



# PREVENTIVE HEALTH CHECK-UP

STAY HEALTHY, STAY SAFE.



# ESSENTIAL HEALTH CHECK

## Complete Blood Count:

- Haemoglobin • Hematocrit • RBC • MCV • MCH • MCHC
- Platelet Count • Total WBC • Differential WBC

## Diabetic Profile:

- Fasting Glucose • Post-Prandial Glucose

## Lipid Profile:

- Total Cholesterol • Triglycerides • Total Cholesterol / HDL Ratio

## Thyroid Function Test:

- TSH

## Liver Function Test:

- SGPT • SGOT • Serum Bilirubin

## Kidney Function Test:

- Serum Creatinine • Blood Urea • Uric Acid • Serum Electrolytes

## Complete Urine Examination

## Specialty Consultations:

- General Physician • Dentist

ACTUAL PRICE

₹2500

DISCOUNT PRICE

₹1800

# ESSENTIAL<sup>+</sup> HEALTH CHECK

## Complete Blood Count:

- Haemoglobin • Hematocrit • RBC • MCV • MCH • MCHC
- Platelet Count • Total WBC • Differential WBC

## Diabetic Profile:

- Fasting Glucose • Post-Prandial Glucose

## Lipid Profile:

- Total Cholesterol • Triglycerides • Total Cholesterol / HDL Ratio

## Thyroid Function Test:

- TSH

## Liver Function Test:

- SGPT • SGOT • Serum Bilirubin

## Kidney Function Test:

- Serum Creatinine • Blood Urea • Uric Acid • Serum Electrolytes

## Cardiac Profile:

- ECG • 2D ECHO

## Radiology:

- Ultrasound Screening of Abdomen and Pelvis • Chest X-Ray

## Bio Markers:

- PAP Smear\* • PSA<sup>^</sup>

## Complete Urine Examination

## Specialty Consultations:

- General Physician • Dentist
- Gynaecologist / Urologist Consultation (if indicated)

ACTUAL PRICE	DISCOUNT PRICE
₹5000	₹3700

\* For women over 40 years

<sup>^</sup> For men over 50 years

# ADVANCED HEALTH CHECK

## Complete Blood Count:

- Haemoglobin • Hematocrit • RBC • MCV • MCH • MCHC
- Platelet Count • Total WBC • Differential WBC • ESR

## Diabetic Profile:

- Fasting Glucose • Post-Prandial Glucose • HbA1c

## Vitamin and Minerals:

- Vitamin D • Vitamin B12 • Calcium

## Lipid Profile:

- Total Cholesterol • Triglycerides • Total Cholesterol / HDL Ratio
- LDL • HDL

## Thyroid Function Test:

- TSH • Free T3 • FreeT4

## Liver Function Test:

- SGPT • SGOT • Serum Bilirubin • Total Protein / Albumin / Globulin
- Alkaline Phosphatase • GGT

## Kidney Function Test:

- Serum Creatinine • Blood Urea • Uric Acid • Serum Electrolytes

## Cardiac Profile:

- ECG • 2D ECHO • TMT

## Radiology:

- Ultrasound Screening of Abdomen and Pelvis • Chest X-Ray
- Breast Ultra-Sonogram\* • FibroScan

## Bio Markers:

- PAP Smear\* • PSA<sup>▲</sup>

## Complete Urine Examination

## Specialty Consultations:

- General Physician • Dentist
- Gynaecologist / Urologist Consultation (if indicated)
- Hepatology Consultation (if indicated)

ACTUAL PRICE

₹9000

DISCOUNT PRICE

₹6500

\*For women over 40 years  
▲For men over 50 years

# 360° HEALTH CHECK

## Complete Blood Count:

- Haemoglobin • Hematocrit • RBC • MCV • MCH • MCHC
- Platelet Count • Total WBC • Differential WBC • ESR

## Diabetic Profile:

- Fasting Glucose • Post-Prandial Glucose • HbA1c

## Vitamin and Minerals:

- Vitamin D • Vitamin B12 • Calcium

## Lipid Profile:

- Total Cholesterol • Triglycerides • Total Cholesterol / HDL Ratio
- LDL • HDL

## Thyroid Function Test:

- TSH • Free T3 • FreeT4

## Liver Function Test:

- SGPT • SGOT • Serum Bilirubin • Total Protein / Albumin / Globulin
- Alkaline Phosphatase • GGT

## Kidney Function Test:

- Serum Creatinine • Blood Urea • Uric Acid • Serum Electrolytes

## Cardiac Profile:

- ECG • 2D ECHO • TMT

## Radiology:

- Ultrasound Screening of Abdomen and Pelvis • Chest X-Ray
- Breast Ultra-Sonogram\* • Mammogram\* • FibroScan
- DEXA Scan - Spine

## Bio Markers:

- PAP Smear\* • PSA<sup>^</sup>

## Complete Urine Examination

## Specialty Consultations:

- General Physician • Dentist
- Gynaecologist / Urologist Consultation (if indicated)
- Hepatology Consultation (if indicated)

\* For women over 40 years

<sup>^</sup> For men over 50 years



## FOR A HOLISTIC WELL-BEING

# ELITE PLUS WELLNESS CHECK

### Diabetic Profile

- Blood Sugar - Fasting
- Blood Sugar - Postprandial
- HbA1c

### Thyroid Function Test

- FT3 •FT4 •TSH

### Liver Function Test

- AST •ALT •GGT
- Bilirubin (Total)
- Bilirubin Direct
- Bilirubin Indirect
- ALP (Alkaline Phosphatase)
- Total Protein
- Serum Albumin
- Serum Globulin
- Albumin/Globulin Ratio
- PT, INR

### Cardiac Profile

- ECG •2D ECHO •TMT

### Bio Markers

- HbsAg •Anti HCV
- Prostate Specific Antigen\*

### Lung Function Test

- PFT

### Lipid Profile

- Total Cholesterol
- HDL •LDL
- Triglycerides
- Total Chol/HDL Ratio

### Vitamins and Minerals

- Vitamin B12
- Vitamin D Total
- Serum Calcium
- Serum Phosphorus

### Kidney Function Test

- Serum Creatinine
- Blood Urea
- Uric Acid
- Serum Electrolytes
- Urine Routine Analysis

### Radiology

- Chest X-Ray
- Ultrasound Abdomen
- Mammogram\*
- Fibroscan

### Gynaecology

- PAP Smear\*

### Urology

- Uroflowmetry (for Men)  
(if Clinically Indicated)

### Specialty Consultations:

- General Physician •Cardiologist •Gynaecologist(For Women) •Urologist (For Men)
- Dentist •Ophthalmologist •Dietician •Physiotherapist
- Hepatology Consultation (if indicated)

ACTUAL PRICE  
₹20000

PRICE  
₹15000

\*For women over 40 years  
▲ For men over 50 years

**BUILDING A SOLID FOUNDATION**

## **BONE WELLNESS CHECK**

**C- Reactive Protein | RA Factor | Vitamin D |  
Calcium | ESR | Uric Acid**

**DEXA SCAN - SPINE**

**Specialty Consultations:**

- Orthopaedician
- Physiotherapist

ACTUAL PRICE

**₹ 6500**

DISCOUNT PRICE

**₹ 4900**

**FOR A HEALTHIER GUT JOURNEY**

## **COLONOSAFE SCREENING**

### **Inclusions:**

- Colonoscopy under I.V. sedation
- Expert Consultation (Before and after the procedure)
- Procedural consumables
- Anaesthetist Charges

ACTUAL PRICE  
**₹ 19999**

PRICE  
**₹ 14999**

- Screening is recommended for individuals

- Above 45 years of age
- Altered or irregular bowel habits
- Presence of blood in stools
- Unexplained anemia and weight loss
- Family history of bowel (colorectal) cancers

- Sample processing charges extra (if applicable)



Dr. RELA INSTITUTE & MEDICAL CENTRE  
7, CLC Works Road, Chromepet, Chennai - 600 044

☎ +91 93846 81768, 044 7111 1117

🌐 [www.relainstitute.com](http://www.relainstitute.com)

**24x7 EMERGENCY CARE**  
**044 6666 7788**

