

## Plan a Health Check up for a Healthy Today and Tomorrow

An Annual Health Check – up is an absolute necessity for adults, senior citizens and even children. Many of us tend to neglect this because of the cost involved and the time constraint.

However, not diagnosing a medical problem early enough could prove far more costly in terms of medical management and would lead to disruption of family life and loss of peace of mind.

Do we need to be subjected to all this?

The K. E. M. Hospital, a 99 year old, multi speciality hospital in the NGO sector with state-of-the-art diagnostic equipment, has launched a range of tailor made packages, developed to cater to the needs of a wide cross section of individuals, at a very affordable cost.

Do something for those to whom you owe so much, for those whom you love --you, your parents, your spouse and your children.

Celebrating your organization's foundation day, silver jubilee, a production landmark?

Gift them a Health Check-up at the K. E. M. Hospital on their birthday or anniversary. Make any day a special occasion.

Gift them a Health Check-up at the K. E. M. Hospital.

### HEALTH CHECK-UP GUIDELINES

- 1) Prior appointment is necessary.
- 2) A minimum 12hrs fasting is necessary. Please do not eat or drink anything after 8:00 P. M. the previous night. You can only take plain water on the morning of Health checkup.
- 3) Please bring your morning stool sample (if required) & urine sample along with you. You can collect the containers from the OPD Laboratory the day before. Alternately, any well – cleaned bottle / plastic container will do.
- 4) Please wear comfortable clothes, footwear and minimum jewellery.
- 5) Please bring all your earlier medical records (ECG, Lab reports, doctor's prescriptions etc.) with you. Please consult your regular Physician also. In case any special /additional investigations/ Consultation/Procedures required, we can provide the same to you at additional cost.
- 6) There are specific instructions for specific investigations. For e.g. For Stress test, males are requested to get the chest shaved from Collarbone to Navel. Please inquire about special instructions at the time of appointment.
- 7) If you are on daily medication (e.g. for blood pressure) please inquire about the dosage on the day of Health Checkup. Diabetic patients can carry their drugs with them & take them as per instructions of the K.E.M. Hospital doctor.
- 8) Breakfast is complementary.
- 9) For further details, please contact -  
OPD Coordinator @ 66037398  
Marketing Department @ 66037516
- 10) Kindly inform us in case of cancellations or postponement 24 hrs in advance.

## आरोग्यदायी वर्तमान व भविष्यासाठी नियमित आरोग्य तपासणी करून घ्या

या धकाधकीच्या जीवनात आरोग्य तपासणी करून घेणे ही काळाची गरज आहे.

बरेच लोक ही तपासणी खर्चिक असल्यामुळे दुर्लक्ष करतात; परंतु आपली वैद्यकीय समस्या अगोदरच लक्षात आली नाही तर, नंतर ती गंभीर स्वरूप धारण करू शकते. त्यामुळे पुढे आपल्याला व आपल्या कुटुंबाला गंभीर वैद्यकीय अडचणी, आर्थिक व मानसिक त्रास इत्यादी समस्यांना सामोरे जावं लागतं. आपण किंवा आपल्या प्रिय व्यक्तींना हा त्रास होऊ नये ह्यासाठी अगोदरच उपाय करणे हे कधीही चांगले.

के.ई.एम. रुग्णालय हि पुण्यातील ९९ वर्षांचा इतिहास असलेली व सर्व सुविधांनी परिपूर्ण व अत्याधुनिक उपकरणे असणारी अशासकिय संस्था आहे.

के.ई.एम. रुग्णालयामध्ये सर्व प्रकारच्या तपासणी योजना विविध स्तरांतील व्यक्तींना अगदी परवडणाऱ्या किमतीमध्ये उपलब्ध आहेत.

ज्यांच्यावर तुम्ही खूप प्रेम करता : तुमचे आई – वडील, पती /पत्नी व मुले अशा प्रिय व्यक्ती किंवा आपल्या संस्थेचे कर्मचारी यांच्यासाठी काहीतरी विशेष करायचंय? त्यांना त्यांच्या वाढदिवसाला किंवा काही विशेष कार्यक्रमाच्या निमित्ताने, आपल्या संस्थेच्या वर्धापन दिनी, रौप्य महोत्सवाच्या निमित्ताने के.ई.एम.च्या विशेष आरोग्य तपासणीची भेट द्या.



## सुचना : कृपया खालिल सूचनांकडे लक्ष द्या !

- १) आदल्या दिवशी रात्री ८ नंतर काहीही खाऊ किंवा पिऊ नये. कमीत कमी बारा तास काहीही घेऊ नये. फक्त तपासणीच्या वेळी सकाळी पाणी प्यायल्यास चालू शकेल.
- २) तपासणी साठी येताना आरामदायी कपडे, पादत्राणे व कमीतकमी दागिने घालावेत.
- ३) येताना तुमच्याबरोबर सकाळची लघवी वा संडासाचे नमुने आणण्यासाठी लागणारी डबी आदल्या दिवशी ओ पी डि लॅब मधुन घेऊन जाऊ शकता. व्यवस्थित स्वच्छ केलेली बाटली अथवा डबी ही चालू शकेल.
- ४) येताना कृपया आपल्या जवळील पूर्वीची वैद्यकीय कागदपत्रे घेऊन या. तुमच्या डॉक्टरांचा सल्ला सुध्दा घ्या. जर तुम्हाला खास/अतिरिक्त तपासण्यांची / सल्ल्याची / प्रक्रियांची गरज असेल तर आम्ही ही सेवा आपल्याला अतिरिक्त किमतीत देऊ शकतो.
- ५) काही खास तपासण्यांसाठी काही खास सुचना असतात. अशा खास सूचनांसाठी अगोदर चौकशी करा.
- ६) आपण जर काही औषधोपचार घेत असाल तर आम्हाला तपासणीच्या आधी कळवा.
- ७) ह्या तपासण्या बरोबरच आपल्याला ऊर्जाकाची गरज लक्षात घेऊन बनविलेला नाश्ता ही दिला जाईल.
- ८) माहितीसाठी संपर्क :  
ओ.पी.डी. काऊंटर : ०२०-६६०३७३९८  
मार्केटिंग विभाग : ०२०-६६०३७५१६
- ९) काही कारणास्तव आपण तपासणीसाठी येऊ शकणार नसलात तर कृपया आम्हाला २४ तास आधी कळवा.



### के. ई. एम. रुग्णालय

४८९, सरदार मुदलियार रोड, रास्ता पेट, पुणे ४११०११.

दूरध्वनी : ०२०-६६०३७३००/२६१२५६००

वेबसाईट : www.kemhospital.org

# HEALTH CHECK UP PLANS



## KEM Hospital

489, Sardar Moodliar Road, Rasta Peth, Pune 411011.

Phone no. 020-66037300/26125600

Website : www.kemhospital.org



# TOTAL HEALTH CHECK UP PLANS AT A GLANCE

BASIC Health Check "A" (Suitable for Adults Below 40 Yrs.)	BASIC Health Check "B" (Suitable for Adults Below 40 Yrs.)
CHECK-UP BY PHYSICIAN AND CHECK-UP BY OPHTHALMOLOGIST HAEMOGRAM BLOOD SUGAR (R) BLOOD UREA S. CREATININE ECG X-RAY CHEST PA VIEW URINE ®	CHECK-UP BY PHYSICIAN AND CHECK-UP BY OPHTHALMOLOGIST HAEMOGRAM BLOOD SUGAR (F) BLOOD SUGAR (PP) BLOOD UREA S. CREATININE LIPID PROFILE ECG X-RAY CHEST PA VIEW URINE ®
Package @ Rs.1200/-	Package @ Rs.1650/-

\*Check up by Gynecologist at actuals @Rs150/-

Child Care Check	Arthritis and Joint Care
CHECK UP BY PAEDIATRICIAN CHECK-UP BY OPHTHALMOLOGIST CHECK-UP BY E. N. T. SURGEON HAEMOGRAM URINE ® Stool Examination BLOOD GROUPING-RH TYPING	RHEUMATOLOGIST/ ORTHOPEDIC CONSULTATION HAEMOGRAM S. CALCIUM S. PHOSPHOROUS S. CREATININE RA FACTOR
Package @ Rs.850/-	Package @ Rs.800/-

Menopause Package "A"	Menopause Package "B"
CHECK-UP BY GYNAECOLOGIST HAEMOGRAM BLOOD SUGAR (F) BLOOD SUGAR (PP) LIPID PROFILE ESTRADIOL TOTAL PAP SMEAR USG ABDOMEN with PELVIS	ESTRADIOL TOTAL PAP SMEAR USG ABDOMEN with PELVIS BONE DENSITOMETRY (Spine)
Package@ Rs. 2250/-	Package@ Rs. 2500/-

CARDIAC CARE "A" (For those at risk. To rule out risk of Heart Disease)	CARDIAC CARE "B" (For those with a history of Heart Disease)
CHECK-UP BY PHYSICIAN HAEMOGRAM BLOOD SUGAR (F) BLOOD SUGAR (PP) ECG, STRESS TEST 2D-ECHO with Cardiac Doppler HOMOCYSTEINE (BLOOD) VIT. B12 & FOLIC ACID LIPID PROFILE X-RAY CHEST PA VIEW URINE ®	CHECK-UP BY PHYSICIAN HAEMOGRAM BLOOD SUGAR (F) BLOOD SUGAR (PP) ECG STRESS TEST 2D-ECHO with Cardiac Doppler LIPID PROFILE X-RAY CHEST PA VIEW URINE ®
Package @ Rs. 4900/-	Package @ Rs. 3100/-

COMPREHENSIVE Health Check (MALES)	COMPREHENSIVE Health Check (FEMALES)
CHECK-UP BY PHYSICIAN CHECK-UP BY OPHTHALMOLOGIST HAEMOGRAM BLOOD SUGAR (F) BLOOD SUGAR (PP) BLOOD UREA S.CREATININE LIPID PROFILE ECG STRESS TEST 2D-ECHO with Cardiac Doppler Alk.Phosphatase S. Bilirubin SGPT SGOT X-RAY CHEST PA VIEW PSA USG ABDOMEN with PELVIS URINE ®	CHECK-UP BY PHYSICIAN CHECK-UP BY OPHTHALMOLOGIST CHECK-UP BY GYNAECOLOGIST HAEMOGRAM BLOOD SUGAR (F) BLOOD SUGAR (PP) BLOOD UREA S.CREATININE LIPID PROFILE ECG STRESS TEST 2D-ECHO Alk.Phosphatase S. Bilirubin SGOT SGPT X-RAY CHEST PA VIEW THYROID FUNCTION TEST PAP SMEAR USG ABDOMEN with PELVIS URINE ®
Package @ Rs. 4950/-	Package @ Rs. 5450/-

COMPREHENSIVE HEALTH CHECKUP (DIABETES & CARDIAC CARE)
CHECK-UP BY PHYSICIAN CHECK-UP BY OPHTHALMOLOGIST HAEMOGRAM Alk.Phosphatase S. Bilirubin LIPID PROFILE SGOT SGPT 2D-ECHO with Cardiac Doppler E.C.G. STRESS TEST BLOOD SUGAR (F) & (PP) GLYCOSYLATED HB. BLOOD UREA S.CREATININE URIC ACID URINE PROTEIN / CREATININE RATIO TSH X-RAY CHEST PA VIEW URINE ®
Package @ Rs. 4550/-

EXECUTIVE Health Check (MALES)	EXECUTIVE Health Check (FEMALES)
CHECK-UP BY PHYSICIAN CHECK-UP BY OPHTHALMOLOGIST HAEMOGRAM BLOOD SUGAR (F) BLOOD SUGAR (PP) BLOOD UREA S.CREATININE LIPID PROFILE ECG Alk.Phosphatase S. Bilirubin SGPT SGOT X-RAY CHEST PA VIEW USG ABDOMEN with PELVIS URINE ®	CHECK-UP BY PHYSICIAN CHECK-UP BY OPHTHALMOLOGIST CHECK-UP BY GYNAECOLOGIST HAEMOGRAM BLOOD SUGAR (F) BLOOD SUGAR (PP) BLOOD UREA S.CREATININE LIPID PROFILE ECG Alk.Phosphatase S. Bilirubin SGOT SGPT X-RAY CHEST PA VIEW USG ABDOMEN with PELVIS URINE ®
Package @ Rs. 2800/-	Package @ Rs. 2950/-

PRE - EMPLOYMENT CHECK UP	DIABETES CARE CHECK UP
CHECK-UP BY PHYSICIAN CHECK-UP BY OPHTHALMOLOGIST HAEMOGRAM BLOOD SUGAR (F) BLOOD SUGAR (PP) BLOOD UREA S.CREATININE LIPID PROFILE ECG Alk.Phosphatase S. Bilirubin SGPT SGOT X-RAY CHEST PA VIEW USG ABDOMEN with PELVIS URINE ®	CHECK-UP BY PHYSICIAN in Diabetes Unit CHECK-UP BY OPHTHALMOLOGIST HAEMOGRAM BLOOD SUGAR (F) BLOOD SUGAR (PP) GLYCOSYLATED HB. S.CREATININE SGOT SGPT TSH E.C.G. LIPID PROFILE URINE PROTEIN / CREATININE RATIO URINE ®
Package @ Rs. 2800/-	Package @ Rs. 2350/-



These rates are subject to revision at the discretion of the management.