



**Annual health membership programme
SO WHAT'S INCLUDED IN YOUR MEMBER PROGRAM?**

Parameter	Health 365 Basic	Health 365 Advance	Health 365 Superadvance	Health 365 ULTIMA
Actual Price	RS 24,570	Rs 36,140	Rs 48,580	Rs. 63,815
Discounted Price (>50 %)	Rs 11,990	Rs 17,990	Rs 23,990	Rs. 29,990
	<Rs 1000 / month,	< Rs 1500/ Month	<2000/ Month	<2500/ Month

Ist MONTH	Body Composition Analysis	11	❖	❖	❖	❖
	Body Vitals	4	❖	❖	❖	❖
	Blood Group based Diet Chart	1		❖	❖	❖
	Health and Lifestyle assessment	25		❖	❖	❖
	Oral Cytology examination	2			❖	❖

IInd MONTH	Blood Sugar Fasting / Random	2		❖	❖	❖
	HbA1C	1	❖	❖	❖	❖
	CBC	27	❖	❖	❖	❖
	PBF	5	❖	❖	❖	❖
	PBF Pictorial depiction	1		❖	❖	❖
	PBF Video	1			❖	❖
	Retic Count	1			❖	❖
	Prothrombin Time	1		❖	❖	❖
	APTT	1			❖	❖
	S.G.O.T.	1	❖	❖	❖	❖
	S.G.P.T.	1	❖	❖	❖	❖
	Bilirubin Direct	1		❖	❖	❖
	Bilirubin Indirect	1		❖	❖	❖
	Bilirubin Total	1	❖	❖	❖	❖
	Total Protein	1	❖	❖	❖	❖
	Albumin	1	❖	❖	❖	❖
	Globulin	1	❖	❖	❖	❖
	A/G Ratio	1	❖	❖	❖	❖
	Alkaline phosphatase	1	❖	❖	❖	❖
	GGT	1			❖	❖
	Cholesterol	1	❖	❖	❖	❖
	Triglycerides	1	❖	❖	❖	❖
	L.D.L. Cholesterol	1		❖	❖	❖
	H.D.L. Cholesterol	1		❖	❖	❖
	V.L.D.L. Cholesterol	1		❖	❖	❖
	L.D.L. / H.D.L. Ratio	1			❖	❖
	Cholesterol / H.D.L. Ratio	1			❖	❖
	Cholesterol / L.D.L. Ratio	1			❖	❖
	Amylase	1		❖	❖	❖
	Lipase	1			❖	❖
	Urea	1	❖	❖	❖	❖
	Creatinine	1	❖	❖	❖	❖
	Uric Acid	1		❖	❖	❖
	Sodium	1		❖	❖	❖
	Potassium	1		❖	❖	❖
Chloride	1		❖	❖	❖	
Ionic Calcium	1			❖	❖	
BUN	1			❖	❖	
BUN / Creatinine Ratio	1			❖	❖	

		Urea/Creatinine Ratio	1			❖	❖			
		Immunoglobulin E	1		❖		❖	❖		
		TEC	1			❖		❖		
		VEC	1				❖	❖		
		ANA BY ELISA	1			❖		❖		
		ANA By IFA	1					❖	❖	
	IIIrd MONTH	Wellness Event					❖	❖		
		Talk show					❖	❖		
	IVth Month	Chest X-Ray	1	❖	❖		❖	❖		
		Pulmonary Function Test	38				❖	❖		
		Sputum for AFB	1			❖		❖		
		Sputum for Cytology	1			❖		❖		
		E.C.G.	1		❖	❖		❖	❖	
		ECHO			❖	❖		❖	❖	
		TMT (Tread Mill Test)	40					❖	❖	
		B.P. Monitoring	1		❖	❖		❖	❖	
		Arterial / Venous Doppler	10		❖	❖		❖	Both	
		Renal Artery Doppler							❖	
		Magnetic Resonance Imaging (MRI) Brain Screening with detail explanation by our radiologist							❖	
		Mental Health Assessment				❖		❖	❖	
Electro encephalography(E.E.G.)							❖			
	Vth MONTH	Wellness Event			❖	❖		❖	❖	
		Talk show					❖	❖		
	VIth MONTH	Blood Sugar	1		❖	❖		❖	❖	
		HbA1c	1			❖		❖	❖	
		TSH	1		❖		❖		❖	❖
		T4	1			❖		❖	❖	
		T3	1					❖	❖	
		A.S.L.O.	1					❖	❖	
		C.R.P.	1		❖		❖		❖	❖
		R.A. Factor	1		❖		❖		❖	❖
		ESR	1				❖		❖	❖
		L.D.H.	1				❖		❖	❖
		HbsAg	1		❖		❖		❖	❖
		Anti HCV	1						❖	❖
		V.D.R.L.	1				❖		❖	❖
		Typhi DOT	1				❖		❖	❖
		Vitamin B 12	1		❖		❖		❖	❖
		Vitamin D	1		❖		❖		❖	❖
		Serum Iron	1		❖		❖		❖	❖
Serum TIBC	1		❖		❖		❖	❖		

	VIIIth MONTH	Calcium	1	❖	❖	❖	❖
		Phosphorus	1		❖	❖	❖
		Magnesium	1		❖	❖	❖
		Lipoprotein (a)	1			❖	❖
		Apolipoprotein (A1)	1			❖	❖
		Apolipoprotein (B)	1			❖	❖
		APO A : APO B Ratio	1			❖	❖
		Creatinine phosphokinase				❖	❖
		CEA	1		❖	❖	❖
		CA-125	1		❖	❖	❖
		CA 19.9	1		❖	❖	❖
		AFP	1		❖	❖	❖
		Beta HCG	1			❖	❖
		P.S.A.	1		❖	❖	❖
		VIIIth MONTH	Upper Abdomen :-				
Screening of Liver	1		❖	❖	❖	❖	
Screening of Pancreas	1		❖	❖	❖	❖	
Screening of Gall Bladder	1		❖	❖	❖	❖	
Lower Abdomen: -	1		❖	❖	❖	❖	
Screening of Kidney	1		❖	❖	❖	❖	
Screening of Prostate / Uterus	1		❖	❖	❖	❖	
Screening of Bladder	1		❖	❖	❖	❖	
Screening of adnexa	1		❖	❖	❖	❖	
Carotidal Artery Doppler (Bilateral)	20				❖	❖	
Palpation	1			❖	❖	❖	
NECK USG Screening	5		❖	❖	❖	❖	
Thyroid USG			❖	❖	❖	❖	
Urine examination	25		❖	❖	❖	❖	
DNS / PNS Radiological evaluation	2			❖	❖	❖	
Colonoscopy	1				❖		
VIIIth Month	Wellness Event				❖	❖	
	Talk show				❖	❖	
IXth MONTH	B Scan (Both EYES)	2			❖	❖	
	Vision Test	2		❖	❖	❖	
	Astigmatism	2		❖	❖	❖	
	Dry EYE	2		❖	❖	❖	
	Accommodation	2		❖	❖	❖	
	Color Arrangement	2		❖	❖	❖	
	Contrast sensitivity	2		❖	❖	❖	
	Central Vision	2		❖	❖	❖	
	Stool Examination	12		❖	❖	❖	
	Faecal Occult Blood	1		❖	❖	❖	
	Skin Disease & Precancerous Cancer Lesion	1		❖	❖	❖	
	Cervical / Knee / L.A. Spine evaluation	3	❖	❖	❖	❖	
	B.M.I.	3		❖	❖	❖	

Xth MONTH	Follow up Blood Test			❖	❖	❖
	Follow up Cardiological assessment			❖	❖	❖
	Follow up Radiological Assessment				❖	❖
	Follow up Cancers screening				❖	❖
XIth MONTH	Dental health assessment	10	❖	❖	❖	❖
	Pelvis USG	1	❖	❖	❖	❖
	Semen Analysis	10		❖	❖	❖
	Testicular examination	1			❖	❖
	Testosterone					❖
	Dehydroepiandrosterone (DHEAS)					❖
	Breast USG Bilateral	2	❖	❖	❖	❖
	Transvaginal USG	1			❖	❖
	PAP Smear	1		❖	❖	❖
	XIIth MONTH	Doctors Meeting		❖	❖	❖
Organ Grades				❖	❖	❖
Bound Booklet of whole year Results					❖	❖
OTHER ADVANTAGES	Number of Specialist & Superspecialist Doctors Evaluation / Recommendation / Consultation		4	8	12	15
	Roadmap to good health and goal setting post health check					
	Other pathological & Radiological investigations discount card percentage		10	15	20	30
	Second medical opinions		Local	Local / national	Local / national / International	Local / national / International
	Free Home Sample collection		2	4	6	Unlimited
	No. of Kids champ health package			1	2	2
	Vaccination guidance			❖	❖	❖
	Free FNAC / Biopsy / Bone marrow examination				❖	❖
	Whatsapp daily health guidance			❖	❖	❖
	Follow up free blood test			❖	❖	❖
	Free initial nutritional supplement				❖	❖
	Number of consultation with in house specialist doctors		4	8	12	Unlimited
	Personalize Genomic Analysis (Discount percentage)		5	10	20	30
	Health CME resort Discoun		10	20	40	50
	Diet Plan					
Activity Plan						

	Smoking / alcohol related advise					
	Sexual health advise					
	Reminders for follow up					