

## PSG Health Plan

“An ounce of prevention is worth a pound of cure”

- Benjamin Franklin

Health is a dynamic process as it is always changing. Being healthy makes you feel good and allow you to perform more effectively. To maintain a healthy lifestyle is far more challenging now a days. Our unhealthy lifestyle, eating habits, hectic work schedule, stress, lack of physical activity are some of the major problems which makes us more vulnerable to get disease.

Regular health examinations can help us find problems early, when chances of treatment and cure are better. By getting the right health services, screenings, and treatments, you are taking steps that help your chances for living a longer & healthier life.

Early detection of the disease and timely intervention are two the major weapons to combat with medical problems. It is possible only when we spend just a day to keep a check on ourselves and get to know if everything is all right.

PSG Health Plan offers various health check-up programmes. Through these comprehensive programmes, diseases like diabetes, hypertension, anaemia, cardiac disorders, kidney disorders, neurological diseases, liver problems, respiratory disorders; occupation related health problems and even cancers can be identified at an early treatable stage.

These health check-up programmes require no hospital stay.

## Health Checkup Programs

- Executive Health Checkup (EHC)
- Master Health Checkup (MHC)
- Senior Citizen's Health Checkup for Men (SCHC-M)
- Senior Citizen's Health Checkup for Women (SCHC-W)
- Comprehensive Diabetic Checkup (CDC)
- Sweet Check (SC)
- Pre-employment Checkup (PEC)

## Personal Care

- Morning Breakfast will be provided for those who are undergoing checkup
- You will be seen specialists in the various departments
- Physiotherapist will give you counseling regarding your physical fitness
- Dietician will give you counseling regarding your diet.
- All these services are done under a clean and pleasant ambience - To make your day A GOOD Day

## Instructions

- Reporting by 8.00 am for Health Checkup
- 10-12 hrs fasting is required
- Drink adequate water
- Please bring your stool collected in sterile container
- Do bring your previous medical records and the latest prescription / medicines

For further details & appointments contact

Department of Master Health Checkup

## PSG HOSPITALS

Peelamedu, Coimbatore 641 004, Tamil Nadu.

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Sl. No.	Name of the Test	EHC Rs. 4630/-	MHC Rs. 3000/-	SCHC (M) Rs. 3850/-	SCHC (W) Rs. 3440/-	CDC Rs. 2750/-	PEC Rs. 1310/-	SC Rs. 690/-
1	Complete Blood	Y	Y	Y	Y	Y	Y	N
2	Fasting Blood Sugar	Y	Y	Y	Y	Y	Y	Y
3	Post Prandial Blood Sugar	Y	Y	Y	Y	Y	N	Y
4	Blood Urea	Y	N	N	N	N	N	Y
5	Serum Creatinine	Y	Y	Y	Y	Y	Y	Y
6	Lipid Profile	Y	Y	Y	Y	Y	N	Y
7	Total Cholesterol	N	N	N	N	N	Y	N
8	Liver Function Test	Y	N	N	N	N	N	N
9	Serum Protein	N	Y	N	N	N	Y	N
10	Serum Bilirubin	N	Y	N	N	N	Y	N
11	Serum Uric Acid	Y	Y	N	N	N	N	N
12	Blood Grouping & Typing	Y	Y	N	N	N	Y	N
13	Urine Complete Analysis	Y	Y	Y	Y	Y	Y	Y
14	Urine Microalbuminuria	N	N	N	N	Y	N	N
15	Stools Examination	Y	Y	Y	Y	Y	N	N
16	Pap smear (For women only)	Y	Y	N	N	N	N	N
17	PSA (For men only)	N	N	Y	N	N	N	N
18	Chest X - ray	Y	Y	Y	Y	Y	Y	N
19	ECG	Y	Y	Y	Y	Y	Y	Y
20	Ultrasound Abdomen	Y	Y	Y	Y	Y	N	N
21	Hb 1 AC	Y	Y	N	N	Y	N	N
22	ECHO / TMT	Y	N	Y	Y	N	N	N
23	Eye Checkup (with Refraction)	Y	Y	Y	Y	Y	Y	N
24	ENT Checkup	Y	Y	Y	Y	Y	N	N
25	Dental Checkup	Y	Y	Y	Y	Y	N	N
26	OG / Surgery Consultation	Y	Y	Y	Y	Y	N	N
27	General Physician Consultation	Y	Y	Y	Y	Y	Y	Y
28	Diet Counseling	Y	Y	Y	Y	Y	N	N