

## Apollo Health Check



### Apollo Health Checks Package Information

India's first internationally accredited hospital.

Indraprastha Apollo Hospitals, New Delhi is the first internationally accredited hospital in India to receive international accreditation, by Joint Commission International, USA.

Following the age-old adage that says "Prevention is better than cure", it is always recommended that one goes through an annual preventive check to detect any disease condition early. The sooner you detect any irregularity in your system, better is the management and outcome of treatment.

### Does a one-time check up help?

Regular check ups are recommended, since a disease can develop at any stage in life. Further, a yearly repeat check, offers a review of any irregularity that was detected in the first check up.

### What is so special about Apollo Health Checks?

- Apollo pioneered the concept of the preventive health check program and has created a satisfied customer base over decades.
- Special care has been taken while designing these packages. Since every individual and age group has different health needs, we have designed specific packages to meet them.
- Apollo Health Checks are all inclusive health screening programs that offer you the convenience of all tests under one roof.

### The packages offer:

- Detailed consultation, assessment and review by Senior physicians
- An exhaustive set of tests which are assayed at our NABL certified laboratory
- Any other special test prescribed by the doctor can be conducted with applicable discount
- Full medical report for future reference

### Apollo Health Check program offers the following packages:

**Apollo Health Check**

**Apollo Executive Health Check**

**Apollo Heart Check**

**Apollo Whole Body Check**

**Apollo Advanced Heart Check**

**Apollo Well Women Check**

**Apollo Child Health Check**

**Apollo Breast Check**

**Apollo Diabetes Check**

**Apollo Cancer Check**

**Apollo Stroke Check**

**Apollo Liver Check**

**Apollo Knee Checks**

• Basic • Advance

Appointments may be fixed through our Call Centre that is operational round the clock. The Call Centre officer will provide complete instruction to facilitate the check up.

**For Appointments Call : 011- 26825708/26825604**

## IMPORTANT INSTRUCTIONS

- Kindly take prior appointment. Please call -**26825708, 26825604 (Direct). 29871090/ 29871091**. You may also log on to **www.apolloedoc.com** or call on our healthline number **66001066** to book your appointment for health check package.
- Please report at the Apollo Health Check Department, OPD First Floor, 'A' wing, (Gate No. 2) between 8.00 a.m. and 10.30 a.m., Monday through Sunday with prior appointment.
- For Breast Check please report at the Oncology OPD (basement-2)
- Please come on an empty stomach with overnight fasting; however, you are advised to have 2-3 glasses of plain water, to enable a full bladder to facilitate an ultrasound.
- Kindly bring your morning samples of urine and stool if applicable. Sterilized containers for samples may be collected a day in advance from the Apollo Health Check Department or from a chemist shop.
- Please do not use deodorants, perfumes or talc if you opt for the Breast Check package.
- Breast Check and Child Check do not require fasting.
- In case you are taking any medication, please bring them with you. If you are a diabetic or a cardiac patient, please inform the Apollo Health Check Reception immediately on arrival.
- **Pregnant ladies or those suspecting pregnancy shall not undergo X-ray, mammography or bone densitometry.**
- **Dress Code:** Since you will be required to change clothes frequently while undergoing various tests, you are advised to wear comfortable casual clothes and footwear.
- 10% discount will be extended on any additional investigations recommended by our consultants based on clinical examination during the Health Check.
- Validity period of all Health Check Packages is one month, within which period, review may be completed.

## Apollo Health Check

Recommended for men and women  
below 35 years of age

### A STITCH IN TIME SAVES NINE

Detailed evaluation of a person's current status of health assists in detection of potential health risks at an early stage.

### HAEMOGRAM

- Haemoglobin • ESR • PCV • MCHC • MCV • MCH
- TLC • DLC • Peripheral Smear • Platelet Count

### BIOCHEMICAL PARAMETERS

- Blood Sugar (Fasting & Post Prandial) • Uric Acid
- Lipid Profile (Total Cholesterol, HDL, LDL, Triglycerides Ratio of Cholesterol/HDL)

### KIDNEY ASSESSMENT

- S. Urea • S. Creatinine • Complete Urine Analysis

### LIVER FUNCTION TEST

- Total Protein • Albumin • Globulin • A/G Ratio • SGPT
- Alkaline Phosphatase • SGGTP • S. Bilirubin (Total & Direct)

### GENERAL TESTS

- Blood Grouping & Rh Typing • Stool examination
- X-Ray Chest • ECG (resting) • Pap smear • Ultrasound screening of the whole abdomen

### CONSULTATIONS

- Clinical examination, medical summary and advice by Senior Consultant-Internal Medicine
- Genital / Rectal examination by a General Surgeon for men
- Consultation by Gynaecologist for women
- Post check up Consultation by Senior Consultant -Internal Medicine

Breakfast included

Rs. 4100

## Apollo Executive Health Check

Recommended for men and women  
above 35 years of age

### A HEALTHY EXECUTIVE IS MORE PRODUCTIVE

Professional pressures lead to mental and physical stress. Opt for Apollo's Executive Health Check now and ensure your well being.

#### HAEMOGRAM

- Haemoglobin • ESR • PCV • MCHC • MCV • MCH
- TLC • DLC • Peripheral Smear • Platelet Count

#### BIOCHEMICAL PARAMETERS

- Blood Sugar (Fasting & Post Prandial) • Uric Acid
- Lipid Profile (Total Cholesterol, HDL, LDL, Triglycerides Ratio of Cholesterol/HDL)

#### KIDNEY ASSESSMENT

- S. Urea • S. Creatinine • Complete Urine Analysis

#### LIVER FUNCTION TEST

- Total Protein • Albumin • Globulin • A/G Ratio • SGPT
- Alkaline Phosphatase • SGGTP • S. Bilirubin (Total & Direct)

#### LUNG FUNCTION TEST

- Pulmonary Function Test (PFT)

#### CARDIAC ASSESSMENT

- ECG • Tread Mill Test (TMT)

#### GENERAL TESTS

- Blood Grouping & Rh Typing • Stool examination
- X-Ray Chest • Pap smear • Ultrasound screening of the whole abdomen

#### CONSULTATIONS

- Clinical examination, medical summary and advice by Senior Consultant-Internal Medicine
- Genital/Rectal examination by a General Surgeon for men
- Consultation by Gynaecologist for women
- Post check up consultation by Senior Consultant -Internal Medicine

#### HEALTH & LIFESTYLE ASSESSMENT AND COUNSELING

- Nutrition & Diet • Stress management • Exercise & Fitness • Risk Management for Addictions, Cardiac Problems, Cancer, AIDS, etc.

Breakfast included

Rs. 4400

## Apollo Heart Check

Recommended for persons with cardiac symptoms & risk factors

### LISTEN TO YOUR HEART

A regular Apollo Heart Check will help you know your cardiac status and also suggest curative and/or preventive measures.

### HAEMOGRAM

- Haemoglobin • ESR • PCV • MCHC • MCV • MCH
- TLC • DLC • Peripheral Smear • Platelet Count

### BIOCHEMICAL PARAMETERS

- Blood Sugar (Fasting & Post Prandial) • Uric Acid
- Lipid Profile (Total Cholesterol, HDL, LDL, Triglycerides, Ratio of Cholesterol/HDL)

### KIDNEY ASSESSMENT

- S. Urea • S. Creatinine • Complete Urine Analysis

### LIVER FUNCTION TEST

- Total Protein • Albumin • Globulin • A/G Ratio • SGPT & SGOT • Alkaline Phosphatase • SGGTP
- S. Bilirubin (Total & Direct)

### LUNG FUNCTION TEST

- Pulmonary Function Test (PFT)

### CARDIAC ASSESSMENT

- ECG • Echocardiography • Tread Mill Test (TMT)

### GENERAL TESTS

- Blood Grouping & Rh Typing • Stool examination
- X-Ray Chest • Pap smear • Ultrasound screening of the whole abdomen

### CONSULTATIONS

- Clinical examination, medical summary and advice by Senior Consultant-Internal Medicine
- Genital/Rectal examination by a General Surgeon for men
- Consultation by Gynaecologist for women
- Post check up Consultation by Senior Consultant -Internal Medicine
- Consultation with Senior Cardiologist
- Diet counseling

### HEALTH & LIFESTYLE ASSESSMENT AND COUNSELING

- Nutrition & Diet • Stress management • Exercise & Fitness • Risk Management for Addictions, Cardiac Problems, Cancer, AIDS, etc.

Breakfast included

Rs. 5400

## Apollo Advanced Heart Check

Recommended for persons with cardiac symptoms & risk factors

### HAEMOGRAM

- Haemoglobin • ESR • PCV • MCHC • MCV • MCH
- TLC • DLC • Peripheral Smear • Platelet Count

### BIOCHEMICAL PARAMETERS

- Blood Sugar (Fasting & Post Prandial) • Uric Acid
- Lipid Profile (Total Cholesterol, HDL, LDL, Triglycerides, Ratio of Cholesterol/HDL)

### KIDNEY ASSESSMENT

- S. Urea • S. Creatinine • Complete Urine Analysis

### LIVER FUNCTION TEST

- Total Protein • Albumin • Globulin • A/G Ratio • SGPT & SGOT • Alkaline Phosphatase • SGGTP
- S. Bilirubin (Total & Direct)

### LUNG FUNCTION TEST

### CARDIAC ASSESSMENT

- ECG (Resting) • Echo Cardiogram • Cardiac Stress Analysis (CSA / TMT) [Assessment of Associated Coronary Risk Factors](#) • [S Homocysteine](#)
- Apolipoprotein (A & B) • Lipoprotein (a)
- Calcium Scoring

### 64 SLICE CT SCAN

Either on the same day of package or the following day (Please follow special instructions given while taking appointment)

### CONSULTATIONS

- Clinical examination, medical summary and advice by Senior Consultant-Internal Medicine
- Genital/Rectal examination by a General Surgeon for men
- Consultation by Gynaecologist for women
- [Consultation with Senior Cardiologist](#)
- Diet counseling

### GENERAL TESTS

- Blood Grouping & Rh Typing • Stool examination
- X-Ray Chest • Pap smear • Ultrasound screening of the whole abdomen • Pulmonary Function Test (PFT)

### HEALTH & LIFESTYLE ASSESSMENT AND COUNSELING

- Nutrition & Diet • Stress management • Exercise & Fitness • Risk Management for Addictions, Cardiac Problems, Cancer, AIDS, etc.

Breakfast included

Rs. 16500

## Apollo Whole Body Check

Recommended for people desiring a more comprehensive check-up

### WHY TAKE CHANCES WHEN THERE IS A WAY?

For a nominal fee, Apollo Whole Body Check keeps potential risks within check.

### HAEMOGRAM

- Haemoglobin • ESR • PCV • MCHC • MCV • MCH • TLC
- DLC • Peripheral Smear • Platelet Count

### BIOCHEMICAL PARAMETERS

- Blood Sugar (Fasting & Post Prandial) • Uric Acid
- Serum Calcium & Phosphorous • Lipid Profile (Total Cholesterol, HDL, LDL, Triglycerides, Ratio of Cholesterol/HDL) • Glycosylated Haemoglobin (HbA1C)
- TSH

### KIDNEY ASSESSMENT

- S. Urea • S. Creatinine • Complete Urine Analysis

### LIVER FUNCTION TEST

- Total Protein • Albumin • Globulin • A/G Ratio • SGPT & SGOT • Alkaline Phosphatase • SGGTP
- S. Bilirubin (Total & Direct)

### LUNG FUNCTION TEST

- Pulmonary Function Test (PFT)

### CARDIAC ASSESSMENT

- ECG • Echocardiography • Tread Mill Test (TMT)

### GENERAL TESTS

- Blood Grouping & Rh Typing • Stool examination • X-ray Chest • Pap smear • Ultrasound screening of the whole abdomen • Prostate Specific Antigen (PSA) for men
- Mammography for woman

### CONSULTATIONS

- Clinical examination, medical summary and advice by Senior Consultant-Internal Medicine
- Genital/Rectal examination by a General Surgeon for men
- Consultation with Gynaecologist for women
- Consultation with Senior Cardiologist
- Diet counseling
- Eye, ENT, Dental (Routine Checkup)  
(Eye Check includes: Vision, Refraction, Intraocular Pressure and Undilated fundus examination)
- Post Check up consultation by Senior Consultant-Internal Medicine

### HEALTH & LIFESTYLE ASSESSMENT AND COUNSELING

- Nutrition & Diet • Stress management • Exercise & Fitness
- Risk Management for Addictions, Cardiac Problems, Cancer, AIDS, etc.

Breakfast included

Rs. 8300





# **SPECIAL CHECKS**







## Preventive Health Check Packages

Investigations / Tests	Apollo Well Woman Check	Apollo Child Health Check	Apollo Knee Check (Basic)	Apollo Stroke Check	Apollo Liver Check
<b>Haemogram</b>					
Haemoglobin & PCV	●	●	●	●	●
ESR	●	●	●	●	
TLC	●	●	●	●	●
DLC (Differential Count)	●	●	●	●	
Platelet Count	●	●		●	●
MCHC, MCV, MCH	●	●		●	
Peripheral Smear	●	●		●	
<b>Biochemical Parameters</b>					
Blood Sugar (Fasting & PP)	●			●	
Urea Creatinine				●	
Uric Acid				●	
Lipid Profile				●	
Liver Function Test				●	●
Urine Routine Exam	●	●		●	
Stool Routine Exam	●	●		●	
Blood Group & Rh Typing	●	●		●	
Elisa HBS Ag / Australia Antigen					●
Elisa Anti HCV					●
Serum Calcium				●	●
RA Factor					
Alkaline Phosphate				●	
ECG (Electrocardiography)				●	
X-Ray (Chest)	●			●	
Knee					
- AP			●		
- Lateral			●		
- Skyline			●		
Ultrasound Whole Abdomen (Screening)				●	
Ultrasound (upper) abdomen					●
DXA					
Two X-Rays advised by Orthopaedician					
Echo Cardiography (Echo)				●	
Carotid Doppler				●	
PAP Smear (for women)	●				
Mammography (for women)	●				
Ultrasound Pelvis (Screening)	●				
Ultrasound Breast (Screening)	●				
Mantoux Test		●			
SGOT				●	
Breast Examination	●				
Gynae Consultation	●				
Ortho Consultation			●		
Neurologist Consultation				●	
Pediatric Consultation		●			
Hepatologist Consultation					●
Diet Consultation				●	
Lifestyle Management				●	
Audiometry Test		●			
Dental Check		●			
Eye Check		●			

Amount

Rs. 1550

Rs. 1100

Rs. 2100

Rs. 4000

Rs. 2500



Accredited by  
Joint Commission International

## Speciality Departments

- Anaesthesiology
- Biochemistry
- Apollo Cancer Institute
  - Medical Oncology
  - Radiation Oncology
  - Surgical Oncology
- Apollo Heart Centre
  - Cardiothoracic Surgery
  - Electrophysiology
  - Interventional Cardiology
  - Non-invasive Cardiology
- Clinical Pathology
- Critical Care
- Dental Surgery
- Dermatology
- Dietetics and Nutrition
- ENT
- Emergency Medicine
- Endocrinology
- Apollo Liver & Digestive Disease Centre
  - Gastroenterology
  - Hepatology
  - Nutrition
- Geriatrics
- Gynaecology and Obstetrics
- Fetal Medicine
- IVF
- Histopathology
- Hematology
- Hyper Baric Oxygen Therapy
- Immunology and Molecular Biology
- Joint Surgery
  - Knee Replacement
  - Hip Replacement
  - Arthroscopy
- Apollo Transplant Centre
  - Kidney Transplantation
  - Liver Transplantation
  - Bone Marrow Transplant
- Microbiology
- Apollo Neurosciences Centre
  - Neurology
  - Neurophysiology
  - Neuroradiology
  - Neurosurgery
- Nuclear Medicine
- Nephrology
- Ophthalmology
- Apollo Orthopaedic Centre
  - Joint Surgery
  - Trauma
  - Orthopedic
  - Spine Surgery
- Apollo Centre for Advanced Pediatrics
  - Adolescent Medicine
  - Child Psychology
  - Developmental Pediatrics
  - General Pediatrics
  - Neonatology
  - Neonatal Surgery
  - Pediatric Critical Care
  - Pediatric Cardiology
  - Pediatric Cardiac Surgery
  - Pediatric Endocrinology
  - Pediatric Gastroenterology and Hepatology
  - Pediatric Hematology and Oncology
  - Pediatric Orthopaedics
  - Pediatric Nephrology
  - Pediatric Neurology
  - Pediatric Surgery
  - Pediatric Urology
- Physiotherapy and Rehabilitation
- Plastic Surgery and Cosmetic Surgery
- Psychiatry and Psychology
- Radiology
- Respiratory and Sleep Medicine
- Rheumatology
- Transfusion Medicine and Clinical Apheresis
- Thoracic Surgery
- Urology and Andrology
- Apollo Centre for Advanced Surgery
  - Minimal Access Surgery
  - Surgical Gastroenterology
  - Vascular Surgery



TOUCHING LIVES

DELHI

Sarita Vihar, Delhi Mathura Road, New Delhi - 110076 (INDIA)  
Phone: +91-11-26925858 / 26925801, Fax: +91-11-26823629  
Emergency Telephone No.: 1066, 26925888, 26825555  
E-mail: [helpdesk\\_delhi@apollohospitals.com](mailto:helpdesk_delhi@apollohospitals.com)  
Website: [www.apollohospdelhi.com](http://www.apollohospdelhi.com)