANCER TESTS</b>	
PAP Smear-Gynaec	Cervical / Vaginal Cancer detection and Pre-cancer lesions.
Prostate Specific Antigen (3rd Gen.)	Prostate Cancer screening test.
<b>CARDIAC RISK EVALUATION</b>	
ECG	ECG is used to measure the rate and regularity of heartbeats, as well as size and position of the chambers, and the presence of any damage to the heart
Echo with Color Doppler	Evaluates the pumping capacity of heart, condition of valves and thickness of heart muscle.
Stress Test	Continuous ECG recorded during exercise on Treadmill. It aids in detection of coronary artery disease (Heart functional capacity, blockages in heart blood vessels).
<b>CARDIAC MARKERS</b>	
Apolipoprotein A1 Apolipoprotein B CRP High Sensitivity Homocysteine Lipoprotein (A)	Markers associated with high risk.
<b>HORMONES</b>	
TSH T3 T4	To diagnose thyroid disorders (deficiency or excess)
FREE T3 FREE T4	
Anti TPO Anti Thyroglobulin Antibodies	To diagnose auto-immune thyroid disorders
Testosterone Prolactin	Hormonal assays

TEST / INVESTIGATIONS / CONSULTATIONS	SIGNIFICANCE
<b>HORMONES</b>	
SR. AMH DHEA	Hormonal assays.
<b>IMAGING</b>	
X-ray Chest PA	Radiograph of the chest used to diagnose conditions affecting lungs, pleura.
USG Abdomen USG Pelvis / GYN	A Sonography of upper abdomen and pelvis is carried out to detect - Liver, Gall bladder, Pancreas, Spleen, Kidney, diseases of pelvic organs uterus, ovaries (in females), prostate (in males).
BMD for Spine and Hip	Absolute amount of bone as measured by bone mineral density testing generally correlates with bone strength and its ability to bear weight, detection of Osteoporosis / Osteopenia.
Mammography	It is an x-ray of the breast which shows the fatty, fibrous and glandular tissues. The purpose of screening mammography is breast cancer detection.
<b>CONSULTATIONS</b>	
ENT consultation	Ear - Audiometry test to check hearing ability, Nose - blockages if any, Throat - tonsils, gland abnormalities.
Ophthalmic Consultation	Screening to check Colour blindness, Vision, eye abnormalities.
Dental Consultation	General dental hygiene conditions, requirement for procedures if any are advised.
Surgical Consultation	Check up for hydrocoele, hernia, piles (males), prostate enlargement.
Gynaec Consultation	Gynaec history, physical examination for breast (for abnormal discharges/ lumps), uterus & ovaries
Physician Consultation	Medical history, physical examination, consultation.
Paediatric Consultation	Medical history, consultation.
Diet Consultation	General advice related to food.
Cardiac Consultation	Cardiac history, consultation.
Endocrine Consultation	Medical history, consultation.
Physiotherapy	Mobility assessment.

These are ONLY screenings. For any procedures / tests as a result of these screenings, you will be required to make an additional payment and a separate appointment may be required for the same.



## Health Check Guidelines, Instructions & Pre-requisites

1. Kindly book an appointment to ensure your choice of package. We recommend that you consult your family doctor in deciding an appropriate package based on your age, gender, medical condition, etc.
2. You are required to report at the stated time at the Health Check Reception, 7<sup>th</sup> Floor, Lalita Girdhar Tower 2, to avoid delays in the day's scheduling.
3. You can make an advance payment OR pay for the package on the day of Health Check (Home Collection) by Cash / Credit Card / Debit Card. Cheque, Demand Draft, NEFT will not be accepted. If you are coming to the hospital for the first time, you are required to register at an additional charge of ₹200/-. Online payment option is available through our website - [www.hindujahospital.com](http://www.hindujahospital.com)
4. It is mandatory for Company-sponsored Executives to present a duly signed authorization letter.
5. If instructed to report fasting, please do not consume any food or drink from 10pm the night before your Health Check (including morning tea, green tea with or without milk, sugar, plain water with lemon, honey, etc.)
6. Do not consume alcoholic beverages, including wine and beer, 72 hours prior to the Health Check.
7. Please bring your stool sample on the day of check-up in the Hinduja Hospital container. If you haven't collected the Health Check-up kit beforehand, you are required to bring it in a sterilized container available at a pharmacy and transfer the sample into our hospital container with the help of a plastic spatula provided to you or give the sample at the hospital on the day of your package.
8. Please do not bring a urine sample from home, as it needs to be deposited as close to the fasting blood collection, as possible, for accuracy of test results.
9. Females, kindly ensure that you do not take an appointment for a Health Check on the days of menses (periods) as PAP Smear Test and Urine Routine will not be carried out.
10. Kindly carry your past medical records (especially mammography reports, films, etc.) and current medications along with you for our doctors to review (if need be) and advise.
11. Kindly fill the Online Medical History form (applicable for HH registered patients) from the link available on our website - [www.hindujahospital.com](http://www.hindujahospital.com) and save time on the day of your package.

12. Please have your blood pressure checked by your family doctor the day before your Health Check.
13. If you are a known hypertensive, diabetic, have thyroid, please take your medication as per usual routine. You can bring the medication along with you on the day of the package; our nurses can advise if need be.
14. Please wear comfortable attire, footwear and avoid jewelry on the day of the Health Check.
15. For Stress Test, kindly carry sports shoes. Male executives might be required to shave their chest (collar bone to abdomen). Kindly do the needful, to facilitate the Stress Test as it needs sticking to the chest.
16. For Ophthalmic consultation, kindly bring your eye glasses and remove your contact lenses (if applicable) a day prior to the Health Check-up. Please note, since this is a screening, dilation of eyes is not included. However, if it is suggested for you, a separate appointment on another day will be scheduled.
17. For Audiogram / ENT consultation, please get your ears cleaned of wax prior to Health Check to avoid a repeat ENT consultation at an additional cost.
18. For Mammography test, a written prescription from a registered physician is required for women below 40 years of age or if the same has been conducted within a year.
19. Most investigation reports will be made available on the day of package. Please update your email ID with us (it's from a commercial source; hence check your Spam folder, as well). For additional report-viewing on Hinduja's website ([www.hindujahospital.com](http://www.hindujahospital.com)) until one month after your Health Check, an OTP will be generated on your registered mobile number (please ensure the same is updated with us).
20. Pending package reports (most likely Mammography, Sonography, PAP Smear, Hepatitis B) will be sent to you later.
21. Typed medical summary reports, will be sent to you by courier (within Mumbai) and by registered post (outside Mumbai). Kindly update your address with us.
22. One relative, accompanying the executive, can avail of the breakfast and lunch facility for an additional charge.
23. All the rates are subject to change without prior intimation.

