

# Delivering Personalised Care that Matters

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## Health Check-up Package Men

# MEN'S HEALTH

## SCREENING & EXAMINATION

|   | Vitality | Core | Senior |
|---|----------|------|--------|
| Physical Examination by Doctor                              | ✓        | ✓    | ✓      |
| Pulmonary Function Test (PFT)                               | ✓        | ✓    | ✓      |
| Audiometry  | ✓        | ✓    | ✓      |
| TTG-IgA (Anti Tissue Transglutaminase Antibody Ig A, Serum) | ✓        | ✓    | ✓      |
| TTG-IgG (Anti Tissue Transglutaminase Antibody Ig G, Serum) | ✓        | ✓    | ✓      |
| Pancreatic Cancer: CA 19-9                                  |          | ✓    | ✓      |
| Prostate Specific Antigen (PSA)                             |          | ✓    | ✓      |
| Vision Screening  |          |      | ✓      |
| Dental Assessment   |          |      | ✓      |
| Mini-Mental State Examination (MMSE)                        |          |      | ✓      |

## GENERAL HEALTH

|                                       | Vitality | Core | Senior |
|---------------------------------------|----------|------|--------|
| Complete Blood Count (CBC)            | ✓        | ✓    | ✓      |
| Erythrocyte Sedimentation Rate (ESR)  | ✓        | ✓    | ✓      |
| Random Blood Sugar (RBS)              | ✓        | ✓    | ✓      |
| Routine Urine                         | ✓        | ✓    | ✓      |
| Blood Group                           | ✓        | ✓    | ✓      |
| Thyroid Stimulating Hormone (TSH)     | ✓        | ✓    | ✓      |
| C-Reactive Protein (CRP)              | ✓        | ✓    | ✓      |
| Haemoglobin Electrophoresis           | ✓        | ✓    | ✓      |
| Urinary Microalbumin/Creatinine Ratio | ✓        | ✓    | ✓      |
| Vitamin D                             | ✓        | ✓    | ✓      |
| Calcium                               | ✓        | ✓    | ✓      |
| Magnesium                             | ✓        | ✓    | ✓      |
| Phosphorous                           | ✓        | ✓    | ✓      |
| Serum Creatinine                      | ✓        | ✓    | ✓      |
| Serum Uric Acid                       | ✓        | ✓    | ✓      |
| Electrolytes                          | ✓        | ✓    | ✓      |
| Chest X-Ray                           | ✓        | ✓    | ✓      |

## METABOLIC & THYROID HEALTH

|                               | Vitality | Core | Senior |
|-------------------------------|----------|------|--------|
| HbA1C                         | ✓        | ✓    | ✓      |
| Insulin                       | ✓        | ✓    | ✓      |
| Antithyroglobulin Antibody    | ✓        | ✓    | ✓      |
| Anti Thyroid peroxidase (TPO) | ✓        | ✓    | ✓      |
| Free T3                       | ✓        | ✓    | ✓      |
| Free T4                       | ✓        | ✓    | ✓      |

## SKIN & HAIR HEALTH

|                             | Vitality | Core | Senior |
|-----------------------------|----------|------|--------|
| Vitamin B12                 | ✓        | ✓    | ✓      |
| Folate                      | ✓        | ✓    | ✓      |
| Zinc                        | ✓        | ✓    | ✓      |
| Copper                      | ✓        | ✓    | ✓      |
| Serum Ferritin              | ✓        | ✓    | ✓      |
| Iron                        | ✓        | ✓    | ✓      |
| Total Iron Binding Capacity | ✓        | ✓    | ✓      |

## BONE HEALTH

|                           | Vitality | Core | Senior |
|---------------------------|----------|------|--------|
| Parathyroid Hormone (PTH) | ✓        | ✓    | ✓      |

## HORMONAL PROFILE

|                                      | Vitality | Core | Senior |
|--------------------------------------|----------|------|--------|
| Insulin-like Growth Factor-1 (IGF-1) | ✓        | ✓    | ✓      |
| DHEA-S                               | ✓        | ✓    | ✓      |
| Testosterone, Total & Free           | ✓        | ✓    | ✓      |
| Estradiol                            | ✓        | ✓    | ✓      |
| Cortisol                             | ✓        | ✓    | ✓      |
| Sex Hormone Binding Globulin (SHBG)  | ✓        | ✓    | ✓      |
| Pituitary Hormones (Prolactin)       | ✓        | ✓    | ✓      |



|                                     |        |
|-------------------------------------|--------|
| Vitality Health Package (18-39 yrs) | ₹ 4500 |
| Core Health Package (40-64 yrs)     | ₹ 5200 |
| Senior Health Package (64+ years)   | ₹ 5400 |

## LIPID PROFILE

|   | Vitality | Core | Senior |
|---|----------|------|--------|
| Cholesterol, HDL, LDL, and Triglyceride | ✓        | ✓    | ✓      |
| Apolipoprotein B (APOB)                 | ✓        | ✓    | ✓      |
| Lipoprotein (A)                         | ✓        | ✓    | ✓      |

## LIVER FUNCTION

|                                    | Vitality | Core | Senior |
|------------------------------------|----------|------|--------|
| Bilirubin, Total Albumin, Globulin | ✓        | ✓    | ✓      |
| SGOT (AST) and SGPT (ALT)          | ✓        | ✓    | ✓      |
| Alkaline Phosphatase (ALP)         | ✓        | ✓    | ✓      |
| Gamma GT (GGT)                     | ✓        | ✓    | ✓      |
| Hepatitis B Surface Antigen        | ✓        | ✓    | ✓      |
| Albumin / Globulin Ratio           | ✓        | ✓    | ✓      |

## KIDNEY FUNCTION

|   | Vitality | Core | Senior |
|---|----------|------|--------|
| Blood urea nitrogen (BUN)                   | ✓        | ✓    | ✓      |
| Estimated glomerular filtration rate (eGFR) | ✓        | ✓    | ✓      |

## RADIOLOGY TESTS

|                                 | Vitality | Core | Senior |
|---------------------------------|----------|------|--------|
| Total Abdominal Ultrasound Scan | ✓        | ✓    | ✓      |
| Thyroid Ultrasound              | ✓        | ✓    | ✓      |
| Prostate Ultrasound             |          | ✓    | ✓      |

## CARDIAC TESTS

|                          | Vitality | Core | Senior |
|--------------------------|----------|------|--------|
| Electrocardiogram (ECG)  | ✓        | ✓    | ✓      |
| Treadmill Test           | ✓        | ✓    | ✓      |
| High Sensitivity CRP     |          | ✓    | ✓      |
| Homocysteine             |          | ✓    | ✓      |
| Fibrinogen Clotting Test |          | ✓    | ✓      |

## STOOL TESTS

|                                    | Vitality | Core | Senior |
|------------------------------------|----------|------|--------|
| Stool Routine                      | ✓        | ✓    | ✓      |
| Fecal Immunochemical Testing (FIT) |          | ✓    | ✓      |

# AN OVERVIEW

|          |   |
|----------|---|
| <b>A</b> | Antithyroglobulin antibody, Anti Thyroid peroxidase (TPO) - Early autoimmune thyroid disease detection<br>Apolipoprotein B (APOB), Lipoprotein (A), Detects underlying inflammatory & genetic contributors to heart disease<br>Audiometry - Tests to assess the function of the hearing mechanism   |
| <b>B</b> | Blood Group - Identifies your blood type<br>Bone assessment - Curved back (scoliosis, kyphosis) and flat feet check<br>Breast Scan - Checks for breast cysts, mass or tumour  |
| <b>C</b> | C-Peptide Level - Check if pancreas is producing insulin and any risk of type 1 diabetes<br>C-Reactive Protein (CRP) - Detects hidden inflammation and infections<br>CA-125 - Helps detect ovarian cancer<br>Chest X-Ray - Examination of heart & lungs<br>Cholesterol, HDL, LDL, and Triglyceride - Assesses cholesterol levels and heart disease risk<br>Complete Blood Count (CBC) - Checks for infections, anaemia, and overall blood health<br>Cortisol - Measures stress hormone levels to assess adrenal function  |
| <b>D</b> | Dental Assessment - Evaluates oral health and risk of tooth loss or gum disease<br>DHEA-S, Testosterone, Total & Free, Estradiol - Checks hormonal imbalances affecting sexual health<br>Digital detox program - Supports healthy screen time habits and improves focus   |
| <b>E</b> | Electrocardiogram (ECG) - To assess the electrical activity of heart, including the rate and rhythm<br>Electrolytes - Measures levels of the body's main electrolytes<br>Erythrocyte Sedimentation Rate (ESR) - Measures body inflammation levels   |
| <b>F</b> | Fibrinogen Clotting Test - Measures clotting tendency, which can indicate heart attack or stroke risk<br>Free T3 & Free T4 - Detects thyroid disorders that affect metabolism, body weight and energy level<br>Fecal Immunochemical Testing (FIT) - Screens for hidden blood in the stool, possible sign of Colorectal Cancer   |
| <b>H</b> | Haemoglobin Electrophoresis - Screens for thalassemia and sickle cell anaemia carriers<br>HbA1C - Monitors blood sugar levels and diabetes risk<br>High Sensitivity CRP - Detects hidden inflammation that increases heart disease risk<br>Homocysteine - High levels may indicate heart disease or stroke risk   |
| <b>I</b> | Insulin - Assesses early insulin resistance and metabolic dysfunction<br>Insulin-like Growth Factor-1 (IGF-1) - Evaluates growth hormone level  |
| <b>K</b> | Kidney Function - Evaluates kidney function and electrolyte balance   |
| <b>L</b> | Liver Function - Checks liver health by measuring enzyme and protein levels   |
| <b>M</b> | Mammogram - Checks for breast cysts, mass or tumour<br>Mini-Mental State Examination (MMSE) - Screens for cognitive impairment  |
| <b>N</b> | Neurodevelopmental screening - ADHD, dyslexia and Autism Spectrum<br>Nutritional & weight management Consultation - Assesses dietary habits, and weight concerns  |
| <b>P</b> | Pancreatic Cancer: CA 19-9 - Screens pancreatic cancer<br>PAP Smear for Women - Detects early signs of cervical cancer<br>Parathyroid Hormone (PTH), Bone Alkaline Phosphatase (ALP) - Assesses bone strength & osteoporosis risk<br>Physical Examination by Doctor - General health check, vitals. Growth Assessment for Children (Prolactin), Luteinizing Hormone (LH), Follicle-Stimulating Hormone (FSH) - Detects milk production hormone level affecting fertility, sexual desire, and fat metabolism<br>Progesterone - Checks for hormonal imbalances affecting sexual performance, fertility, and muscle mass<br>Prostate Specific Antigen (PSA) - Detects early signs of prostate cancer<br>Prostate Ultrasound - Checks for prostate enlargement or tumour<br>Pulmonary Function Test (PFT) - Complete evaluation of the respiratory system |
| <b>R</b> | Random Blood Sugar (RBS) - Monitors blood sugar levels and diabetes risk<br>Routine Urine - Checks for infections, kidney issues, and diabetes signs  |
| <b>S</b> | School performance assessment - By child psychologist; cognitive ability test, intelligence test<br>Serum Creatinine - To check the filtration capability of kidneys<br>Serum Ferritin, Iron, Total Iron Binding Capacity - Evaluates iron levels to detect anaemia or iron overload<br>Serum Uric Acid - Early detection of metabolic dysfunction before overt diabetes or cardiovascular events.<br>Sex Hormone Binding Globulin (SHBG) - Regulates the availability of sex hormones<br>Stool Routine - Examines stool for infections, parasites, and digestive issues  |
| <b>T</b> | Thyroid Stimulating Hormone (TSH) - Detects thyroid disorders affecting metabolism, body weight & vitality<br>Thyroid Ultrasound - Checks for thyroid nodules or enlargement<br>Total Abdominal Ultrasound Scan - Screens for organ abnormalities<br>Treadmill Test - For evaluating heart function and blood flow under stress<br>TTG-IgA - Diagnoses gluten protein intolerance causing intestinal malabsorption (celiac disease)<br>TTG-IgG - Diagnoses gluten protein intolerance causing intestinal malabsorption (celiac disease)   |
| <b>U</b> | Ultrasound Scan (Pelvis and Abdomen) - Checks bladder, womb and ovaries for abnormalities<br>Urinary Microalbumin/Creatinine Ratio - Detects early kidney disease, especially in diabetics  |
| <b>V</b> | Vision Screening - Assesses eyesight and detects conditions like cataracts or glaucoma<br>Vitamin B12, Folate, Zinc, Copper - Checks for vitamin deficiencies affecting immunity, hair, skin, & nails<br>Vitamin D, Calcium, Magnesium, Phosphorous - Measures the levels of specific elements in your blood  |