



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



# GYM READINESS HEALTH CHECK-UP ADVANCED

Gym Readiness Health Check-up – Advanced package is designed for individuals who want a deeper understanding of their health before committing to an active fitness routine to prevent long-term health issues. This package offers deeper insights into bone strength, inflammation levels, metabolic health and cardio pulmonary endurance. It includes advanced assessments like posture & gait analysis for injury prevention and long-term fitness sustainability. Ideal for those looking to take their fitness journey seriously and avoid hidden risks, it provides a thorough health roadmap to help you train smarter, prevent injuries, and achieve sustainable results with confidence.

## FITNESS SCREENING

FOR INQUIRES CALL

 **7880161616**

- ✓ **Lab Tests : 23**
- ✓ **Parameters : 89**
- ✓ **Consultations : 4**
- ✓ **Ideal For : Male/Female**
- ✓ **Age Group : >18 years**

**₹ 7,999/-**

## PACKAGE INCLUSIONS

### BLOOD SCREENING

- Haemogram

### DIABETES SCREENING

- Glucose (Random)
- Glycosylated Haemoglobin

### BONE & JOINT SCREENING

- DEXA Whole Body Scan
- Rheumatoid Factor

### OBESITY SCREENING

- Body Composition Analyzer (BCA)

### HEART HEALTH

- TMT/ECHO/CPET
- ECG (12 leads with rhythm strip)
- Lipid Profile (non-fasting)

### KIDNEY SCREENING

- Renal Function Test
- Urine albumin creatinine ratio
- EGFR Computation

### INFECTION SCREENING

- Urine Analysis
- C-Reactive Protein

### MINERAL PROFILE

- Phosphorus (Serum)
- Magnesium (Serum)

### HORMONE SCREENING

- Free Thyroid Profile

### LIVER SCREENING

- Liver Function test

### LUNGS SCREENING

- Chest X-Ray

### NUTRITION HEALTH

- Vitamin B12
- Vitamin-D (25 OH)

### GENERAL HEALTH

- Posture Assessment (AI Assistant)
- Musculo Skeletal Assessment (Digital)

### CONSULTATIONS

- Internal Medicine
- Cardiology
- Physiotherapy
- Dietician

## IDEAL FOR

This package for regular gym-goers and fitness enthusiasts includes advanced assessments that support injury prevention and long-term fitness sustainability.



## 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 up.
- Avoid exercising in the morning of the day of health check up.
- You are advised to remove all your jewellery 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 of Health check

- The Health Check process will take a minimum of 3-4 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.
- 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.

