

General Guidelines

To make the most of your check-up, here are some guidelines to follow:

General Instructions:

Arrive at the scheduled appointment time.

Do not eat or drink anything except water for a minimum of 10 to 12 hours.

It is advised to remove all of your jewellery before the health check.

Do not consume alcohol or nicotine 24 hours prior to the health check.

Carry all your current medications and medical records for any known medical condition (preferably for the last 2 years).

We request you to wear glasses and not contact lenses on the day of your health check.

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 / 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. Due to the pandemic, Pulmonary Function Test (PFT) ** will be done only for individuals who have COVID - 19 RTPCR negative report (maximum 7 days old) or fully vaccinated certificate.

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 pregnant or suspecting pregnancy, do not get any X-ray or mammography done and kindly inform the EHC reception in advance about your pregnancy status.

Other Instructions:

If you are a diabetic/cardiac/BP patient or have suffered any illness or fever in the recent past, please inform the EHC reception in advance.

All corporate clients are requested to bring the original credit letter from your company.

For identification, kindly bring a valid photo ID Card.

EXECUTIVE HEALTH CHECKUPS



EXECUTIVE
HEALTH CHECKUPS

For appointments please call: 0124 414 1414

Medanta - Gurugram, Sector-38, Gurugram, Haryana

Medanta Mediclinic, E - 18, Defence Colony, New Delhi

Medanta Mediclinic Cybercity, UG Floor, Building 10 C, DLF Cybercity, Phase II, Gurugram

info@medanta.org | www.medanta.org

Introducing the Medanta Executive Health Programme

With the unrelenting pace of the current work environment, medical care and personal wellbeing are often overlooked. Thus, Medanta has introduced a series of comprehensive and personalised programs, conducted by expert doctors from Medanta's flagship hospital, that are designed to assess, detect and help you in managing and monitoring your health.

Medanta's various Executive Health Programs are designed to provide you the best medical knowledge, expertise and facilities. The Executive Health Program offers a variety of check-ups, each with its own specialty, blending Medanta's diagnostic expertise with the latest in preventive medicine.



Medanta Basic Health Check

The Medanta Basic Health Check is our primary health screening package that provides renowned medical expertise, examinations, testing and results with a variety of diagnostic tests including basic blood, heart, kidney and liver tests as well as general health monitoring.

Medanta Post PTCA / CABG / Valve Follow-up

At Medanta, we always look to help and simplify the journey back to good health for all our heart patients. In the Medanta Post PTCA/CABG/Valve Follow-up package we have combined all heart screening follow-up tests together with the expertise of our cardiologists to help you monitor your heart's health.

Medanta Diabetes Basic Package

The Medanta Diabetic Basic Package provides blood sugar screenings and diagnostic tests that include basic blood tests that monitor your heart, liver, hormone and general health. Adopting a multidisciplinary approach, we study your diabetic health, provide consultations with endocrinologists, podiatrists and a Diabetes educator. They work together to chart your sugar levels and provide you with personalised dietary and exercise instructions. However, patients with kidney or cardiovascular conditions may require the advanced package with a few additional tests that would ensure a comprehensive health assessment. Ask your doctor if the advanced package is right for you.

Medanta Healthy Heart Check

This package includes basic health screening and diagnostic tests, combined with consultations with cardiologists from Medanta's Centre of Excellence for Heart Disease. Through this package we conduct comprehensive assessments of an individual's risk of developing cardiac complications and chart out a personalised diet and lifestyle modification plan to ensure that your heart is always healthy.

Medanta Hypertension Check

The Medanta Hypertension Checkup constitutes a team of expert cardiologists that work together to offer a multidisciplinary wellness solution to detect, control and manage blood pressure by providing a host of diagnostic services that include ambulatory blood pressure monitoring and non-invasive hemodynamic assessments.

Medanta Executive Whole Body Check

The Medanta Executive Whole Body Check is a tailor-made package designed to meet the requirements of both men and women with a range of tests and diagnostics. The package includes basic blood tests that provide close attention to your heart, kidney, liver, cancer screening, and bone health in addition to consultation with our experts.

Medanta Years To Life

This package includes the entire range of all the check-ups and consultations provided in the Medanta Executive Whole Body Check along with Medanta'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 check on the build-up of plaque on the walls of arteries of the heart.



MEDANTA EXECUTIVE HEALTH Package Details

	MEDANTA BASIC HEALTH CHECK-UP	MEDANTA DIABETES BASIC PACKAGE	MEDANTA POST PTCA/ CABG/VALVE FOLLOW UP PACKAGE	MEDANTA HEALTHY HEART	MEDANTA HYPERTENSION CHECK	MEDANTA DIABETES ADVANCED PACKAGE	MEDANTA WHOLE BODY CHECK-UP (MEN/WOMEN)	MEDANTA YEARS TO LIFE (MEN/WOMEN)
	₹3,800	₹5,100	₹5,300	₹6,300	₹9,000	₹11,500	₹19,000	₹28,000

LAB TESTS

BLOOD	Complete Blood count Complete Haemogram Blood Group and Antibody screening	• • •	•	• • •	• • •	•	• • •	• • •
DIABETES	Blood Sugar Fasting & Post Prandial Glycosylated Hemoglobin	• •	• •	•	•	• •	• •	• •
KIDNEY	Serum Urea Serum Creatinine Serum Uric acid Serum Sodium Serum Potassium Serum Chloride Serum Phosphorus Urine Protein Creatinine Ratio	• • • • • • • •	• • • • • • • •	• • •	• • • •	• • • • • • • •	• • • • • • • •	• • • • • • • •
INFECTION SCREENING	Urine Analysis HBs Ag HIV Test Anti HCV Stool Analysis	•	•	•	•	•	• • • • •	• • • • •
HEART HEALTH	Lipid Profile High Sensitive C-Reactive Protein Homocysteine Prothrombin Time and INR Creatinine Phosphokinase	•	•	•	• •	•	• • •	• • •
NUTRITION HEALTH	Vitamin D 3 Vitamin B 12 Serum Calcium		•			•	• •	• •
LIVER HEALTH	SGPT Liver Function Test	•	•	•	•	•	•	•
HORMONE HEALTH	Thyroid Stimulating Hormone Test Testosterone#		•		•	•	• •#	• •#
CANCER SCREENING	Prostate Specific Antigen# Pap Smear##						•# •##	•# •##

DIAGNOSTIC TESTS

HEART HEALTH	ECG Exercise Stress ECG (TMT)/ Transthoracic Echo Stress ECHO / DSE / TMT + ECHO CT Coronary Angiogram Ambulatory BP Monitoring Pulse Wave Analysis	• •	•	•	• •	•	• •	• • •
LUNG HEALTH	Chest X Ray Pulmonary Function Test	•		•	•	•	• •	• •
STROKE SCREENING	Carotid IMT			•			•	•
GENERAL HEALTH	Fibro Scan Body Composition Analysis Waist - Hip Circumference Ratio Ultrasound Whole Abdomen Ultrasound Doppler Renals Versalab Auto Assessment Fundus Vision Test Neuropathy Assessment Foot Scan	•	•		•	• • • • • • • •	• • • • • • • •	• • • •
CANCER SCREENING	Mammography						•##	•##
BONE & JOINT	Dexa For Fat Analysis Dexa Whole Body					•	•	•

CONSULTATIONS

	Physician Gyneacologist## Dentist and Dental Examination Ophthalmologist and Eye Examination ENT Cardiologist Urologist# Endocrinologists, Diabetes Educator Musculoskeletal Assessment	•		•	• •	•	• •## • • • • •# •	• •## • • • • •# •
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Breakfast is served with all packages.

for men | ## for women