HEALTH CHECKS



KERALA'S FIRST AMONG THE WORLD'S BEST

JCI 8TH ED. ACCREDITED HOSPITAL

The gift
of good Health
for you first
always!







SP Medifort, a 475-bed multi-super-specialty hospital, is ushering in the next level of health-care services, wherein Smart Technology meets Compassionate Care. With a legacy spanning over 25 years, our team of highly acclaimed doctors, dedicated nurses and committed support staff, ensure personalized attention to you first, always! 50+ specialties deliver preventive, diagnostic, therapeutic, and rehabilitative support services. MSSP Medifort offers easy access and approach on the International Airport service road, Eanchakkal in Thiruvananthapuram. Spread over 5 lakh square feet, the world-class hospital has ample covered parking for 650+ cars, a hygienic multi-cuisine restaurant, spacious inpatient rooms, 170 cubicle ICUs and 30 Emergency care beds.

The SP Family dream of affordable world-class healthcare services in Kerala has now come true! We invite you to take charge of your health, starting today and lead a better and healthier life!





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AWARENESS OF YOUR HEALTH STATUS HELPS YOU LEAD A HEALTHIER LIFE

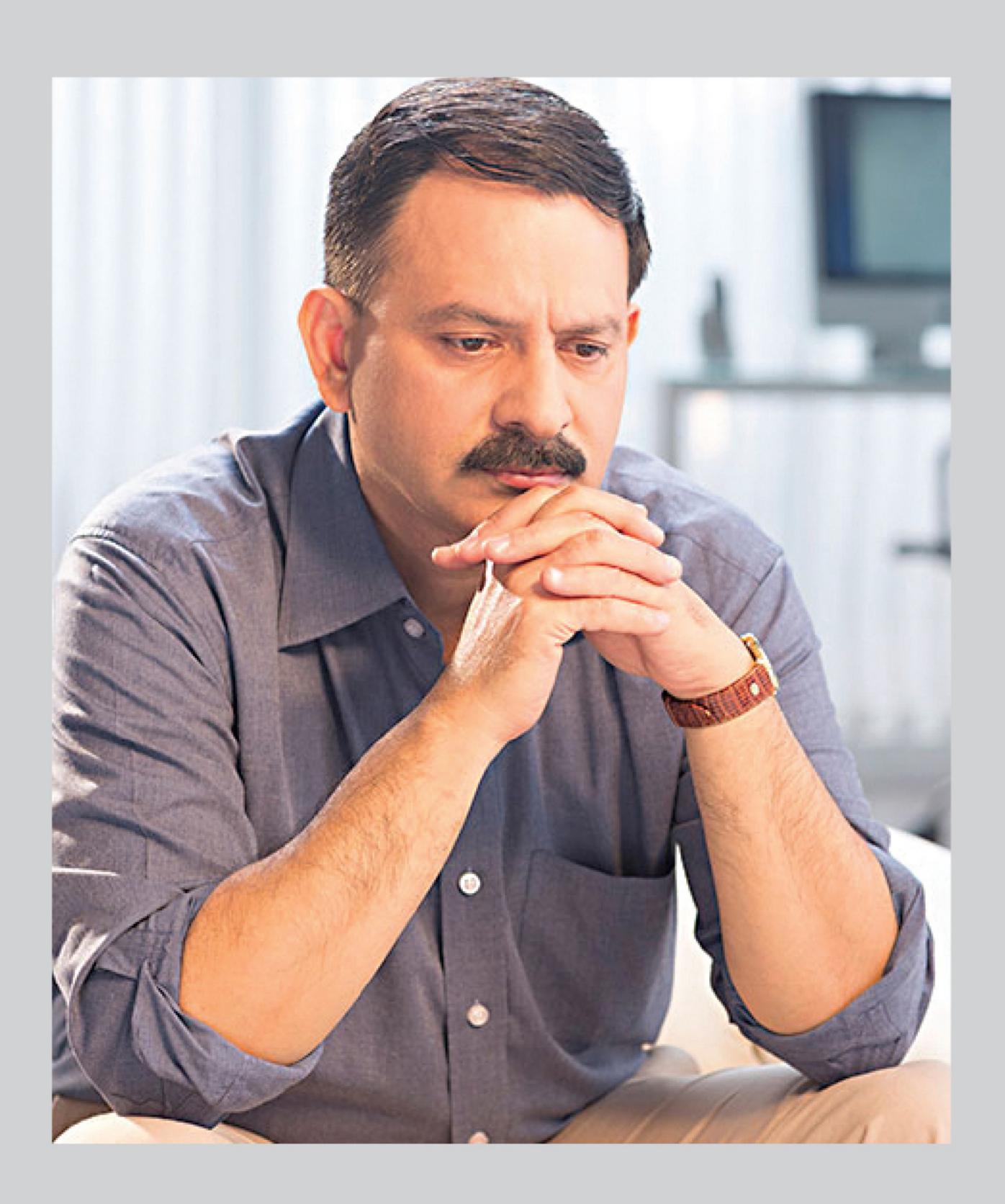




A regular health check-up will ensure that one's body continues to be healthy and can help detect any potential health problems early so that steps can be taken to prevent them from becoming more serious. It helps to identify risk factors for certain diseases. For example, if high BP or cholesterol levels are detected in a person, they may be advised to make lifestyle changes to reduce their risk of developing heart disease or having a stroke.

A health check-up also allows your doctor to monitor the progress of any ongoing illness, even if it is chronic in nature, and to make necessary changes to the treatment plan.

WHY DO YOU NEED A HEALTH CHECK?





Benefits of a Regular Health Check-up

- Increases the chance of leading a healthy life.
- Reduces the risk of late diagnosis.
- Timely detection of any serious or lifethreatening condition.
- Increased chances of planning the treatment on time.
- Reduces the treatment cost.

It is advisable to go for a health check-up at least once a year because many health problems do not show any symptom in the early stages. It may detect health problems early when they are most easily treatable.

WELL WOMAN SILVER CHECK







- Complete Hemogram (CBC, ESR)
- Random Blood Sugar
- Urine Routine Analysis
- Total Cholesterol
- ECG
- X-Ray Chest PA
- Ultrasound Whole Abdomen & Pelvis
- Gynaecology Consultation OR
- Family Physician Consultation
- Breakfast & Lunch

WELL WOMAN PLATINUM CHECK

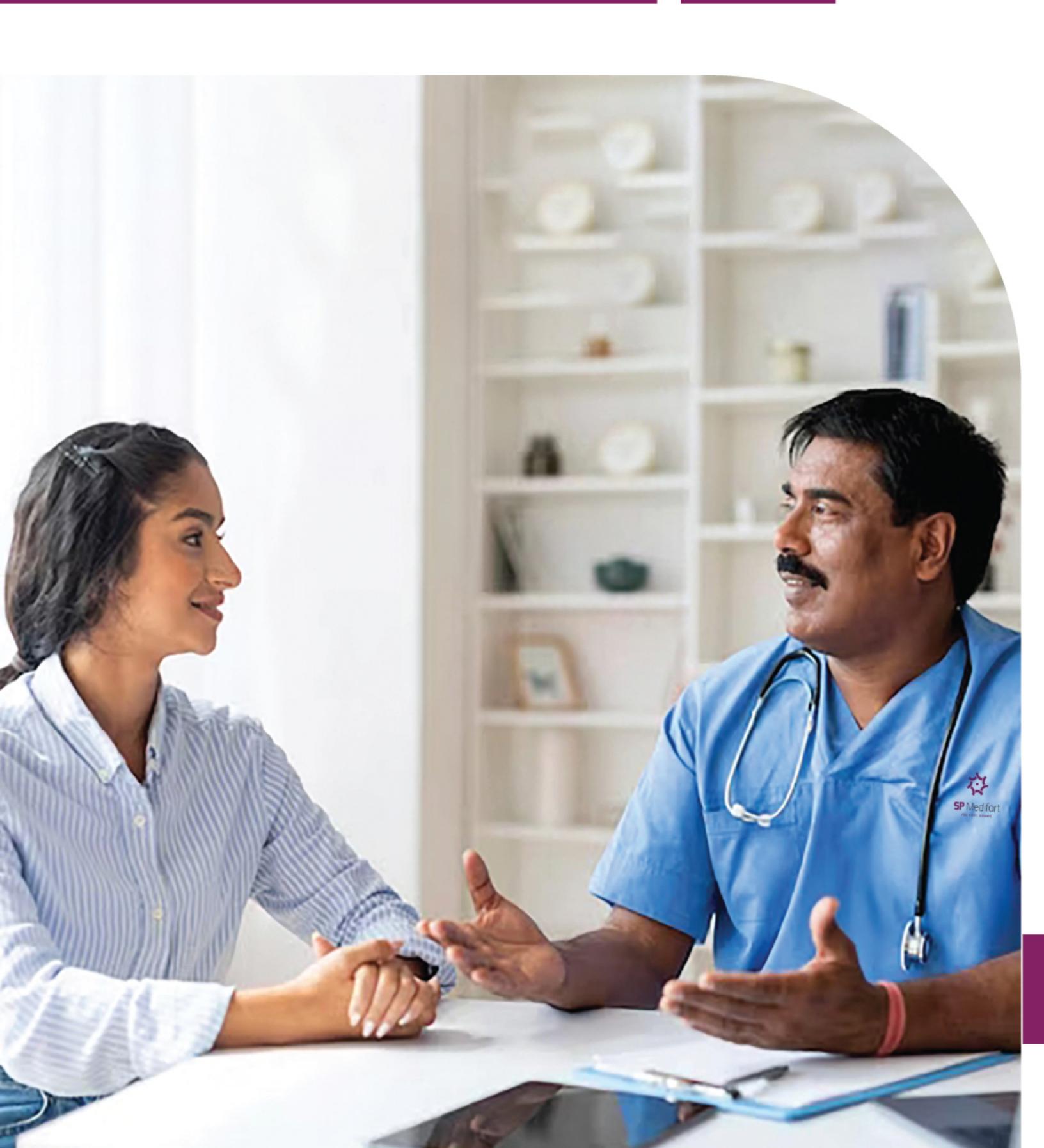




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- Glucose-Plasma (fasting & PP)
- Glycosylated Hemoglobin (HbA1C)
- Lipid Profile
- TSH, FT4
- Renal Profile (Urea, Serum Creatinine, Uric acid)
- Liver Function Test
- Complete Urine Analysis
- Serum Calcium Serum Phosphorus
- ECG X-Ray Chest PA
- Ultrasound Whole Abdomen & Pelvis
- Ultrasound Breast**
- Dexa Scan* Pap Smear**
- Vitamin D3 25(OH) Serum Vitamin B12
- Transferrin Saturation (Iron, TIBC, Tsat)
- Family Physician Consultation
- Dietician Consultation
- One optional Consultation
- Breakfast & Lunch



SUPERCHILD (5-12 YEARS) CHILD HEALTH CHECK







- Complete Hemogram (CBC, ESR)
- Random Blood Sugar
- Vitamin D3 25(OH) Serum
- Thyroid profile (T3, T4, TSH)
- Liver SGOT, SGPT
- Serum Sodium
- Serum Calcium
- Serum Potassium
- Vitals Assessment
- Vaccination Assessment
- Paediatric Consultation
- Dietician Consultation
- Breakfast & Lunch

YOUNGBUD (5-12 YEARS) CHILD HEALTH CHECK







- Complete Hemogram (CBC, ESR)
- Random Blood Sugar
- Vitamin D3 25(OH) Serum
- Thyroid profile (T3, T4, TSH)
- Dietician Consultation
- Vitals Assessment
- Vaccination Assessment
- Paediatric Consultation
- Breakfast & Lunch

SUPERSTAR HEART CARE CHECK







- Diabetic Profile (HbA1C, Fasting BS, PPBS)
- Renal Profile (Urea, Serum Creatinine, Uric acid)
- Lipid Profile
- **Liver Function Test**
- Thyroid profile (T3, T4, TSH)
- Urine routine analysis
- X-Ray Chest PA
- Ultrasound Whole Abdomen
- ECG
- Echo Cardiogram
- Cardiac Stress Analysis (TMT)
- Height, Weight, BMI, WHR
- Diet Counselling
- Physician Family Medicine consultation
- Cardiac Consultation
- One Optional Consultation
- Breakfast & Lunch

CHAMPION HEART CARE CHECK







- Routine Blood Exam
- Diabetic Profile (HbA1C, Random BS)
- Renal Profile (Urea, Serum Creatinine, Uric acid)
- Lipid Profile
- Urine Routine Analysis
- ECG
- Echo Cardiogram screening
- Cardiac Stress Analysis (TMT)
- Height, Weight, BMI, WHR
- Diet Counselling
- Physician Family Medicine consultation
- Cardiac Consultation
- Breakfast & Lunch

HEALTHY HEART CARE CHECK





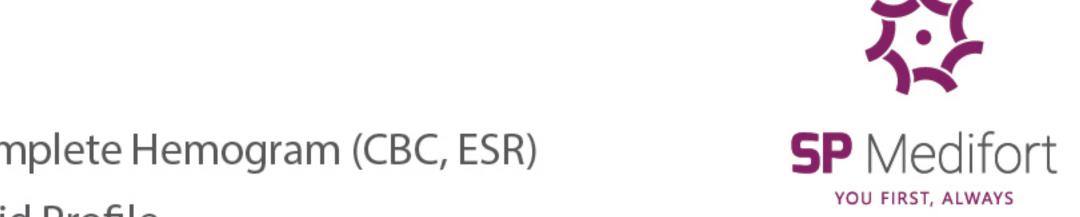


- Routine Blood Exam
- Diabetic Profile (HbA1C, Random BS)
- Renal Profile (Urea, Serum Creatinine, Uric acid)
- Lipid Profile
- ECG
- Echo Cardiogram screening
- Height, Weight, BMI, WHR
- Diet Counselling
- Physician Family Medicine consultation
- Cardiac Consultation

WHOLE **BODY CHECK**







- Complete Hemogram (CBC, ESR)
- Lipid Profile
- Diabetic Profile (HbA1C, Fasting BS, PPBS)
- Renal Profile (Urea, Serum Creatinine, Uric acid)
- Serum Uric acid
- Liver Function Test
- Complete Urine Analysis
- Serum Calcium & Phosphorous, Magnesium
- Thyroid profile (T3, T4, TSH)
- PSA*** ECG X-Ray Chest
- Ultrasound Whole Abdomen (Screening only)
- Echo Cardiogram Cardiac Stress Analysis (TMT)
- Ultrasound Breast**. Pap Smear** Dexa Scan*
- Vitamin D3 25(OH) Serum Vitamin B12
- Transferrin Saturation (Iron, TIBC, Tsat)
- Physician Family Medicine consultation
- Cardiac Consultation One Optional Consultation
- ENT Consultation Physiotherapist Consultation
- Diet Counselling
- Breakfast & Lunch

PREMARITAL HEALTH CHECK







- Complete Hemogram (CBC, ESR)
- Blood Grouping & Rh Typing
- Random Blood Sugar
- Glycosylated Hemoglobin (HbA1C)
- VDRL
- HIV
- HBsAg
- Complete Urine Analysis
- Ultrasound Whole Abdomen & Pelvis
- Gynaecology Consultation*
- ECG
- Chest Xray PA (if indicated)
- Family Physician Consultation
- Psychologist Consultation
- Breakfast & Lunch



PLATINUM HEALTH CHECK







- Complete Hemogram (CBC, ESR)
- Blood Grouping & Rh Typing
- Glucose-Plasma (fasting) Glucose-Plasma (Post Prandial)
- Glycosylated Hemoglobin (HbA1C)
- Serum Creatinine Blood Urea Serum Uric Acid Lipid Profile
- Apo Lipoprotein A1-Serum Apo Lipoprotein B-Serum
- Lp (A): Lipoprotein(A)- Serum Homocysteine-Plasma
- Plasma Fibrinogen Hs-CRP Liver Function Test Serum Calcium
- Phosphorus, Inorganic-Serum Serum Electrolytes
- TSH Vitamin D3 25(OH) Serum
- Complete Urine Analysis Urine Culture & Sensitivity
- HBsAg Anti HCV Elisa PSA*** Stool Occult Blood(50+ age)
- Stool Routine X-Ray Chest ECG
- 2 D-Echo with colour Doppler Cardiac Stress Analysis (TMT)
- Ultrasound Whole Abdomen Dexa Scan* Ultrasound Breast**
- Diet Counselling Surgical Consultation for Men
- Pap Smear** ENT Consultation Cardiac Consultation
- Consultation & Review with Physician
- Breakfast & Lunch

UNIVERSAL GOLD CHECK







- Complete Hemogram (CBC, ESR)
- Diabetic Profile (HbA1C, Fasting BS, PPBS)
- Renal Profile (Urea, Serum Creatinine, Uric acid)
- Lipid Profile
- Liver Function Test
- Thyroid profile (T3, T4, TSH)
- X-Ray Chest PA
- Ultrasound Whole Abdomen
- ECG
- Height, Weight, BMI, WHR
- Diet Counselling
- Physician Family Medicine consultation
- One Optional Consultation
- Breakfast & Lunch



DIABETES **ULTRA CHECK**









- Complete Hemogram (CBC, ESR)
- Diabetic Profile (HbA1C, Fasting BS, PPBS)
- Lipid Profile
- Renal Profile (Urea, Serum Creatinine, Uric acid)
- Serum Uric acid
- Electrolytes Serum Calcium
- Liver Function Test
- Thyroid profile (T3, T4, TSH)
- Urine microalbuminuria
- ECG Cardiac Stress Analysis (TMT)
- Echo Cardiogram
- Ultrasound Whole Abdomen
- Neuropathy evaluation Retinopathy Evaluation
- X-Ray Chest PA
- Cardiac Consultation
- Diabetologist Consultation
- Podiatrist consultation
- Family Physician Consultation
- Breakfast & Lunch

DIABETES STANDARD CHECK







- Complete Hemogram (CBC, ESR)
- Diabetic Profile (HbA1C, Fasting BS, PPBS)
- Complete Urine Analysis
- Serum Creatinine, Urea
- Liver Function Test
- Family Physician Consultation

KIDNEY CHECK







- Blood Sugar Random
- Complete Urine Analysis
- Serum Creatinine, Urea
- Ultrasound KUB
- Family Physician Consultation
- Nephrologist Consultation





MEN 50+ CHECK





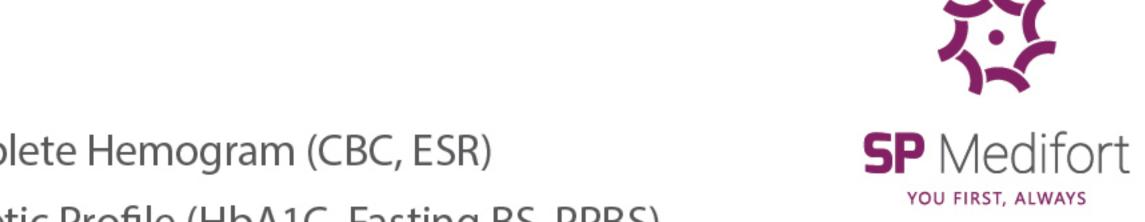


- Complete Hemogram (CBC, ESR)
- Diabetic Profile (HbA1C, Fasting BS, PPBS)
- Renal Profile (Urea, Serum Creatinine, Uric acid)
- Lipid Profile
- Liver Function Test
- Thyroid profile (T3, T4, TSH)
- X-Ray Chest PA
- Ultrasound Whole Abdomen
- ECG
- PSA***
- Height, Weight, BMI, WHR
- Diet Counselling
- Physician Family Medicine consultation
- One Optional Consultation
- Breakfast & Lunch

SENIOR CITIZEN CHECK







- Complete Hemogram (CBC, ESR)
- Diabetic Profile (HbA1C, Fasting BS, PPBS)
- Lipid Profile
- Renal Profile (Urea, Serum Creatinine, Uric acid)
- Serum Calcium, Sodium, Potassium
- Liver Function Test PSA***
- Thyroid profile (T3, T4, TSH)
- Complete Urine Analysis
- Serum Uric acid
- Stool Routine Stool Occult Blood
- ECG X-Ray Chest
- Ultrasound Screening Whole Abdomen
- Dexa Scan* Pap Smear**
- Vitamin D3 25(OH) Serum
- Physiotherapy Consultation
- Diet Counselling Echo Cardiogram
- Cardiac Stress Analysis (TMT)*
- **ENT Consultation**
- Consultation & Review with Physician
- Breakfast & Lunch

MALE CANCER SCREENING CHECK







- Complete Hemogram (CBC)
- Serum Creatinine
- Liver Function Test
- TSH
- Complete Urine Analysis
- Stool Occult Blood
- X-Ray Chest PA
- PSA***
- Ultrasound Whole Abdomen + Pelvis
- Oral cancer screening
- Dietician Consultation
- Oncologist Consultation
- Breakfast & Lunch

FEMALE CANCER ADVANCED CHECK







- Complete Hemogram (CBC, ESR)
- Diabetic Profile (HbA1C, Fasting BS, PPBS)
- Lipid Profile
- Renal Profile (Urea, Serum Creatinine, Uric acid)
- Serum Calcium
- Liver Function Test
- Thyroid profile (T3, T4, TSH)
- Complete Urine Analysis
- Stool Occult Blood
- X-Ray Chest
- Pap Smear*
- Ultrasound Whole Abdomen Ultrasound Breast
- Ultrasound Thyroid
- CA19.9 (Pancreatic Cancer) CEA CA 125
- Family Physician Consultation
- Oncologist Consultation
- Breakfast & Lunch

MALE CANCER ADVANCED CHECK







- Complete Hemogram (CBC, ESR)
- Diabetic Profile (HbA1C, Fasting BS, PPBS)
- Lipid Profile
- Renal Profile (Urea, Serum Creatinine, Uric acid)
- Serum Calcium
- Liver Function Test
- Thyroid profile (T3, T4, TSH)
- Complete Urine Analysis
- Stool Occult Blood
- X-Ray Chest
- Ultrasound Whole Abdomen
- Ultrasound Thyroid
- PSA
- CEA
- Family Physician Consultation
- Oncologist Consultation
- Breakfast & Lunch

FEMALE CANCER SCREENING CHECK

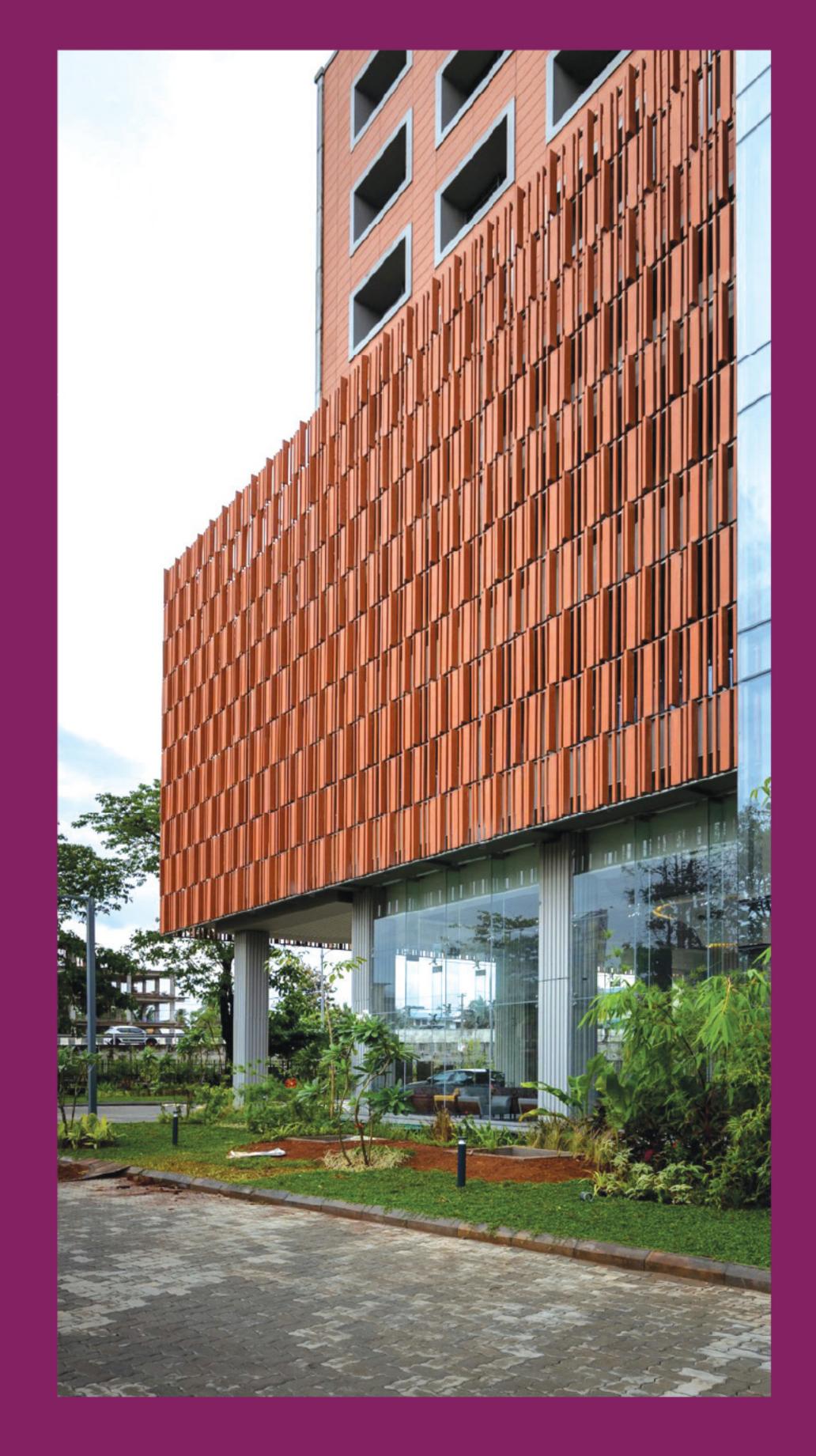


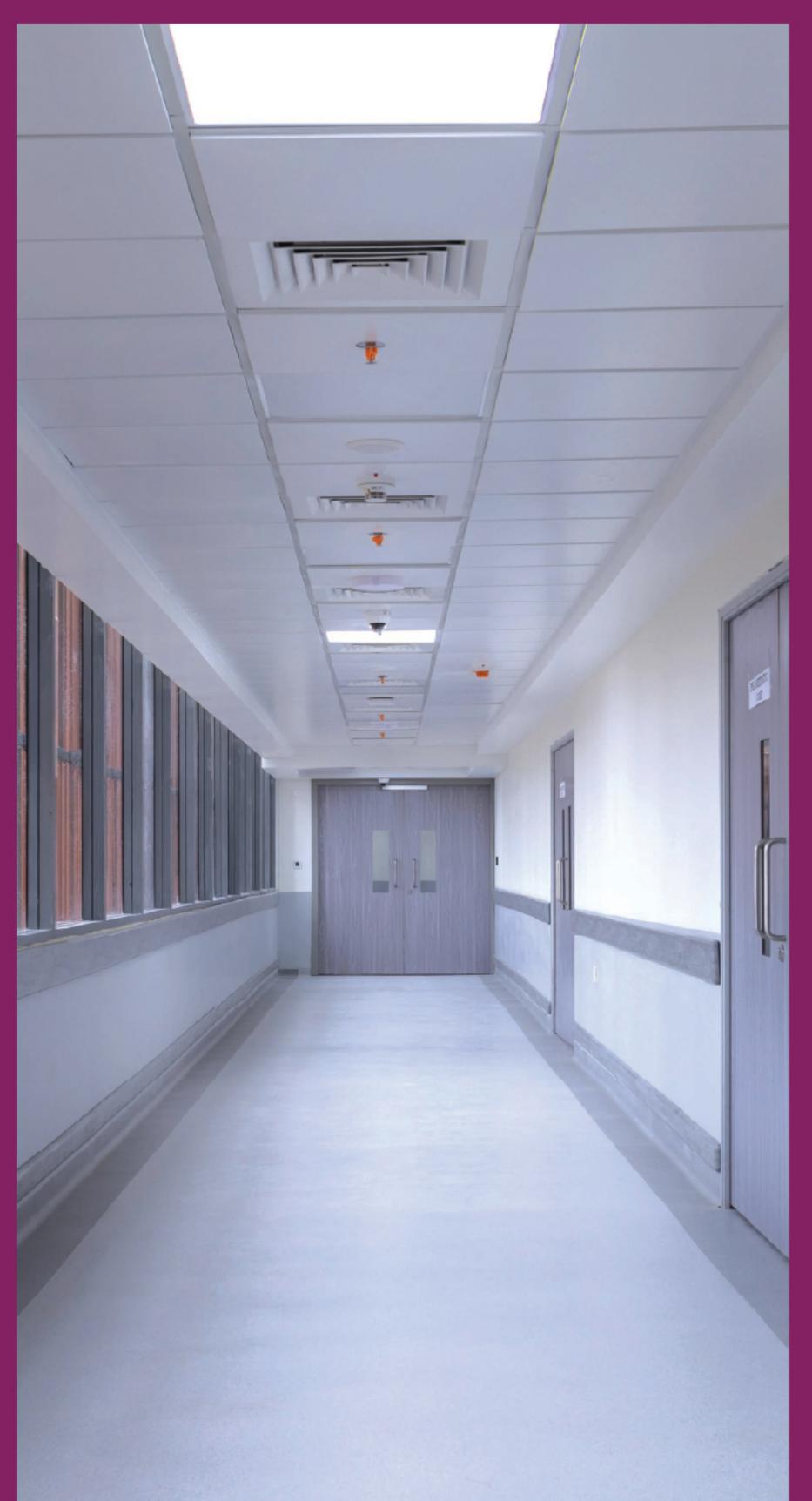


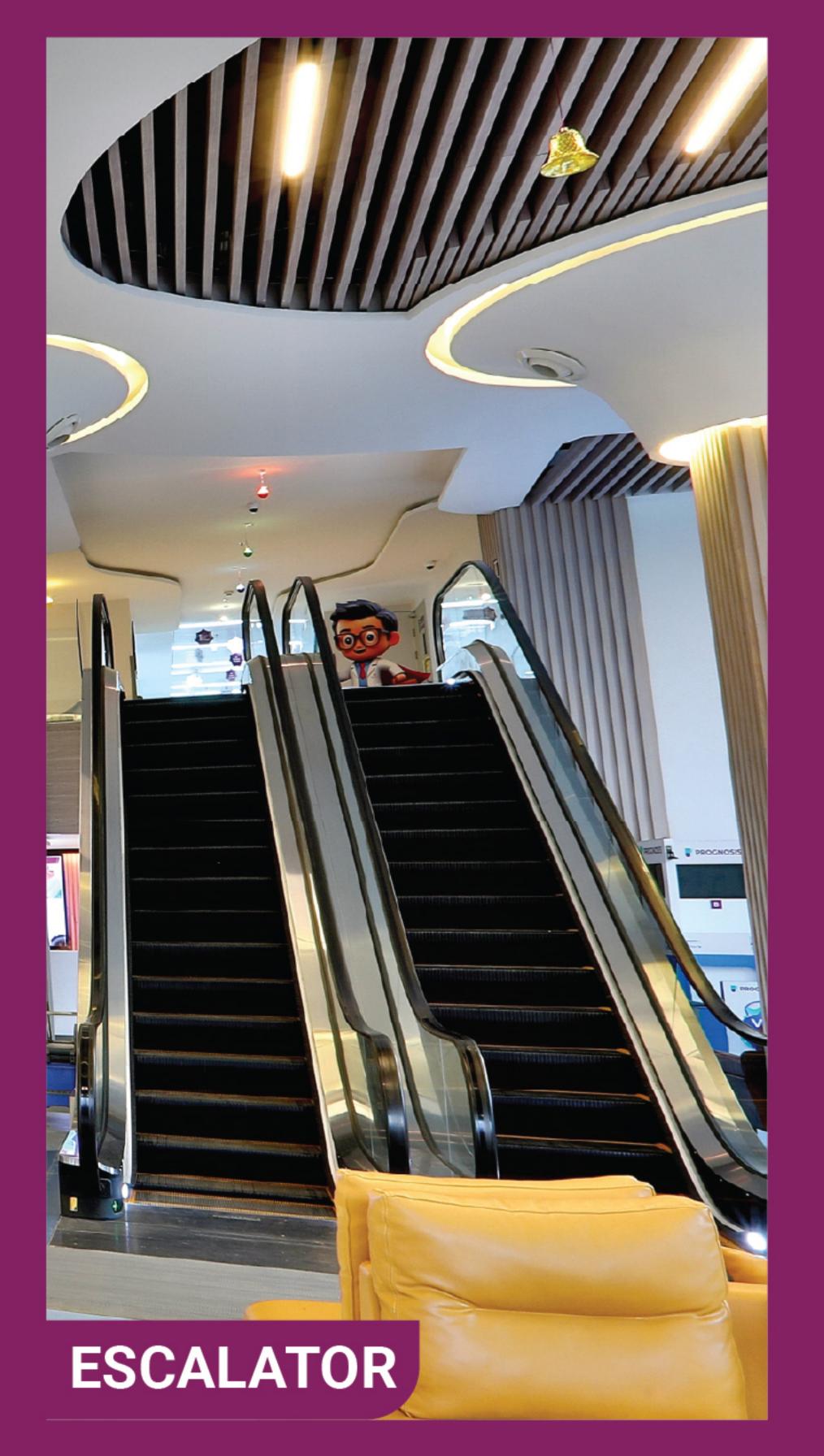


- CBC
- Serum Creatinine
- Liver Function Test
- TSH
- Complete Urine Analysis
- Stool Occult Blood
- X-Ray Chest PA
- Pap Smear*
- Ultrasound Whole Abdomen + Pelvis
- Mammogram
- Oral cancer screening
- Dietician Consultation
- Oncologist Consultation
- Breakfast & Lunch











INSTRUCTIONS FOR HEALTH CHECKS





- Kindly have your last meal at least 8-10 hours before you come for the check-up and please report on an empty stomach for packages where fasting is required.
- Arrive at the scheduled appointment time.
- Kindly carry your old medical records, if any, for us to check your complete medical history
- If you are on any medications, please bring those and inform the Physician. Consume all your regular medications on time.
- Wear comfortable clothes and footwear as you may be undergoing various tests.
- Pregnant women or those likely to be pregnant are advised to avoid X-ray scans.
- Ensure that you are adequately rested prior to your check-up.
- Please inform the department coordinator in case you wish for additional investigations or consultations
- Any additional investigations or consultants that are not part of the health package will be billed extra. The availability of these reports will depend on the nature of these additional tests.
- In case you do not wish to undergo certain tests that are part of the package, there will be no refund given for those tests. Hence, please select the most appropriate package after discussion with our Family Physician.
- You may need to have a full bladder for ultrasound investigations.
- Breakfast and lunch are included in all health packages more than Rs. 1000.
 - * 50+ old male specific test ** Female specific test *** If indicated based on Age / History







3 km from Padmanabhaswamy Temple



5 km from Trivandrum Central Railway Station



12 km from Kovalam



25 minutes to Tamil Nadu border



SP Medifort

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Emergency No: **0471 3100 101**