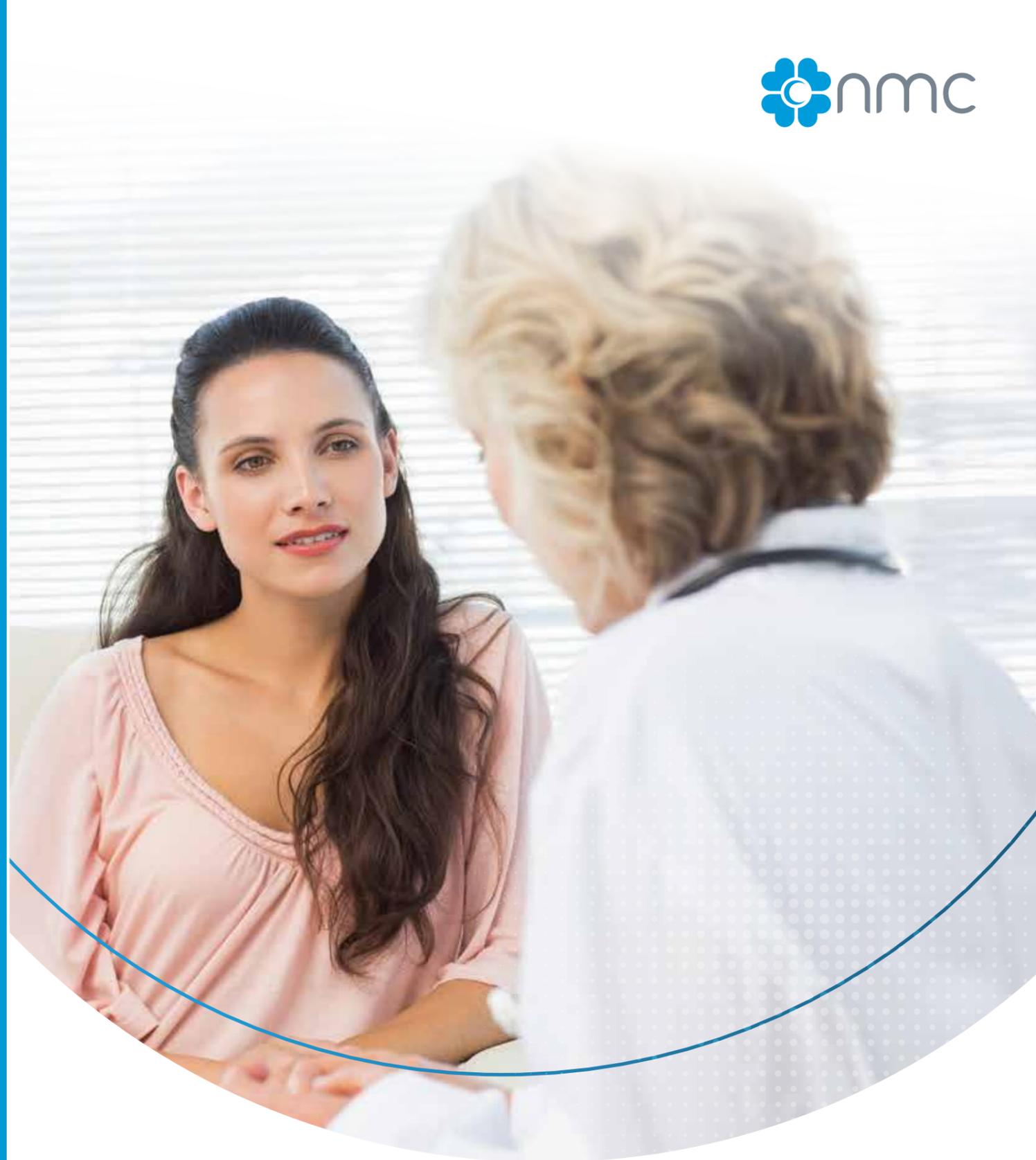


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Health Check-up Package Women



WOMEN'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		✓	✓
Vision Screening			✓
Dental Assessment			✓
Mini-Mental State Examination (MMSE)			✓
CA-125	✓	✓	✓
PAP Smear for Women	✓	✓	✓
Mammogram		✓	✓

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)	✓	✓	✓

LIPID PROFILE

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



Vitality Health Package (18-39 yrs)	₹ 5500
Core Health Package (40-64 yrs)	₹ 6200
Senior Health Package (64+ years)	₹ 6300

HORMONAL PROFILE

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

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	✓	✓	✓
Ultrasound Scan (Pelvis and Abdomen)	✓	✓	✓
Breast Scan	✓	✓	✓

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

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