



**Drs. SR**

# **PRIME DIAGNOSTIC CLINIC**

**THE PRIME ONE DAY**

**A DAY DEDICATED TO**

**MOST COMPREHENSIVE**

**HEAD TO TOE**

**FULL BODY HEALTH ASSESMENT**

## **THE PRIME EXPERIENCE**

**From the moment you arrive and check in, you will realize the prime exam is completely different level of personalized holistic check up, unlike anything you have ever experienced before.**

**Completing the prime one day health assessment is the most strong step towards taking control of your health and life.**

**The results and recommendations our team provide will help you to create a personnel health and wellness plan.**

**The next step is executing that plan with our team remains by your site provide continued availability to answer any questions regarding results.**

## **WHY DRs. SR PRIME DIAGNOSTIC CLINIC**

**It is one of the few centres in India owned and managed by concerned doctors pathologists and Radiologist.**

**Helps the patients to take control of their health through early detection of chronic illness and disease and our patients have benefited from recommendation to improve our health.**

**When the goal is to live long and healthy life, patients can be assured that the Drs SR prime Diagnostic Clinic is providing then the complete, forward medically appropriate check up available. we continues to keep you WELL ABOVE ALL.**

<b>Time</b>	<b>Schedule</b>
7.30-8.15 a.m.	Welcome   Greet you ; Help you to check in at Prime Luxurious room stay, preview your schedule followed by detail Health and Lifestyle Assessment
08.15 – 09.00 a.m.	<b>Comprehensive blood work up :</b> Blood sugar, CBC; Peripheral blood Film; Liver Function Test; Renal Function Test; Lipid Profile, Pancreas Function Test ; Autoimmune Assessment; Allergic Assessment; Thyroid Profile; Inflammation Markers: RA factor, C.R.P., E.S.R Nutritional Assessment (Vitamin and Minerals) followed by healthy balance breakfast --- <b>(Served in your stay Room)</b>
09.00 – 09.30 a.m.	Body Composition Analysis; Body Vitals; oral cytological examination; Comprehensive Assessment by our Team.
09.30 – 10.15 a.m.	<b>Lung Assessment :</b> Chest X ray; Pulmonary Function Test, Sputum Examination
10.15 – 11.00 a.m.	<b>Cardiac Assessment:</b> E.C.G; B.P monitoring; ECHO/TMT
11.00 a.m. – 12.30 p.m.	Shift to room For Personalized Ayurvedic /Therapeutic Massage & Shower as per our team recommendation. Evaluation of ageing. Advise on rejuvenation and guidance to good health and age management.
12.30 – 02:00 p.m.	USG upper & lower abdomen; stroke screening- carotid Doppler, thyroid USG, neck USG & Palpation.
02.00 – 02:45 p.m.	Personalized diet counselling and Plan followed by healthy lunch– as per our team recommendation ----- - <b>(Served in your stay Room) - you will be able</b>

	<b>to relax and recharge</b>
2:45 – 03:30 p.m.	Mental Health Assessment by Psychiatrist –Stress, Mood, Emotion well being management Eye - B. Scan (Both Eyes), Vision test Breast screening / TVS / PAP Smear (Female) Testicular examination/Semen Analysis (Male)
03.30 - 04:00p.m.	Ortho(Bone/Joints):cervical / knee/ spine Radiological Assessment Nasal Septum and Parabasal sinuses Radiological Assessment
04.00 – 04:30 p.m.	<b>Cancer screening :</b> <b>Radiologist /Pathologist /Oncologist –Triple Screening done by these three doctors simultaneously. If Required followed by cancer biomarker study.</b>
04.30 - 06.30p.m.	Evening healthy Snack followed by dermatological screening with skin rejuvenation Therapy
06.30– 08.00 p.m.	Evaluation//Recommendation/Consultation by more than 10 specialist/ Super specialist Doctors based on your reports
08.00 p.m.	Dinner (As per recommendations of our team based on your results)--- <b>Terrace</b>
09.00–10.00 p.m.	Personalized Health Insight Programme by specialized doctors based on your health assessment.
10.00 p.m. – 06.00 a.m.	Sleep
06.00 – 07.00 a.m.	Urine / Stool Examination – Fitness training programme based on your results
07.00 – 08.00 a.m.	Yoga Asan training based on your results
08.30 a.m.	Detail booklet of tests outcome with. Results / Evaluation / Discussion / recommendation by our team doctors; followed by good health ceremony. Final assessment summary includes detail comprehensive present and future health risks and recommendations

## ONE DAY

- Holistic & accessible health care
- Comprehensive health care assessment.
- Invest one day and get a comprehensive review of you health.
- Experience consultants & support team - our programme comprised of the finest team.
- When you enrol in our stay in health programme you will spend the entire day being cared by our competent efficient staff while we provide you with knowledge and recommendations to live your life healthier.
- Time to invest in your health don't put your health in hold experience our streamline approach to your health concerns by our expert specialist.
- Your time is valuable and so is your health. At our centre, experience top quality healthcare form the world class centre in one day.
- Our programme begins with a comprehensive health assessment that address your medical need and health risk and provides you with practical tools to help you incorporate exercise, nutrition and stress management into your busy life.
- Like many successful adults, your have sacrificed your preventive healthcare to save time --  
Factors in travelling to & from different medical facilities  
waiting in room- who has time
- Complete & through visit.
- During your visit, you will experience a full day of our world class healthcare.
- You day begins with body composition analysis followed by blood & vital collection and complete examination.

Result evaluation/ Recommendation/ Consultation by pathologist /radiologist /cardiologist / pulmonologist / Physician/ Oncologist / Ophthalmologist / Orthopaedist / Otolaryngologist (ENT) / Psychiatrist/ Gastroenterologist/ Gynaecologist/ Surgeon / Dentist/ Dietician / Physiotherapist etc.

- Our goal is to provide you with a clear plan for a healthier tomorrow .
- This plan is the ultimate destination for preventive healthcare & longevity
- Our guests receive a complete full body check up during a single visit and leave their visit with an extensive medical reports and control of their health in their own hands.
- This forward thinking approach and personal health affords our guest a much more thorough assessment of their health and well being .
- It includes extensive screening, advance blood works, radiological imaging including sonography, x-ray etc. and cardiac assessment.
- In addition world-class testing by personnel involvement of radiologist & pathologist.

#### **Exam components:**

- The check up consists of battery of screening and tests to provide the very best in early detection and personal road map to good health.
- Detailed medical history & examinations.
- Thorough review of medical & family
- Nutritional & life style analysis
- Imaging services & USG abdomen, Whole abdomen, B Scan, Thyroid, Neck.

**The experience :-**

**From the moment for arrive and cheek its you will realize the prime exam is a completely different level of**

## THE PRIME

The prime exam is the ultimate destination for preventive healthcare and longevity.

The patients receive a complete body check-up during a single day visit and leave their visit with extensive medical reports in hand. This forward thinking approach and personnel health affords our patients a much more thorough assessment of their health and well being.

The prime health assessment consist of extensive screening advanced blood work, Radiological imaging including, Sonography, X-ray and Cardiac assessment. In addition world class specialist / Super specialist Doctors will be personally looking your health assessment

- Patients will be provided four time healthy meals.
- Upon completion of the exam patient will again meet with the medical staff and there doctor to review all the results with their recommendation.



## **THE PRIME EXPERIENCE**

From the moment you arrive and check in, you will realize the prime exam is completely different level of personalized checkup, Unlike anything you have ever experienced before.

## WELLNESS PACKAGE

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Health 360 offers a one of its kind holistic healthcare package to make your preventive health checkup experience an exciting and memorable one! This is a perfect package for special occasions like wedding anniversaries.

The Wellness package allows you to combine your health checkup with soothing spa therapies, meditation sessions, and cosmetic care in a unique experience spread over one or two days with overnight accommodation and dining in a luxury hotel in South Mumbai.

### **Sample Anniversary Package**

- Check in to a luxurious hotel on the evening of your anniversary.
- Give your fasting blood samples in your hotel room the following morning. Our pathology technician will be sent to the hotel for the same.
- Enjoy a nutritious wholesome breakfast in the hotel.
- Proceed to Health 360 in a chauffer driven car for all other diagnostic tests included in the health checkup package selected by you.
- After the tests are completed, proceed back to the hotel spa for therapies of your choice.
- Cosmetic consultations and treatments available on request.
- Enjoy a special anniversary dinner under the stars in the evening.
- Check out of the hotel with complimentary drop-off to residence in a chauffer driven car.
- Your health checkup reports are couriered to you on the following day.

## SERVICES / HEALTH CHECKUPS / ANNIVERSARY / BIRTHDAY PACKAGE

Health 360 offers a one of its kind holistic healthcare package to make your preventive health checkup experience an exciting and memorable one! This is a perfect package for special occasions like wedding anniversaries.

The Anniversary package allows you to combine your health checkup with soothing spa therapies, meditation sessions, and cosmetic care in a unique experience spread over one or two days with overnight accommodation and dining in a luxury hotel in South Mumbai.



	<b>Anniversary Health 360 Package</b>	<b>Anniversary Health 360 Plus Package</b>	<b>Anniversary Health 360 Delux Package</b>
<b>Single</b>	<b>Rs. 30,000</b>	<b>Rs. 40,000</b>	<b>Rs. 70,000</b>
<b>Couple</b>	<b>Rs. 50,000</b>	<b>Rs. 70,000</b>	<b>Rs. 130,000</b>
Annual member program price:	Rs. 8,998 Rs. 10,998	Rs. 14,998 Rs. 16,998	Rs. 18,998 Rs. 20,998