











Master Health Check-Up

Protect You and
Your Family
with our
Healthcare Check

"Prevention is the Key to Unlocking a Healthier and Happier Life"




GUIDELINES FOR HEALTH CHECK-UP

-  All Health check-ups are conducted by prior appointment only.
-  To make an appointment, please get in touch with the MHC department
Telephone No: 0427 2709999, 97511 29990 between 08.00 AM and 5.00 PM
-  On the day of your appointment, you are requested to be at the hospital's reception at 8.00 AM sharp to facilitate the smooth process of your check-up.
-  Before the checkup, 8 Hours of Fasting is Essential.
-  Take your last meal the previous night, before 10 PM. Maintain empty stomach, Do not eat or drink after 10 PM. If needed only water can be consumed.
-  Men are requested to report with their chest shaved to ensure a good ECG/Tread mill test.
-  Please dress in loose-fitting clothing, wear easily removable footwear, and avoid wearing jewellery such as necklaces, bangles, or chains.
-  Kindly bring your Pervious Medical Records if You are under any treatment

Experience Excellence in Healthcare

Dharan Hospital offers a comprehensive Master Health Check-up designed to provide you with a thorough assessment and personalized care. Here's why you should choose us:

-  **Accuracy and Expertise:** Advanced technology and skilled medical professionals.
-  **Personalization and Clarity:** Tailored packages and detailed consultations.
-  **Efficiency and Comfort:** Dedicated suite and prompt reporting.
-  **Proactive and Compassionate Care:** Focus on prevention and patient well-being.
-  Affordable and transparent.

PREVENTIVE HEALTHCARE PACKAGES

Executive Health Checkup

₹ 5,000

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|---------------------------|-------------------|---------------------------------|
| ✓ Blood group & Rh typing | ✓ LFT | ✓ ECHO |
| ✓ Complete Hemogram | ✓ Lipid Profile | ✓ TMT |
| ✓ FBS and PPBS | ✓ Thyroid Profile | ✓ Body Composition Analyzer |
| ✓ HBAIC | ✓ Chest Xray | ✓ Family Physician Consultation |
| ✓ Urine Complete | ✓ USG Abdomen | ✓ Cardiac consultation |
| ✓ Urea, Creatinine | ✓ ECG | ✓ ENT Consultation |
| | | ✓ Dietician Opinion |

This health check-up provides a detailed assessment of your general health. It includes a range of blood and urine tests to evaluate key health markers, imaging studies (chest X-ray, ultrasound, ECG, and echocardiogram) and a treadmill test (TMT) to assess cardiac performance. Additionally, a body composition analysis provides insights into body fat and muscle mass.

Cardiac Health Checkup

₹ 7,500

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|---------------------------|----------------------|---------------------------------|
| ✓ Blood group & Rh typing | ✓ Lipid Profile | ✓ ECG |
| ✓ Complete Hemogram | ✓ Thyroid Profile | ✓ ECHO |
| ✓ FBS and PPBS | ✓ Lipoprotein A | ✓ TMT |
| ✓ HBAIC | ✓ Urine Microalbumin | ✓ Body Composition Analyzer |
| ✓ Urine Complete | ✓ High sensitive CRP | ✓ Family Physician Consultation |
| ✓ Urea, Creatinine | ✓ Chest Xray | ✓ Cardiac consultation |
| ✓ LFT | ✓ USG | ✓ Dietician Opinion |

This Cardiac Health Check focuses on heart health and related risk factors. It includes blood tests, urine analysis, imaging, a treadmill test (TMT), and a Body Composition Analyzer assessment. Consultations with a physician, cardiologist, and dietician provide comprehensive evaluation and guidance.

Cancer Screening Health Checkup

₹ 8,500

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|---------------------------|-------------------|---------------------------------|
| ✓ Blood Group & Rh Typing | ✓ LFT | ✓ Peripheral smear(CBC) |
| ✓ FBS and PPBS | ✓ Lipid Profile | ✓ Chest X-Ray |
| ✓ HBAIC | ✓ Thyroid Profile | ✓ USG Abdomen |
| ✓ Urine Complete | ✓ Sr.Calcium | ✓ ECG |
| ✓ Urea,Creatinine | ✓ Stool Routine | ✓ Family Physician Consultation |

Male - If age > 50 Yrs - PSA

If age > 55 Yrs + H/O smoking - low dose CT

Female - Mammogram + Papsmear with HPV DNA Detection + Gynecologist Opinion

(Based on Clinician Advice)

PREVENTIVE HEALTHCARE PACKAGES

Comprehensive Health checkup

₹ 8,500

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|---------------------------|---------------------------------|
| ✓ Blood group & Rh typing | ✓ Electrolytes |
| ✓ Complete Hemogram | ✓ PFT |
| ✓ FBS and PPBS | ✓ Chest Xray |
| ✓ HBA1C | ✓ USG Abdomen |
| ✓ Urine Complete | ✓ ECG |
| ✓ Urea, Creatinine | ✓ ECHO |
| ✓ LFT | ✓ TMT |
| ✓ Lipid Profile | ✓ Body Composition Analyzer |
| ✓ Thyroid Profile | ✓ Family Physician Consultation |
| ✓ Uric Acid | ✓ Cardiac consultation |
| ✓ Calcium | ✓ Pulmonologist Opinion |
| ✓ Vitamin D | ✓ ENT Consultation |
| ✓ Vitamin B12 | ✓ Dietician Opinion |

Male - If age > 50 Yrs - PSA

Female - Mammogram + Papsmear + Gynaecologist opinion

(Based on Clinician Advice)

This comprehensive checkup assesses overall health, including blood work, organ function, and cardiovascular health. It covers essential blood tests, urine analysis, imaging (X-ray, ultrasound, ECG, ECHO), exercise testing (TMT), and includes a Body Composition Analyzer assessment. Additionally, it evaluates vitamin and mineral levels, includes a pulmonary function test (PFT), and provides consultations with physicians, a cardiologist, and a dietician. Gender-specific tests (PSA for males, mammogram/Pap smear/gynecological consult for females) are also included.

To make an appointment, please get in touch with
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between 08.00AM and 05.00PM

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