



## EXECUTIVE HEALTH SCHEME For The Caring Organisation

Urban living in the 21 Century is not the kind of living that our bodies were designed for. The **fast pace of life, stress, sedentary lifestyle, travel, irregular eating habits and the ever attendant toxic pollutants in air, water and food**, all serve to wear out our bodies at an alarming rate.

### What Ails?

In a quest to perform, today's Executive hardly thinks it fit to take care of himself. **Slowly diminishing eyesight, stamina, energy, span of concentration, and patience on one hand and increasing headaches, acidity, forgetfulness, body aches** on the other are expected to fade away. One seldom gives them the kind of attention they need and deserve. Ironically, in organisations, where even machines get preventive maintenance, the executives' health remains totally neglected.

### Who Benefits?

- 1 While these men are carefully planning the healthy life of your organisation, **who cares for their health ?** Who, for that matter, cares of yours ?
- 2 A Slight heart pain, cardiac arrest, a bill running into six figures, and an immeasurable loss to the company. Can you afford to lose your key executive time? Is an insurance cover the only way to show that you care for them and their families?

### The Solution!

The **Executive Health Scheme (EHS)** is designed to meet this organisational need. We realise the importance of the individual and of time. Therefore we carry out a comprehensive set of **medical tests and examinations, in half a day, under one roof**. This is followed by a detailed **physical examination** with the reports of the tests to ensure you have the best perspective on your health.

Rx *Our Prescription*  
**EHS - One per year**

## INSTRUCTIONS TO BE FOLLOWED

Please bring the following samples with you on the day of your appointment : **Urine & Stool**

- 1) Collect first morning urine in sterilized bottles. The bottles can be collected from the 1st floor, MRC Bldg between 9-00 a.m. to 5.00 - p.m. or the pathology laboratory - Bombay Hospital, beyond these hours.
  - 2) You are requested to come (12 hours) fasting.
  - 3) Please do not consume tea. You may, however have water.
  - 4) **NO ALCOHOL** for last 24 hours before the test as your GGTP test may give incorrect data about your liver condition. This is an extremely sensitive index.
  - 5) In case you are undergoing any treatment, we suggest you to check with your Physician before taking an appointment.
  - 6) To carry the prescribed medicines (for e.g. hypertension, diabetes, asthma, heart disease etc.) along with you and take the dose of the medicine as prescribed to you.
  - 7) For any other inquiries please contact on :-  
Tel.: 2209 4788 (Direct) or 2206 7676 Ext. 487
- ❖ Note :- You are requested to collect your reports & have consultation after two days between 3-00 p.m. to 4-00 p.m. with prior appointment.

EXECUTIVE HEALTH SCHEME  
1st Floor - MRC Bldg.



**BOMBAY HOSPITAL & MEDICAL RESEARCH CENTRE**  
Bombay Hospital Avenue  
12, New Marine Lines, Mumbai - 400 020, Tel.: 2206 7676, Fax : 022-2208 0871



**EXECUTIVE HEALTH SCHEME**  
1st Floor - MRC Bldg.



**BOMBAY HOSPITAL & MEDICAL RESEARCH CENTRE**



Before you actually feel unwell, there is a stage when the body starts giving signals. Diagnosed at this early stage, many reversible conditions can be treated and cured. Cancers, prospective Heart Attacks, Kidney Stones, Liver Malfunctions and other illnesses may be prevented.

Studies have shown that many groups of people do benefit from regular and complete checkups. Some of these are the people who are –

- Smokers or heavy drinkers
- Overweight
- Easily and often breathlessness
- Suffering from indigestion
- Irregular about their check-ups (have not had one in over a year)

The group **most likely to benefit** from annual check ups are, the **Executives, over 35 years of age, in high pressure jobs.**

Different Health Check up Packages are as under –

	<b>Male</b>	<b>Female</b>
1. Platinum	Rs. 11500/-	Rs. 12000/-
2. Comprehensive Plus	Rs. 6500/-	Rs. 6500/-
3. Comprehensive	Rs. 5500/-	Rs. 5500/-
4. Comprehensive + Cardiac CT	Rs. 10000/-	Rs. 10000/-
5. Cancer Check	Rs. 6000/-	Rs. 6500/-
6. Standard	Rs. 2750/-	Rs. 2750/-
7. Basic	Rs. 1200/-	Rs. 1200/-
8. Sr. Citizen Health Check * -	Age > 65 years + Age proof required. 10% discount on any existing package Discount would be applicable only on Comprehensive, Comprehensive Plus & Platinum Health Packages	
9. Husband & Wife Package * -	10% discount on any existing package Discount would be applicable only on Comprehensive, Comprehensive Plus & Platinum Health Packages. Discount would be applicable only when both (husband & Wife) will opt for the same health package.	

\* Packages 8 & 9 cannot be utilized together

(Details of the packages are on the adjoining sheet)

The Health Check up Schemes look in detail at the functioning of the body's organs – the heart, lungs, liver, kidneys, pancreas, eyes and ears. Tests outlined are carried out to assess their health along with detailed physical examination. On receiving reports consultation can be availed of. For ladies, there is additionally a consultation with the gynaecologist.

## BH PREVENTIVE HEALTH PACKAGES

Investigation	Platinum	Comprehensive Plus	Comprehensive	Cancer Check	Standard	Basic
(Male)	Rs. 11500/-	Rs. 6500/-	Rs. 5500/-	Rs. 6000/-	Rs. 2750/-	Rs. 1200/-
(Female)	Rs. 12000/-	Rs. 6500/-	Rs. 5500/-	Rs. 6500/-	Rs. 2750/-	Rs. 1200/-
CBC	✓	✓	✓	✓	✓	✓
Blood Grouping & RH Factor	✓	✓	✓	✓	✓	✓
ESR	✓	✓	✓	✓	✓	✓
Fasting Blood Sugar	✓	✓	✓	✓	✓	✓
PP Blood Sugar	✓	✓	✓	✓	✓	✓
Urine Rt	✓	✓	✓	✓	✓	✓
Stool Rt	✓	✓	✓	✓	✓	✓
Billirubin	✓	✓	✓	✓	✓	✓
GGTP	✓	✓	✓	✓	✓	✓
Total Protien	✓	✓	✓	✓	✓	✓
A/G RATIO	✓	✓	✓	✓	✓	✓
SGOT	✓	✓	✓	✓	✓	✓
SGPT	✓	✓	✓	✓	✓	✓
Australia Antigen	✓	✓	✓	✓	✓	✓
Acid Phosphatase for Male	✓	✓	✓	✓	✓	✓
LDH	✓	✓	✓	✓	✓	✓
Alkaline Phosphatase	✓	✓	✓	✓	✓	✓
Cholesterol	✓	✓	✓	✓	✓	✓
Triglycerides	✓	✓	✓	✓	✓	✓
HDL	✓	✓	✓	✓	✓	✓
LDL	✓	✓	✓	✓	✓	✓
VLDL	✓	✓	✓	✓	✓	✓
Urea	✓	✓	✓	✓	✓	✓
Creatinine	✓	✓	✓	✓	✓	✓
Uric Acid	✓	✓	✓	✓	✓	✓
Calcium	✓	✓	✓	✓	✓	✓
Phosphorus	✓	✓	✓	✓	✓	✓
CPK	✓	✓	✓	✓	✓	✓
Serum Bicarbonates	✓	✓	✓	✓	✓	✓
Serum Sodium	✓	✓	✓	✓	✓	✓
Serum Potassium	✓	✓	✓	✓	✓	✓
Serum Chloride	✓	✓	✓	✓	✓	✓
Gly.Haemoglobin	✓	✓	✓	✓	✓	✓
Pap Smear	✓	✓	✓	✓	✓	✓
G6PD	✓	✓	✓	✓	✓	✓
PSA (Male)	✓	✓	✓	✓	✓	✓
CA 125 (Female)	✓	✓	✓	✓	✓	✓
CA 19-9	✓	✓	✓	✓	✓	✓
CEA	✓	✓	✓	✓	✓	✓
CA 15-3	✓	✓	✓	✓	✓	✓
B12	✓	✓	✓	✓	✓	✓
D3	✓	✓	✓	✓	✓	✓
TSH	✓	✓	✓	✓	✓	✓
X-ray chest	✓	✓	✓	✓	✓	✓
ECG	✓	✓	✓	✓	✓	✓
Audiogram	✓	✓	✓	✓	✓	✓
Spirometry	✓	✓	✓	✓	✓	✓
2-D Echo/Stress Test/Mammography	✓	✓	✓	✓	✓	✓
USG Abd / Pelvis screening	✓	✓	✓	✓	✓	✓
Mammography (Female)	✓	✓	✓	✓	✓	✓
Body Mass Analyser	✓	✓	✓	✓	✓	✓
Physician Examination	✓	✓	✓	✓	✓	✓
Dental Consultation	✓	✓	✓	✓	✓	✓
Gynaecologist Consultation	✓	✓	✓	✓	✓	✓
Ophthalmic Check up	✓	✓	✓	✓	✓	✓
ENT Consultation	✓	✓	✓	✓	✓	✓
Diet Consultation	✓	✓	✓	✓	✓	✓

**For more information please contact  
Tel. No. 22094788, 22067676 Extn. 487**