

HEALTH
CHECKUP
PACKAGE



YOUR TRUSTED PARTNER IN HEALTH

“At Helios, we endeavor to provide precise diagnostics, therapeutics and rehabilitation, focusing not only on treating disease but also, preventive health combining clinical acumen with current and emerging technology.”



COMPREHENSIVE PLAN - NPR. 29,000/-
BMD (DEXA) with
Body Composition (DEXA) : NPR. 30,000/-

45 years+ or younger with risk factors*



- **Complete Blood Count (CBC)** - Hemoglobin, Total WBC count, Differential count, Red cell indices and Hematocrit.
- **Inflammatory Markers** - Hs-CRP (quantitative) ESR
- **Lipid Profile** - Total cholesterol, LDL, HDL, VLDL, Triglyceride and Ratios
- **Kidney Function Test** - Sodium, Potassium, Urea & Creatinine
- **Liver Function Test** - Total bilirubin, Direct and Indirect bilirubin, SGOT, SGPT, ALP, GGT, Total protein, Albumin, Globulin and ratios
- **Thyroid Function Test** - TSH, FT3, FT4
- **Bone and Joint Health Markers** - Serum uric acid, Calcium, Vitamin D, Phosphorous and RA factor (quantitative)
- **PSA** for male, **PAP Smear** for female (Liquid-based cytology)
- **Urine Examination** - Urine routine, Urine micro-albumin and Urine spot protein creatinine ratio
- **Vitamin B12** level
- **Iron Profile** - Serum Iron, Ferritin, TIBC, UIBC, T-SAT%
- **Marker for Blood Sugar/Diabetes** - HbA1C
- **Stool-Routine** and **Stool occult blood**
- **ECG** - Electrocardiogram
- **ECHO** - Echocardiogram comprehensive study
- **TMT/ABP/HOLTER** (either one- as per Dr's recommendation)
- **PFT** (Pulmonary function test)
- **USG Abdomen & Pelvis** with Post void residual urine assessment
- **USG Carotid Doppler** - Comprehensive study
- **USG Breast** - Comprehensive study
- **Chest X-Ray**
- **Comprehensive Eye Evaluation** - Vision test, Refraction, Dilated full eye & Fundus examination
- **Review of Reports by Experts**
- **Gynecologist Consultation** - Female
- **Ophthalmology Consultation**
- **Dental Evaluation**
- **Physician Consultation**
- **Dietitian Consultation**
- **A fresh and light meal is served complimentary**
- **ADD-ONS-@30% LESS #, # #**



BRONZE PLAN

Body Composition

(Bioimpedance) : NPR. 17,500/-

35-45 years or younger with risk factors*



- **Complete Blood Count (CBC)** - Hemoglobin. Total WBC count, Differential count, Redcell indices, Hematocrit and ESR
- **Inflammatory Markers** - Hs-CRP (quantitative) ESR
- **Lipid Profile** - Total cholesterol, LDL, HDL, VLDL, Triglyceride and Ratios
- **Kidney Function Test** - Sodium, Potassium, Urea & Creatinine
- **Liver Function Test** - Total bilirubin, Direct and Indirect bilirubin, SGOT, SGPT, ALP, GGT, Total protein, Albumin, Globulin and ratios
- **Thyroid Screening** - TSH
- **Bone and Joint Health Markers** - Serum Uric acid, Calcium, Vitamin D and Phosphorous
- **PSA** for male, **PAP Smear** for female (Liquid-based cytology)
- **Urine Examination** - Urine routine and Urine spot protein creatinine ratio
- **Marker for Blood Sugar/Diabetes** - HbA1C
- **Stool-Routine** and **Stool occult blood**
- **ECG** - Electrocardiogram
- **ECHO** - Screening Echocardiogram
- **TMT/ ABP/ HOLTER** (either one- as per Dr s recommendation)
- **USG Abdomen & Pelvis** with Post void residual urine assessment
- **PFT** (Pulmonary function test)
- **Chest X-Ray**
- **Eye Evaluation** - Vision test and Refraction
- **Review of Reports by Experts**
- **Physician Consultation**
- **Gynecologist Consultation** - Female
- **Dietitian Consultation**
- **ADD-ONs-@30% LESS #, # #**
- **Dental Evaluation**

Advanced health package / full body check / 60+ test parameters etc. are gimmicky, incomplete and a waste of resources without an expert review and proper guidance.

Expert counselling following your health check-up is of paramount significance.



BASIC PLAN

NPR. 9,500/-

25-35 years with no risk factors*

A basic screening package



- **Complete Blood Count (CBC)** - Hemoglobin, Total WBC count, Differential count, Redcell indices and Hematocrit.
- **Lipid Profile** - Total Cholesterol, LDL, HDL, VLDL, Triglyceride and Ratios
- **Kidney Function Test** - Sodium, Potassium, Urea & Creatinine
- **Liver Function Test** - Total bilirubin, Direct and Indirect bilirubin, SGOT, SGPT, ALP, Total protein, Albumin, Globulin and ratios
- **Thyroid Screening** - TSH
- **Bone and Joint Health Markers** - Serum uric acid, Calcium and Vitamin D
- **Urine Examination** - Routine
- **Random Blood Sugar**
- **Stool - Routine**
- **USG Abdomen & Pelvis**
- **ECG** - Electrocardiogram
- **Chest X-Ray**
- **Eye Evaluation** - Vision test and Refraction
- **Review of Reports by Experts**
- **Physician Consultation**
- **Dental Evaluation**

#ADVANCED SCREENING SCANS

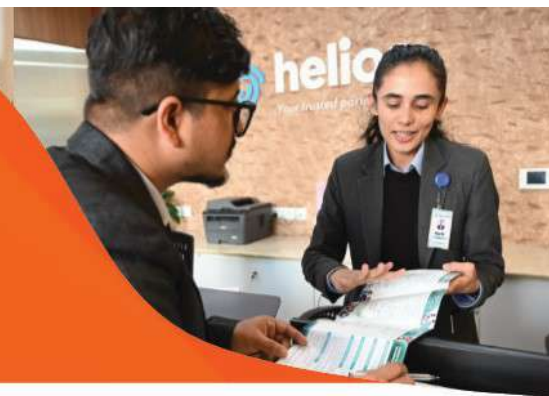
- | | |
|-------------------------------|-------------------------|
| • Breast Elastoscan | • EEG, EMG |
| • Liver Elastoscan | • NCT |
| • Thyroid Elastoscan | • CT Head, CT Chest and |
| • Bone DEXA Scan (BMD) | CT Abdomen |

##ADVANCED CANCER SCREENING

- **Beta-2 Microglobulin**
- **Alfa Fetoprotein (AFP)**
- **Amylase, Lipase**
- **Carcinoembryonic Antigen (CEA)**
- **CA 19-9**
- **CA 125 (Female)**
- **CA15-3 (Female)**
- **HPV-DNA (Female)**

**Consult one of our Preventive Health staff for assistance.*

CANCER SCREENING RECOMMENDATIONS



BREAST CANCER SCREENING

Ultrasound breast/mammogram is recommended annually for ages 45-54 and every 2 years after the age of 54. The screening should start at 40 or earlier among those with family history and those with higher risk factors.

COLON CANCER SCREENING

Stool routine and stool occult blood are recommended for 45 - 85 year-olds. A Colonoscopy every 10 years starting at the age of 45 until 75 years. Screenings should start at 40 or earlier among those with a family history/higher risk factors.

LUNG CANCER SCREENING

Low Dose CT scan is recommended by AAFP, USPSTF, ACCP in 50 to 80-year-olds in fairly good health, that currently smokes or have quit in the past 15 years, and have at least a 20-pack-year smoking history.

PROSTATE CANCER SCREENING

PSA levels may be falsely elevated and may lead to further evaluation with the digital rectal examination (DRE) and prostate biopsy which may as well return negative results. Thus, it is recommended at the age of 50 for men who are at average risk of prostate cancer and are expected to live at least 10 more years.

-Age 45 for men at high risk of developing prostate cancer (father or brother, diagnosed with prostate cancer at an early age (younger than age 65).

-Age 40 for men at even higher risk (those with more than one first-degree relative who had prostate cancer at an early age).

CERVICAL CANCER SCREENING

For age 21-29 years : Pap Smear test is recommended by USPSTF at the age of 21, followed by Pap testing every 3 years. Pap test is not required before age 21.

For age 30-65 years : One of the following methods -

- HPV test every 5 years
- HPV/Pap cotest every 5 years
- Pap test every 3 years

For older than 65 years of age : Talk with your health care provider to learn if screening is still needed.

CANCER SCREENING RECOMMENDATIONS

HPV VACCINATION

About 85% of people will get an HPV (Human papillomavirus) infection in their lifetime.

Vaccinating all 11–12 year olds can protect them long before they are ever exposed.

Age 9 - 12 years	Two doses should be given between 0, 6–12 month schedule
Age 15 - 26 years	Three doses should be given between 0, 1–2, 6 month schedule
Age 27 - 45 years	Shared clinical decision-making with your doctor

ADDITIONAL SCREENING TESTS FOR CANCER

Beta-2 Microglobulin, Alfa fetoprotein (AFP), Neuron specific Enolase, Alfa Enolase, Amylase, Lipase, Carcinoembryonic Antigen (CEA), CA 19-9, CA 125 (Females), CA15-3 (Females, HPV-DNA (Females)-These are done in conjunction with the recommended screening modalities and not as primary screening tests. It is, thus, recommended to consult your physician prior to testing.



BONE HEALTH SCREENING

The NOF recommends measurement of BMD (DEXA of the hip and spine) in:

- Women age 65 years and older and men age 70 years and older, regardless of clinical risk factors.
- Younger postmenopausal women, women in the menopausal transition and men age 50 to 69 years with clinical risk factors for fracture.
- Adults who have a fracture after age 50 years.
- Adults with a condition (eg, rheumatoid arthritis) or taking a medication (eg, glucocorticoids in a daily dose ≥ 5 mg prednisone or equivalent for ≥ 3 months) associated with low bone mass or bone loss.

IMPORTANT INSTRUCTIONS AND INFORMATION

- Make sure you have a scheduled appointment.
- It is recommended to have an accompanying person.
- Please arrive on time to ensure smooth service for yourselves and others.
- Late shows may be rescheduled.
- Avoid last-moment rescheduling and cancellations.
- Please bring your medical records along, if any.
- For a Full eye dilated exam, please bring sunglasses and an accompanying person; you are advised not to drive for 2 hours.
- Overnight fasting preferably or a minimum of 4 hours fasting is required for USG abdomen.
- Wear comfortable clothes and footwear and avoid ornaments and accessories.
- For TMT, sports / jogging shoes are recommended.
- Do not skip medications unless advised by your doctor.
- Time required for Testing-120-150 mins for the Comprehensive and Bronze package; 30 minutes for the Basic package.
- Certain patients (the old, sick, frail and children) at times require longer examination time during USG, ECHO, TMT, and X-rays. Please remain patient during such unavoidable delays.
- Reporting within 24 hours. May vary upon chosen Expert.
- Appointment for consultation subject to Doctor's availability. Please request for priority at the time of booking. We shall try our best to expedite.
- Please ensure that you leave feedback about your experience through our Feedback form.



BENEFITS OF REGULAR HEALTH CHECK-UP

- 1. Early detection of health problems:** Regular health check-ups can help identify health issues at an early stage, even before symptoms become apparent. Early detection enables prompt treatment and better management of conditions, leading to improved health outcomes.
- 2. Reduced healthcare cost over time:** Detecting and treating health problems at an early stage can prevent more severe complications that may require extensive and costly treatments in the future. Regular health check-ups can be a cost-effective approach to maintaining good health.
- 3. Awareness of one's health and disease:** Health check-ups are opportunities for patients to learn more about their health, ask questions and gain valuable information about disease prevention, management and self-care. Being well-informed empowers individuals to take control of their health.
- 4. Better well-being and prolonged life span:** By taking proactive measures to address health issues and maintain a healthy lifestyle, individuals are more likely to enjoy a longer and healthier life.
- 5. Awareness of the latest medical developments from your doctor:** Your doctor can update you on the latest medical research, treatments and technologies relevant to your health conditions or concerns. They may inform you about new medications, therapies, or medical procedures that could be beneficial for managing your health.
- 6. Adaptation of better lifestyle and diet:** Health check-ups are opportunities to receive evidence-based advice on nutrition, exercise, stress management and other lifestyle factors that can influence your well-being.

SOCIAL MEDIA



Helios Hospital Pvt. Ltd.,
24/7 Emergency: 970-542-9233
5421316, 5912170, 5912270, 5912370
Jawalakhel-4, Lalitpur
www.heliosnepal.com