



PREVENTIVE HEALTH CHECKUP PLANS

JUSTICE K S HEGDE CHARITABLE HOSPITAL



Justice K S Hegde Charitable Hospital is a 1,200-bedded NABH-accredited multi-specialty hospital serving as the teaching hospital for K S Hegde Medical Academy. As a cornerstone of Mangaluru's healthcare landscape, this leading institution is renowned for its dedication to delivering high-quality, affordable care!

With state-of-the-art diagnostic and therapeutic facilities, the hospital specialises in a wide range of critical surgeries, including valve replacements, bypass surgeries, neonatal surgeries, cancer surgeries, paediatric surgeries, cardiac surgeries, laparoscopic procedures, arthroscopic surgeries, joint replacements, complex spine and brain surgeries, microlaryngeal surgeries and endoscopic sinus surgeries.



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Please note:

1. Overnight fasting (8 hours) is required
2. Any test outside the package will be charged extra
3. Cross references will be charged as applicable
4. Reporting time 8.00 am
5. Please fix an appointment in advance

For appointments call (Timings: 8 am to 7 pm)

K S Hegde Hospital

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Nitte Day Care Centre

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Regular Health Plan



A general health check-up plan for all age groups

Many common diseases can be treated and prevented with early detection. Regular health check-ups are specifically designed to pick early warning signs of any illness.

The plan includes:

Consultation with the Physician

- | | |
|-----------------------------|------------------|
| • Blood Grouping and Typing | • FBS |
| • Blood Urea | • Lipid Profile |
| • Chest X-Ray | • PPBS |
| • Complete Blood Count | • TSH |
| • Creatinine | • Uric Acid |
| • ECG | • Urine Analysis |

Cost ₹2750/-

Executive Health Plan

A comprehensive health check-up plan for all age groups

During a health check-up, your doctor will discuss your medical history, your family's history of disease and your lifestyle, including your diet, weight, physical activity, alcohol use and whether you smoke. Health checks can identify any early signs of health issues. Your doctor will guide you towards a healthy lifestyle based on the clinical examination and investigations done as part of the package.

The plan includes:

Consultation with the Physician

- Blood Grouping and Typing
- Blood Urea
- Chest X-Ray
- Complete Blood Count
- Creatinine
- ECG
- FBS • LFT
- Lipid Profile
- PPBS
- TSH
- Ultrasound Abdomen
- Uric Acid
- Urine Analysis

Cost **₹3850/-**

Regular Cardiac Health Plan

A package specially directed to the prevention / early detection of heart disease

A person can have cardiac disease and can still feel fine. This is the main reason why heart diseases are also known as silent killers. With the help of an advanced cardiac health checkup, one can prevent heart disease by discovering and managing the risk factors.

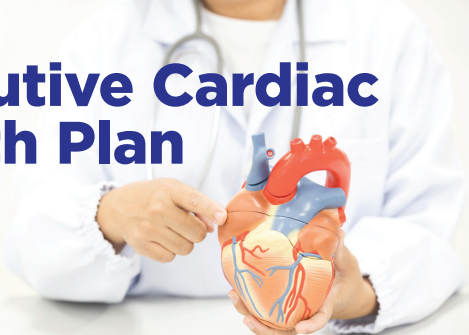
The plan includes:

Consultation with the Physician & Cardiologist

- Blood Grouping and Typing
- Blood Urea
- Chest X-Ray
- Complete Blood Count
- Creatinine
- ECG
- FBS
- Lipid Profile
- PPBS
- TSH
- TMT or Echo
- Uric Acid
- Urine Analysis

Cost ₹4400/-

Executive Cardiac Health Plan



This package ensures comprehensive evaluation of your heart

This executive Cardiac Care package has been designed to keep your heart healthy by detecting anomalies well in advance. These essential tests which ascertain the exact condition of your heart can help us recommend the best practices. These could go a long way to keep your heart healthy.

The plan includes:

Consultation with the Physician, Ophthalmologist & Cardiologist

- Blood Grouping and Typing
- Blood Urea
- Chest X-Ray
- Complete Blood Count
- ECG
- FBS
- Echocardiography
- TSH • TMT
- LFT
- Lipid Profile
- PPBS
- Uric Acid
- Urine Analysis
- Ultrasound Abdomen
- Creatinine

Cost **₹7700/-**

Regular Diabetic Plan



For diabetic men and women of all ages

These check-ups are essential to have good glycemic control to prevent long standing complications. They should be repeated every 4-6 months or as per the doctor's advice. The diabetic health checkup package is customized to screen for any diabetes-related complications, helping you maintain steady blood sugar levels.

The plan includes:

Consultation with the Physician or Endocrinologist & Ophthalmologist

- Complete Blood Count
- Creatinine
- ECG
- FBS
- Glycosylated Haemoglobin
- Lipid Profile
- PPBS
- TSH
- Urine Microalbuminuria

Cost ₹3300/-

Executive Diabetic Plan



A package which comprehensively evaluates your body from the diabetic perspective

Newly detected diabetics and those persons with long-term diabetes need detailed evaluation. With increasing prevalence of diabetes complications, it is very important to keep an update of your diabetic status so that you are free from the long-term complications of diabetes.

The plan includes:

Consultation with the Physician or Endocrinologist & Ophthalmologist

- Chest X-Ray
- Complete Blood Count
- Creatinine
- ECG
- Echocardiography
- FBS
- Glycosylated Haemoglobin
- Lipid Profile
- PPBS
- TSH
- Ultrasound Abdomen
- Urine Analysis
- Urine Microalbuminuria
- LFT

Cost ₹6600/-

Bone Health Plan



This package evaluates people to prevent fragility fractures in elderly patients

Osteoporosis or decreased bone mass is a worldwide problem. Detecting osteoporosis using the following tests helps prevent problems arising out of osteoporosis.

The plan includes:

Consultation with the Orthopaedician & Endocrinologist

- Alkaline Phosphatase
- BMD assessment-DXA Scan*
- Complete Blood Count
- Glycosylated Haemoglobin
- Magnesium
- RBS
- Phosphorus
- RFT
- Serum Albumin
- TSH
- Serum Calcium

*Done only in K S Hegde Hospital.

Cost ₹5500/-

Obesity Health Plan



A plan tailor-made to evaluate & treat high body mass index

With changing lifestyles, a lot of medical problems are caused because of high body mass (obesity). Evaluation and treating this at the right point of time will help to lead a healthy lifestyle.

The plan includes:

Consultation with the Endocrinologist & Dietician

- Fasting Lipid Profile
- FBS
- Glycosylated Haemoglobin
- PPBS
- Serum Cortisol (8am)
- Serum Electrolytes
- Serum Creatinine
- T4
- TSH
- Ultrasound Abdomen
- Urine Routine

Cost **₹4400/-**

Gynecology Health Plan



A health plan that addresses the health concerns of women

A whole-body health checkup is essential to screen for potential inconsistencies within a woman's body. Generally recommended as an annual checkup for women, it evaluates the condition of the reproductive system, heart, lungs, kidneys, etc.

The plan includes:

Consultation with the Physician & Gynecologist

- Blood Grouping and Typing
- Blood Urea
- Complete Blood count
- LFT
- Lipid Profile
- Pap Smear
- Ultrasound Abdomen
- PPBS
- Chest X-Ray
- ECG
- Creatinine
- Uric Acid
- FBS
- Urine Analysis
- Mammography*

*Done only in K S Hegde Hospital.

Cost ₹4400/-

Fertility Evaluation Package



For all those planning a family

For couples who are looking to extend their family, this provides a comprehensive evaluation to rule out any infertility problem

The plan includes:

Consultation with IVF Specialist / Urologist

- Baseline Ultrasound Scan
- FSH
- LH
- Prolactin
- Semen Analysis at IVF Lab
- TSH

*Done only in K S Hegde Hospital.

Cost **₹3300/-**

PCOD Health Plan



For all those planning a family

PCOD also known as polycystic ovarian disease, is a common problem in females. This can very well be treated if diagnosed and evaluated at the right time.

The plan can vary:

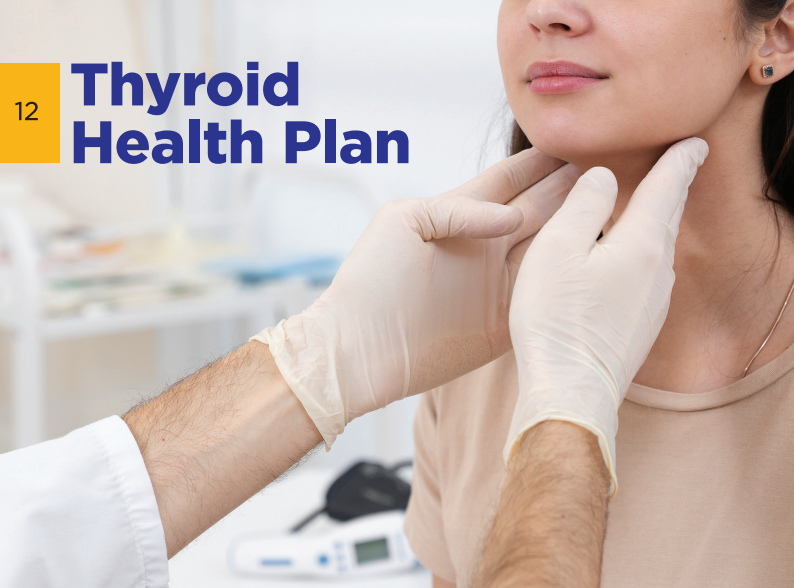
Consultation with the Endocrinologist

- Fasting Lipid Profile
- Fasting Testosterone
- FBS
- FSH
- Glycosylated Haemoglobin
- LFT
- LH
- PPBS
- Prolactin
- Serum Cortisol (8am)
- Sodium
- TSH
- Potassium
- Ultrasound Abdomen and Pelvis

*Done only in K S Hegde Hospital.

Cost ₹6600/-

Thyroid Health Plan



A plan to cater to people with thyroid dysfunction

Thyroid is a common disorder in India. Regular check-up and correct treatment will bring cheer and well-being among individuals

The plan includes:

Consultation with the Endocrinologist

- Fasting Lipid Profile
- Thyroid Function Test (T3, T4, TSH)
- Ultrasound Neck

Cost ₹2200/-

Highlights



**NABH-accredited
Multi-specialty Hospital**



**VELYS™
Robotic Knee Replacement**



Discovery IQ Gen 2 PET/CT



Dual-Head Gamma Camera



120-bed state-of-the-art ICUs



NITTE
(Deemed to be University)

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