



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

# TEEN BOYS' FITNESS & WELLNESS SCREENING (AGES 12-18)

Menopause health check is a comprehensive plan that includes a series of tests to monitor the hormonal functions and other biochemical parameters helping assess overall well being. If you have attained menopause then you can book appointment for this health checkup on any day of your cycle. If you are in peri-menopause it is advised to book your appointment on D2/D3 of your period for optimal FSH & LH test results.

## TEENS WELLNESS PACKAGE MALE

FOR INQUIRES CALL

 **7880161616**

- ✓ **Lab Tests : 12**
- ✓ **Parameters : 35**
- ✓ **Consultations : 1**
- ✓ **Ideal For : Male**
- ✓ **Age Group : 12-18**

 **4,999/-**

## PACKAGE INCLUSIONS

### INVESTIGATIONS

- Haemogram (CBC+ESR)
- Iron, Serum
- Stool routine examination
- TSH (Thyroid stimulating Hormone)
- Vitamin B12, Serum

### IMAGING

- USG Whole Abdomen
- X-ray chest (PA view)

### DIABETICS

- Glucose Random

### RENAL

- Calcium, Serum
- Phosphorous, Serum
- Urine Routine Examination

### SCREENING

- Vision Testing

### CONSULTATION

- Dentistry
- Ophthalmology
- Pediatrician

## IDEAL FOR

Teen boys (12–18 years) whose parents want to ensure proper nutrition, growth, and overall health through a comprehensive wellness assessment.



## PREPARATIONS

# GUIDELINES FOR PREVENTIVE HEALTH-CHECK PROGRAM

### General Instructions

- A parent or guardian must accompany the teen during the health check.
- Wear comfortable, loose-fitting clothes to make physical examinations and measurements easier.
- Avoid carrying any metal accessories or jewelry if imaging tests are scheduled.
- Kindly bring a valid Government-issued photo ID card for registration.
- Please inform the medical team if the teen has had any recent illness, surgery, or ongoing treatment.
- Expect the process to take about 4–5 hours depending on the package.
- Light refreshments will be provided once the fasting tests are complete.
- For best results, encourage your child to stay calm and relaxed during the tests.

### For Women

- A parent or guardian must accompany the boy during the health check.
- Wear comfortable sportswear or loose-fitting clothes for easy physical examination and fitness evaluation.
- If participating in fitness tests, bring a pair of sports shoes.
- In case of any recent injuries, surgeries, or sports-related strains, inform the doctor in advance.
- Please carry any previous medical records, growth charts, or fitness reports for accurate assessment.
- Ensure proper hydration before the visit, but avoid heavy meals for at least 8–10 hours before the tests.
- If on regular medication (e.g., for asthma, diabetes, or blood pressure), bring the medicines and inform the healthcare team.
- Avoid strenuous exercise on the morning of the check-up to ensure accurate test results.

### Other Instructions

- Please arrive at least 15–20 minutes early to complete the registration formalities.
- Any additional tests or investigations suggested by the doctor will be billed separately.
- In case of any recent illness, fever, or ongoing treatment, kindly inform the health check reception in advance.