



**Sagar**  
Multispeciality Hospital  
WE CARE • WE CURE

# COMPREHENSIVE WELLNESS FOR SENIOR WOMEN

SMH Comprehensive Wellness has been specially curated to meet the health needs of senior citizens. This package include the entire range of tests, diagnostics and consultation provided in SMH Executive Whole Body Check along with SMH's state of the art tests such as coronary CT angiogram - a non-invasive functional test to diagnose coronary artery disease and calcium scoring - a special X-ray test to keep a check on the build-up of plaque on the walls of arteries of the heart.

## FULL BODY CHECK-UP FOR SENIOR CITIZEN WOMEN

FOR INQUIRES CALL

 **7880161616**

- ✓ **Lab Tests : 29**
- ✓ **Parameters : 93**
- ✓ **Consultations : 7**
- ✓ **Ideal For : Female**
- ✓ **Age Group : >50**

 **16,999/-**

## PACKAGE INCLUSIONS

### Blood Investigations

- Complete Hemogram
- Blood Group and Antibody Screening

### Diabetes Screening

- Blood Sugar (Random)
- Glycosylated Hemoglobin

### Kidney Health

- Renal Function Test
- Urinary Microalbumin to Creatinine Ratio
- EGFR Computation

### Infection Screening

- Urine Analysis
- HBsAg
- HIV Test
- Anti HCV
- Stool Analysis

### Heart Health

- Lipid profile (non-fasting)
- High Sensitive C-Reactive Protein
- Homocysteine
- ECG
- Stress ECHO / DSE / TMT + ECHO
- CT Coronary Angiogram

### Nutritional Health

- Vitamin D3
- Vitamin B12

### Liver Health

- Liver Function Test

### Hormones

- Thyroid Profile

### Cancer screening

- PAP Smear
- Mammography

### Lung Health

- Chest X-Ray
- Pulmonary Function Test

### Stroke screening

- Carotid IMT

### General Health

- Body Composition Analysis
- Ultrasound Whole Abdomen

### Bone & Joint Health

- Dexa Scan for Whole Body

### Consultations

- Internal Medicine
- Gynaecology
- Dentist and Dental Examination
- Ophthalmology and Eye Examination
- ENT
- Cardiology
- Musculoskeletal Assessment

## IDEAL FOR

The package is ideal for senior women above 50 years helping them with a head to toe assessment of their health. The USP of the package is CT coronary angiography to help assess the overall cardiac health.



## PREPARATIONS

# GUIDELINES FOR PREVENTIVE HEALTH-CHECK PROGRAM

### General Instructions

- Please come well rested before the health check up.
- Please arrive at the hospital, 10-15 minutes prior to your appointment time.
- Fast overnight for minimum 10-12 hours before the tests. Nothing except plain water may be consumed while fasting.
- Do not consume heavy / fatty meal or meat for dinner prior to the day of health check.
- Avoid exercising on the morning of your health check up.
- You are advised to remove all your jewelry before the health check up.
- Do not consume alcohol or nicotine 24 hours prior to the health check up.
- If you have a pre-existing medical condition, please bring your medical records, past test reports, and films (preferably from the last 2 years) for the doctor to review.

### For Appointments & Billing

- Please schedule your health check appointment at least 2 days in advance. This will help us plan your health check and provide a pleasant experience.
- You would be receiving a confirmation call from our customer support team prior to your appointment. Confirming your appointment and pre-payment of your package, helps us prepare your health check files in advance which reduces the waiting time at billing counter and overall time required for completion of your package.
- Our staff would be sharing with you the payment link in advance for pre-payment.
- Please carry a valid Government ID Card for identification.
- All corporate clients are requested to carry an authorization/credit letter from their respective organization with validity of at least 1 month.
- Any additional tests/investigations advised by the doctor will be billed separately post the Doctor's consultation.

### Instruction for Abdominal Ultrasound

- Abdominal Ultrasound needs to be performed on a full bladder with minimum 4 hours fasting (A strong urge to pass urine implies a full bladder). We suggest that you consume water before your ultrasound as advised by the health check team. This will ensure that you have a full bladder at the time of your ultrasound test (if included in the package). Please don't take your breakfast or give urine sample before your Ultrasound test is completed.



## Instructions for Tests/Investigations

- Please carry all your current medications along with you.
- If you are Diabetic, please take your medication with breakfast (just before or after food as advised by your Physician).
- PP blood sugar sample has to be given exactly after two hours from the time you start breakfast. If you are required to give a PP blood sugar sample, please do not eat or drink anything in these two hours, except plain water.
- Do not take BP/Hypertension medicines especially calcium channel blockers and beta blocker 24 hours before the Stress Echocardiography, TMT or Echo test & CT coronary angiogram study unless advised by the Physician otherwise.
- Renal Doppler test (included in the Hypertension package) requires 12 hours fasting.
- Do not take calcium or multi-vitamins / supplements (that contains calcium salt) 48 hours prior to the test if you are scheduled for a DEXA scan / Bone densitometry test.
- Spirometry / Pulmonary Function test: Intake of inhalers should be avoided for 24 hours (if possible) prior to the test. Do this only in consultation with your prescribing Physician.
- If you use contact lenses, please discontinue their use 24 hours before your health check appointment and wear your latest prescription spectacles instead. The eye specialist will also need to evaluate your current spectacles (if Vision testing is included in the package).
- Clean the wax from ears for Audiometry test (if included in the package).
- If you are a Diabetic/Cardiac/BP patient or have suffered any illness or fever in the recent past, please inform Preventive Health Check reception in advance.
- It is essential to include a blood urea and serum creatinine report if a CT angiogram study is part of your health check package.

## Instructions for Cardiac Check Up

- Please wear comfortable footwear or carry jogging shoes along, since you will be required to do brisk walking as part of the treadmill test (TMT).
- If you need to eat before the treadmill test, then eat a light snack and avoid fatty food.
- If you are under any treatment or taking medication for any condition, please notify the nurse / technician beforehand.
- Male patients are advised to shave their chest at home, before coming for health check as this will help make the electrode placement and removal for TMT/ECG pain free.

## Duration for Health check

- The Health Check process will take minimum 5-6 hours.
- Your patience is of paramount importance and helps us serve you better.
- Please refer to the Package Orientation sheet handed over to you in your file on the day of tests for detailed instructions regarding the process flow of your package.



### Post Health Check Up Consultation

- Your reports would be ready between 24 hours to 48 hours post your health check (depending on your package).
- You can collect your reports from the report counter.
- You would be meeting our specialist doctors (if included in your package), once your reports are published.
- Please connect with Health check team for aligning post health check doctor consultations.

### For Women

- It is advised to book your appointment about one week after your last day of menstruation. If you are menstruating on the day of your appointment, please inform the nurses on arrival.
- In the event of pregnancy or suspected pregnancy, please avoid getting any X-ray or mammograms. Kindly notify the reception about your pregnancy status in advance.
- If you are menstruating on the day of your appointment, please inform the nurses upon your arrival. You will not be able to give your urine, stool and PAP-smear samples as the blood in samples may lead to inaccurate results. We can schedule these tests for later date.
- If you are pregnant or suspecting pregnancy, kindly inform the Preventive Health Check reception in advance, and do not get any X-rays, abdominal Ultrasound, mammography, DEXA Scan and running stress test.
- Mammography is advised only for women above 35 years of age or in specific condition, as advised by the Physician.

