

While we recommend annual X-chec for you and spouse, we suggest you incorporate the following in your lifestyle to maintain good health.

REGULAR EXERCISE

The American Heart Association recommends at least 5 sessions of 30 minutes each in a week to protect your health. Brisk walking is the best calorie burner and it helps in reducing your excess baggage especially around the waist. Central obesity is a leading precursor to major illness like Diabetes and Atherosclerosis

DIET CONTROL

Incorporating a diet rich in Omega 3 fatty acids found in fish and low in saturated fats found in meat can have a beneficial effect on your health. Regular intake of fruits and salads also help your well being, providing an ample dose of vitamins, minerals, antioxidants and fibre.

STRESS MANAGEMENT

Learn stress management techniques like yoga and meditation and make it a regular facet of your life. Stress affects your immune system and makes you prone to various diseases including hypertension.



"Listen to your body to be in the pink health always!"

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BRANCHES

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TO YOUR BODY**

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X-chec Basic

₹ 1000/-

Physical	Ht, Wt, Waist, Basic Mass Index
Cardiac	Blood Pressure, ECG
Diabetic	FBS, PPBS
Cholesterol	Total Cholesterol
Kidney	Urea, Creatinine
Liver	SGOT, SGPT
Blood	Hb, TC, DC, ESR, Platelet, MCV, MCH, MCHC, RDW
Urine	Albumin, Sugar, Deposits, Urine bile salt, Bile pigment
Hormones	TSH



X-chec Economy

₹ 2500/-

Physical	Height, Weight, Waist, BMI
Cardiac	Blood Pressure, Digital ECG
Diabetic-1	FBS, PPBS
Cholesterol	Cholesterol-Total/ LDL/ HDL, Triglycerides
Kidney	Urea, Creatinine
Liver	SGOT, SGPT, Bilirubin
Abdomen	Ultrasound Scan
Blood	Hb, TC, DC, ESR, Platelet, MCV, MCH, MCHC, RDW
Urine	Albumin, Sugar, Deposits, Urine bile salt, Bile pigment
Hormones	TFT
Diabetic 2	HbA1C Test
Lungs	Digital Chest X-ray

X-chec Advanced

₹ 3500/-

Physical	Height, Weight, Waist, BMI
Cardiac	Blood Pressure, Digital ECG
Diabetic-1	FBS, PPBS
Cholesterol	Cholesterol-Total/ LDL/ HDL, Triglycerides
Kidney	Urea, Uric Acid, Creatinine
Liver	SGOT, SGPT, Bilirubin, Alkaline Phosphatase, Albumin, Globulin
Abdomen	Ultrasound Scan
Diabetic-2	HbA1C Test
Lungs	Digital Chest X-Ray
Blood	Hb, TC, DC, ESR, Platelet, MCV, MCH, MCHC, RDW
Urine	Albumin, Sugar, Deposits, Urine bile salt, Bile pigment
Hormones	TFT
Infection	Hepatitis B (HBs Ag)
Cancer	Cervical Smear or PSA

