



### आवश्यक जानकारी

प्रिवेंटिव स्वास्थ्य जाँच के लिए एशियन अस्पताल को चुनने के लिए धन्यवाद! जाँच के लिए आने से पहले निम्न बातों का ध्यान रखें:

- जाँच के लिए आने से पहले अपॉइंटमेंट जरूर लें ले। अपॉइंटमेंट के लिए संपर्क करें +91 129 425 3000 extn. 3114. (सुबह 9 बजे से शाम 5:30 बजे तक)।
- कृपया अपनी बीमारी संबंधी सभी जाँच रिपोर्ट व अन्य कागज साथ लाएँ।
- जाँच से पहले वाली रात कुछ हल्का खाएँ तथा सुबह चाय या नीबू पानी न लें। आप 2-3 गिलास पानी पी सकते हैं।
- मल जाँच के लिए नमूना स्टेराइल कंटेनर में लाएँ। यह कंटेनर जाँच से एक दिन पहले स्वास्थ्य जाँच विभाग से लिए जा सकते हैं।
- कृपया आरामदायक कपड़े व चप्पल/जूते पहनें।
- गर्भवती व जिनके गर्भवती होने की आशंका हो वे स्त्रियाँ कृपया एक्स रे जाँच न करवाएँ।
- कृपया जाँच के दिन अपने लैंस न पहने (यदि इस्तेमाल करते हों) पर उन्हें साथ में अवश्य लाएँ।
- यदि आप मधुमेह रोगी हैं तो कृपया संयोजक को सूचित करें।
- कार्डियाक जाँच पैकेज वाले रोगी कम से कम 12 घंटे तक कोई दवाई न लें।
- सभी जाँच पूरी होने में करीब 3-4 घंटे का समय लगेगा।



### Asian Wellness Centre

**Asian Institute of Medical Sciences (AIMS)** is a state-of-the-art 350 bedded super specialty hospital & cancer centre, located at Sector-21A, Faridabad. The Institute, truly futuristic in its services and technology, brings together some of the most talented medical professionals. The Institute provides preventive, diagnostic, therapeutic, rehabilitative, palliative and support services under one roof and is designed to meet patient care and research requirements of the new millennium.

#### For Appointments Please Contact

##### Asian Wellness Centre

Tel: +91 129 425 3000

email: neha.manchanda@aimsindia.co.in

#### Asian Institute of Medical Sciences

Badkal Flyover Road, Sector-21, Faridabad Delhi NCR

Tel: +91 129 425 3000 • www.aimsindia.co.in

# PREVENTIVE HEALTH PROGRAMME

### Asian Institute of Medical Sciences

A SUPER SPECIALTY HOSPITAL & CANCER CENTRE

EMERGENCY: 1067

# Prevention is better than cure!

At Asian Institute of Medical Sciences, we are a firm believer of the above age old adage.

In today's fast paced and busy life, we often tend to take good health for granted without realizing that our current lifestyle may adversely affect our health in future. Hence, it's always recommended to go through regular preventive check-ups to get a comprehensive assessment of prevailing health conditions.

## Who should get a health check-up?

Every individual above the age of 30 years should undergo periodic health check-ups.

## Does a one-time check up help?

Regular check ups are advised as a disease can develop at any stage in life. Usually one should undergo preventive check-ups annually and as age progresses the frequency should be increased.

## Why go for Asian Health Checks?

Asian Institute of Medical Sciences is a Super Specialty Hospital & North India's most comprehensive cancer centre, which brings together state-of-the-art technology with the most talented medical professionals geared to meet the healthcare needs of the new millennium.

- Preventive checkups help in early detection of diseases like diabetes, heart diseases, cancer for better cure.
- Comprehensive range of packages customised for the needs of all members of your family.
- Convenience of undergoing all screening and tests under one roof at one specially designated area.
- Personalised consultation and assessment by Senior Doctors and detailed reports for easy future reference.

Remember, periodic health checks ensure that you enjoy the benefits of good health over long time. Caring for what matters most!

INVESTIGATIONS	Asian Cancer Package	Asian Diabetic Package	Asian Executive Package	Asian Preventive Health Package	Asian Cardiac Screening Package	Asian Cardiac Comprehensive Package	Asian Premium Package
<b>CONSULTATIONS</b>							
Medicine Consultation	✓	✓	✓	✓			✓
Gynae Consultation	✓**		✓**	✓**			✓**
Cardiac Consultation					✓	✓	
ENT	✓						✓
Eye Check		✓ (Fundus)					✓
Dental Check			✓				✓
Diet Counseling		✓			✓	✓	✓
<b>CARDIOPULMONARY LAB TEST</b>							
ECG		✓	✓		✓	✓	✓
Echo Cardiography (ECHO)			✓		Choice of ECHO/TMT	✓	✓
Tread Mill Test (TMT)			✓		Choice of ECHO/TMT	✓	✓
Pulmonary Function (PFT)			✓				✓
<b>RADIOLOGY</b>							
X-Ray (Chest PA View)	✓	✓	✓	✓	✓	✓	✓
X-Ray (Knee/ Joints)							
X-Ray Cervical Spine (Lateral)							✓
Mammography	✓**						
Ultrasound-upper/lower abd. Screening				✓			
Ultrasound-whole abdomen	✓		✓				✓
BMD Spine (Dexascan)	✓ (Spine)						✓ (Full Body)
<b>LAB INVESTIGATION</b>							
CBC with ESR	✓	✓	✓	✓	✓	✓	✓
Blood Sugar (Fasting & PP)		✓	✓	✓	✓	✓	✓
Blood group & Rh typing			✓	✓	✓	✓	✓
Blood Urea		✓	✓	✓	✓	✓	✓
Serum Creatinine		✓	✓	✓	✓	✓	✓
Serum Electrolytes		✓			✓	✓	✓
Serum Bilirubin		✓					
SGOT & SGPT		✓					
Liver function test (LFT)			✓	✓			✓
Lipid Profile		✓	✓	✓	✓	✓	✓
Uric Acid		✓	✓	✓	✓	✓	✓
Serum Calcium	✓						✓
Urine Routine	✓	✓	✓	✓	✓	✓	✓
Stool Routine			✓	✓			
Stool for occult blood	✓		✓				✓
HBsAg			✓				✓
Anti - HCV							✓
PSA	✓**						✓**
PAP Smear	✓**		✓**	✓**			✓**
CA - 125	✓**						
HBa1c		✓					
Cancer Marker CEA	✓						
Peripheral Smear	✓						
Urine for micro albumin urea		✓					
TSH		✓	✓	✓			✓
FT3, FT4							✓
RA Factor							✓
Podiascan		✓					
Ankle Brachial - Pressure Index		✓					
Biothesiometry		✓					

\* For Men \*\* For Women \*\*\*One special consultation as per the requirement (For Asian Executive Package and Asian Premium Package only).

## Important Information

**Thank you!** for choosing **Asian Institute Of Medical Sciences** to get your preventive health check-up. Following are some **instructions** to be followed before coming for the check up:

- Kindly take an appointment before coming for Health check-up. For appointment please contact our Preventive Health Check- up desk at phone nos: **+91 129 425 3000 extn. 3114. (9.00am to 5.30pm).**
- Kindly bring all your medical records or reports related to your previous ailments.
- You should be fasting overnight before the check-up. No morning tea/ lime water to be taken 2-3 glasses of plain water may be taken.
- Stool samples (if applicable) should be brought in sterile containers. Containers can be collected from the health check-up department one day before the examination.
- Please wear comfortable clothes/ foot wear.
- Pregnant ladies and ladies suspecting pregnancy are advised not to get an X-ray done.
- Do not wear lenses on the day of check up. Please carry your lenses/ glasses along with you.
- If you are diabetic kindly inform the co-ordinators.
- Cardiac package patients should not take any medicine for atleast 12 hours.
- It will take atleast 3-4 hours for the checkups to complete.

