

# HEALTH CHECKS



**SP** Medifort

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**KERALA'S FIRST AMONG THE WORLD'S BEST**  
JCI 8<sup>TH</sup> ED. ACCREDITED HOSPITAL

“  
*The gift  
of good Health  
for you first  
always!*”









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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. ☑☑SP 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 life-threatening 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



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- 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

**₹ 1499**



## WELL WOMAN PLATINUM CHECK



- Complete Hemogram (CBC, ESR)
- 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

₹ 6499



## 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

₹ 2400



## 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

₹ 1500



## SUPERSTAR HEART CARE 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)
- 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

₹ 4999



## CHAMPION HEART CARE CHECK



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- 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

₹ 2799



## HEALTHY HEART CARE CHECK



KERALA'S FIRST AMONG THE WORLD'S BEST  
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- 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

₹ 999



## 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

₹ 9999



## 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

₹ 2999





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**CUBICLE ICU**



## PLATINUM HEALTH CHECK



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- 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

₹ 12999



## 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

₹ 3999





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**NURSE STATION**



# 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

₹ 4999



# DIABETES STANDARD CHECK



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

₹ 999



## KIDNEY CHECK



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

**₹ 999**





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**OT CORRIDOR**





LOBBY



## 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

₹ 4299



## 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

₹ 5999



# 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

₹ 1999



## 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

₹ 4999



## 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

₹ 4499



# 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

₹ 2499





**MULTI - CUISINE RESTAURANT**





**ESCALATOR**





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**PRESIDENTIAL SUITE**



## 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**





located on NH66 bypass highway



1 km from International Airport



3 km from Padmanabhaswamy Temple



5 km from Trivandrum Central Railway Station



12 km from Kovalam



25 minutes to Tamil Nadu border



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