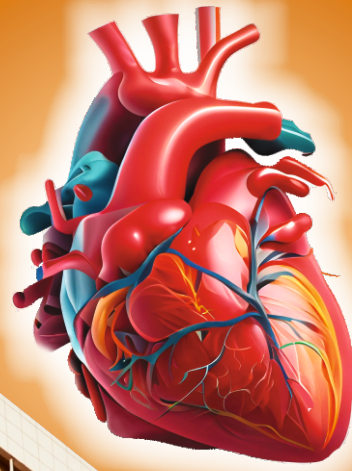
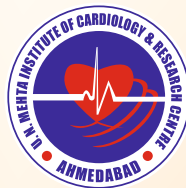


“Health is Happiness”



For Appointment  
+91 93167 52181

# Health Check Up Plans



**U. N. Mehta Institute of Cardiology & Research Centre**

Civil Hospital Campus (Medicity), Asarwa, Ahmedabad - 380016.

[exehealthcheckup@unmicrc.org](mailto:exehealthcheckup@unmicrc.org) | [www.unmicrc.org](http://www.unmicrc.org) | [YouTube](#) | [f](#) | [Twitter](#) | [Instagram](#)



**UNM Gold****₹ 650/-**

- ❖ Preliminary Test
  - ✓ CBC
  - ✓ ESR
  - ✓ Urine R & M
- ❖ Renal Profile
  - ✓ S. Creatinine
- ❖ Liver Profile
  - ✓ S. SGPT
- ❖ Diabetes Profile
  - ✓ RBS
- ❖ Cardiac Test
  - ✓ ECG
- ❖ Radiology Test
  - ✓ Chest X-Ray
- ❖ Physical Test
  - ✓ BMI Calculation
- ❖ Consultation
  - ✓ Dietician
  - ✓ Physician

**UNM Gold Plus****₹ 1800/-**

- ❖ Preliminary Test
  - ✓ CBC
  - ✓ ESR
  - ✓ Stool R & M
  - ✓ Urine R & M
- ❖ Renal Profile
  - ✓ S. Calcium
  - ✓ S. Creatinine
- ❖ Liver Profile
  - ✓ S. SGPT
- ❖ Diabetes Profile
  - ✓ FBS
- ❖ Lipid Profile
  - ✓ S. Cholesterol
  - ✓ S. Triglyceride
  - ✓ S. HDL
  - ✓ S. LDL
  - ✓ S. VLDL
  - ✓ LDL/HDL
  - ✓ Chol. / HDL
  - ✓ Total Lipid
- ❖ Thyroid Profile
  - ✓ TSH
- ❖ Cardiac Test
  - ✓ 2-D Echocardiography
  - ✓ ECG
- ❖ Radiology Test
  - ✓ Chest X-Ray
  - ✓ USG Abdomen & Pelvis
- ❖ Physical Test
  - ✓ BMI Calculation
- ❖ Consultation
  - ✓ Cardiologist
  - ✓ Dietician
  - ✓ Ophthalmologist
  - ✓ Physician
  - ✓ Physiotherapist
  - ✓ Gynaecologist (Female)
- ❖ Refreshment
  - ✓ Breakfast

**UNM Diamond****₹ 3500/-**

- ❖ Preliminary Test
  - ✓ CBC
  - ✓ ESR
  - ✓ Stool R & M
  - ✓ Urine R & M
- ❖ Renal Profile
  - ✓ S. Calcium
  - ✓ S. Electrolytes (Na,K,Cl)
  - ✓ S. Uric Acid
  - ✓ S. Creatinine
- ❖ Liver Profile
  - ✓ S. Bilirubin
  - ✓ S. SGPT
- ❖ Diabetes Profile
  - ✓ FBS
  - ✓ HbA1C
- ❖ Lipid Profile
  - ✓ S. Cholesterol
  - ✓ S. Triglyceride
  - ✓ S. HDL
  - ✓ S. LDL
  - ✓ S. VLDL
  - ✓ LDL/HDL
  - ✓ Chol. / HDL
  - ✓ Total Lipid
- ❖ Thyroid Profile
  - ✓ TSH
- ❖ Oncology Screening
  - ✓ PAP Smear (Female)
  - ✓ S. PSA (Male)
- ❖ Vitamins
  - ✓ Vit B12
- ❖ Cardiac Test
  - ✓ 2-D Echocardiography
  - ✓ ECG
- ❖ Radiology Test
  - ✓ Chest X-Ray
  - ✓ USG Abdomen & Pelvis
- ❖ Physical Test
  - ✓ BMI Calculation
- ❖ Consultation
  - ✓ Cardiologist
  - ✓ Dietician
  - ✓ Ophthalmologist
  - ✓ Physician
  - ✓ Physiotherapist
  - ✓ Gynaecologist (Female)
- ❖ Refreshment
  - ✓ Breakfast

**UNM Platinum****₹ 5,500/- (Male)  
₹ 5,800/- (Female)**

- ❖ Preliminary Test
  - ✓ CBC
  - ✓ ESR
  - ✓ Stool R & M
  - ✓ Urine Microalbuminuria
  - ✓ Urine R & M
- ❖ Renal Profile
  - ✓ Blood Urea
  - ✓ S. Calcium
  - ✓ S. Electrolytes (Na,K,Cl)
  - ✓ S. Uric Acid
  - ✓ S. Creatinine
- ❖ Liver Profile
  - ✓ S. Alkaline Phosphatase
  - ✓ S. Bilirubin
  - ✓ S. SGOT
- ❖ S. SGPT
  - ✓ S. Total Protein
- ❖ Diabetes Profile
  - ✓ FBS
  - ✓ HbA1C
  - ✓ PPBS
- ❖ Lipid Profile
  - ✓ S. Cholesterol
  - ✓ S. Triglyceride
  - ✓ S. HDL
  - ✓ S. LDL
  - ✓ S. VLDL
  - ✓ LDL/HDL
  - ✓ Chol. / HDL
  - ✓ Total Lipid
- ❖ Thyroid Profile
  - ✓ T3
  - ✓ T4
  - ✓ TSH
- ❖ Oncology Screening
  - ✓ CA - 125 (Female)
  - ✓ PAP Smear (Female)
  - ✓ S. PSA (Male)
- ❖ Vitamins
  - ✓ Vit B12
- ❖ Anaemia Profile
  - ✓ Iron
  - ✓ S. Ferritin
- ❖ Cardiac Test
  - ✓ 2-D Echocardiography
  - ✓ ECG
  - ✓ Treadmill Test (TMT)
- ❖ Radiology Test
  - ✓ Chest X-Ray
  - ✓ USG Abdomen & Pelvis
- ❖ Physical Test
  - ✓ BMI Calculation
- ❖ Consultation
  - ✓ Cardiologist
  - ✓ Dietician
  - ✓ Ophthalmologist
  - ✓ Physician
  - ✓ Physiotherapist
  - ✓ Gynaecologist (Female)
- ❖ Refreshment
  - ✓ Breakfast
  - ✓ Lunch

**UNM Premium****₹ 8,750/-**

- ❖ Preliminary Test
  - ✓ CBC
  - ✓ ESR
  - ✓ Stool R & M
  - ✓ Urine Microalbuminuria
  - ✓ Urine R & M
- ❖ Renal Profile
  - ✓ Blood Urea
  - ✓ S. Calcium
  - ✓ S. Electrolytes (Na, K, Cl)
  - ✓ S. Uric Acid
  - ✓ S. Creatinine
- ❖ Liver Profile
  - ✓ S. Alkaline Phosphatase
  - ✓ S. Bilirubin
  - ✓ S. SGOT
  - ✓ S. SGPT
  - ✓ S. Total Protein
- ❖ Diabetes Profile
  - ✓ FBS
  - ✓ HbA1C
  - ✓ PPBS
- ❖ Lipid Profile
  - ✓ S. Cholesterol
  - ✓ S. Triglyceride
  - ✓ S. HDL ✓ S. LDL
  - ✓ S. VLDL ✓ LDL/HDL
  - ✓ Chol./HDL
  - ✓ Total Lipid
- ❖ Thyroid Profile
  - ✓ T3
  - ✓ T4
  - ✓ TSH
- ❖ Oncology Screening
  - ✓ PAP Smear (Female)
  - ✓ S. PSA (Male)
- ❖ Vitamins
  - ✓ Vit B12
  - ✓ Vit D3
- ❖ New Cardiac Risk Markers
  - ✓ CPK - MB
  - ✓ High Sensitive Troponin - I
- ❖ Anaemia Profile
  - ✓ Iron
  - ✓ S. Ferritin
- ❖ Cardiac Test
  - ✓ 2-D Echocardiography
  - ✓ ECG
  - ✓ Treadmill Test (TMT)
- ❖ Radiology Test
  - ✓ Carotid Doppler
  - ✓ Chest X-Ray
  - ✓ CT - Coronary Calcium Scoring
  - ✓ USG Abdomen & Pelvis
- ❖ Physical Test
  - ✓ BMI Calculation
  - ✓ Pulmonary Function Test
- ❖ Consultation
  - ✓ Cardiologist
  - ✓ Dietician
  - ✓ Ophthalmologist
  - ✓ Physician
  - ✓ Physiotherapist
  - ✓ Gynaecologist (Female)
- ❖ Refreshment
  - ✓ Breakfast
  - ✓ Lunch

**UNM Premium Advance**₹ 10,000/- (Male)  
₹ 10,200/- (Female)

- ❖ Preliminary Test
  - ✓ CBC
  - ✓ ESR
  - ✓ Stool R & M
  - ✓ Urine Microalbuminuria
  - ✓ Urine R & M
- ❖ Renal Profile
  - ✓ Blood Urea
  - ✓ S. Calcium
  - ✓ S. Electrolytes (Na,K,Cl)
  - ✓ S. Uric Acid
  - ✓ S. Creatinine
- ❖ Liver Profile
  - ✓ S. Alkaline Phosphatase
  - ✓ S. Bilirubin
  - ✓ S. SGOT
  - ✓ S. SGPT
  - ✓ S. Total Protein
- ❖ Diabetes Profile
  - ✓ FBS
  - ✓ HbA1C
  - ✓ PPBS
- ❖ Lipid Profile
  - ✓ S. Cholesterol
  - ✓ S. Triglyceride
  - ✓ S. HDL ✓ S. LDL
  - ✓ S. VLDL ✓ LDL/HDL
  - ✓ Chol./HDL ✓ Total Lipid
- ❖ Thyroid Profile
  - ✓ T3
  - ✓ T4
  - ✓ TSH
- ❖ Oncology Screening
  - ✓ CA - 125 (Female)
  - ✓ PAP Smear (Female)
  - ✓ S. PSA (Male)
- ❖ Vitamins
  - ✓ Vit B12
  - ✓ Vit D3
- ❖ New Cardiac Risk Markers
  - ✓ Apo A1 - B
  - ✓ CPK - MB
  - ✓ High Sensitive Troponin - I
- ❖ Anaemia Profile
  - ✓ Iron
  - ✓ S. Ferritin
- ❖ Cardiac Test
  - ✓ 2-D Echocardiography
  - ✓ ECG
  - ✓ Treadmill Test (TMT)
- ❖ Radiology Test
  - ✓ Carotid Doppler
  - ✓ Chest X-Ray
  - ✓ CT - Coronary Calcium Scoring
  - ✓ Renal Doppler
  - ✓ USG Abdomen & Pelvis
- ❖ Physical Test
  - ✓ BMI Calculation
  - ✓ Pulmonary Function Test
- ❖ Consultation
  - ✓ Cardiologist
  - ✓ Dietician
  - ✓ Ophthalmologist
  - ✓ Physician
  - ✓ Physiotherapist
  - ✓ Gynaecologist (Female)
- ❖ Refreshment
  - ✓ Breakfast
  - ✓ Lunch

**UNM Premium Advance Plus**₹ 15,500/- (Male)  
₹ 16,000/- (Female)

- ❖ Preliminary Test
  - ✓ CBC
  - ✓ ESR
  - ✓ Stool R & M
  - ✓ Urine Microalbuminuria
  - ✓ Urine R & M
- ❖ Renal Profile
  - ✓ Blood Urea
  - ✓ S. Calcium
  - ✓ S. Electrolytes (Na, K, Cl)
  - ✓ S. Uric Acid
  - ✓ S. Creatinine
- ❖ Liver Profile
  - ✓ S. Alkaline Phosphatase
  - ✓ S. Bilirubin
  - ✓ S. SGOT
  - ✓ S. SGPT
  - ✓ S. Total Protein
- ❖ Diabetes Profile
  - ✓ FBS
  - ✓ HbA1C
  - ✓ PPBS
- ❖ Lipid Profile
  - ✓ S. Cholesterol
  - ✓ S. Triglyceride
  - ✓ S. HDL ✓ S. LDL
  - ✓ S. VLDL ✓ LDL/HDL
  - ✓ Chol./HDL ✓ Total Lipid
- ❖ Thyroid Profile
  - ✓ T3
  - ✓ T4
  - ✓ TSH
- ❖ Oncology Screening
  - ✓ CA - 125 (Female)
  - ✓ PAP Smear (Female)
  - ✓ S. PSA (Male)
- ❖ Vitamins
  - ✓ Vit B12
  - ✓ Vit D3
- ❖ New Cardiac Risk Markers
  - ✓ Apo A1 - B
  - ✓ CPK - MB
  - ✓ High Sensitive Troponin - I
  - ✓ Homocysteine
- ❖ Infectious Disease Marker
  - ✓ HIV ✓ HB<sub>s</sub>Ag
- ❖ Anaemia Profile
  - ✓ Iron
  - ✓ S. Ferritin
  - ✓ TIBC
- ❖ Cardiac Test
  - ✓ 2-D Echocardiography
  - ✓ Ambulatory BP Monitoring
  - ✓ ECG
  - ✓ Holter Monitoring
  - ✓ Treadmill Test (TMT)
- ❖ Radiology Test
  - ✓ Carotid Doppler
  - ✓ Chest X-Ray
  - ✓ CT - Coronary Angiogram
  - ✓ Renal Doppler
  - ✓ USG Abdomen & Pelvis
- ❖ Physical Test
  - ✓ BMI Calculation
  - ✓ Pulmonary Function Test
- ❖ Consultation
  - ✓ Cardiologist
  - ✓ Dietician
  - ✓ Ophthalmologist
  - ✓ Physician
  - ✓ Physiotherapist
  - ✓ Gynaecologist (Female)
- ❖ Refreshment
  - ✓ Breakfast
  - ✓ Lunch

**UNM Diabetes Screening**

₹ 1400/-

- ❖ Preliminary Test
  - ✓ CBC
  - ✓ ESR
  - ✓ Urine Microalbuminuria
  - ✓ Urine R & M
- ❖ Renal Profile
  - ✓ Blood Urea
  - ✓ S. Creatinine
- ❖ Diabetes Profile
  - ✓ FBS
  - ✓ HbA1C
  - ✓ PPBS
- ❖ Lipid Profile
  - ✓ S. Cholesterol
  - ✓ S. Triglyceride
  - ✓ S. HDL ✓ S. LDL
  - ✓ S. VLDL ✓ LDL/HDL
  - ✓ Chol./HDL ✓ Total Lipid
- ❖ Cardiac Test
  - ✓ ECG
- ❖ Physical Test
  - ✓ BMI Calculation
- ❖ Consultation
  - ✓ Cardiologist
  - ✓ Dietician
  - ✓ Ophthalmologist
  - ✓ Physician
  - ✓ Physiotherapist
- ❖ Refreshment
  - ✓ Breakfast
  - ✓ Lunch

**UNM Cardiac**

₹ 3000/-

- ❖ Preliminary Test
  - ✓ CBC ✓ ESR
  - ✓ Urine Microalbuminuria
  - ✓ Urine R & M
- ❖ Renal Profile
  - ✓ S. Creatinine
- ❖ Diabetes Profile
  - ✓ FBS
  - ✓ HbA1C
- ❖ Lipid Profile
  - ✓ S. Cholesterol
  - ✓ S. Triglyceride
  - ✓ S. HDL ✓ S. LDL
  - ✓ S. VLDL ✓ LDL/HDL
  - ✓ Chol./HDL ✓ Total Lipid
- ❖ New Cardiac Risk Markers
  - ✓ High Sensitive Troponin - I
- ❖ Cardiac Test
  - ✓ 2-D Echocardiography
  - ✓ ECG
  - ✓ Treadmill Test (TMT)
- ❖ Physical Test
  - ✓ BMI Calculation
- ❖ Consultation
  - ✓ Cardiologist
  - ✓ Dietician
  - ✓ Ophthalmologist
  - ✓ Physician
  - ✓ Physiotherapist
- ❖ Refreshment
  - ✓ Breakfast

**UNM Hypertension Screening**

₹ 2100/-

- ❖ Preliminary Test
  - ✓ CBC
  - ✓ ESR
  - ✓ Urine Microalbuminuria
  - ✓ Urine R & M
- ❖ Renal Profile
  - ✓ Blood Urea
  - ✓ S. Electrolytes (Na, K, Cl)
  - ✓ S. Creatinine
- ❖ Diabetes Profile
  - ✓ FBS
- ❖ Lipid Profile
  - ✓ S. Cholesterol
  - ✓ S. Triglyceride
  - ✓ S. HDL
  - ✓ S. LDL
  - ✓ S. VLDL
  - ✓ LDL/HDL
  - ✓ Chol./HDL
  - ✓ Total Lipid
- ❖ Cardiac Test
  - ✓ 2-D Echocardiography
  - ✓ ECG
- ❖ Radiology Test
  - ✓ Renal Doppler
  - ✓ USG Abdomen & Pelvis
- ❖ Physical Test
  - ✓ BMI Calculation
- ❖ Consultation
  - ✓ Cardiologist
  - ✓ Dietician
  - ✓ Ophthalmologist
  - ✓ Physician
  - ✓ Physiotherapist
- ❖ Refreshment
  - ✓ Breakfast

**UNM Cardiac Plus**

₹ 5000/-

- ❖ Preliminary Test
  - ✓ CBC ✓ ESR
  - ✓ Urine Microalbuminuria
  - ✓ Urine R & M
- ❖ Renal Profile
  - ✓ S. Calcium
  - ✓ S. Electrolytes (Na,K,Cl)
  - ✓ S. Creatinine
- ❖ Liver Profile
  - ✓ S. SGPT
- ❖ Diabetes Profile
  - ✓ FBS ✓ HbA1C
- ❖ Lipid Profile
  - ✓ S. Cholesterol
  - ✓ S. Triglyceride
  - ✓ S. HDL ✓ S. LDL
  - ✓ S. VLDL ✓ LDL/HDL
  - ✓ Chol./HDL ✓ Total Lipid
- ❖ Thyroid Profile
  - ✓ TSH
- ❖ New Cardiac Risk Markers
  - ✓ CPK - MB
  - ✓ High Sensitive Troponin - I
- ❖ Cardiac Test
  - ✓ 2-D Echocardiography
  - ✓ ECG
  - ✓ Treadmill Test (TMT)
- ❖ Radiology Test
  - ✓ CT-Coronary Calcium Scoring
- ❖ Physical Test
  - ✓ BMI Calculation
- ❖ Consultation
  - ✓ Cardiologist
  - ✓ Dietician
  - ✓ Ophthalmologist
  - ✓ Physician
  - ✓ Physiotherapist
- ❖ Refreshment
  - ✓ Breakfast



# Let's all take a pledge that : “I will do a health checkup on my birthday”

## Instructions

1. Prior appointment is mandatory for scheduling health check-up at U. N. Mehta Institute of Cardiology & Research Centre (UNMICRC), Ahmedabad. For appointment call between 9:00 am to 5:00 pm from Monday to Saturday (Except on Sundays & holidays).
2. Location for Health Check up is on 1st Floor, A Block, UNMICRC.
3. Reporting time for Health check-up will be between 08:00 AM to 09:30 AM on all working days from Monday to Saturday. The entire process will take approximate 4 to 6 hours or more as per the health check-up plan selected.
4. It is advisable to carry Govt. Photo ID Proof at the time of Health Check-up.
5. Health check-up requires at least 10 hours of fasting. Water can be taken during fasting hours. Complimentary breakfast / lunch will be provided once blood sample is taken as per the health check-up plan is selected.
6. Light dinner on the previous night is recommended.
7. Eye lenses, if any, should be removed before coming for check-up. Patients may need dilatation during the ophthalmology consultation, patient will not be able to drive or read for 4-6 hours after the procedure.
8. It is advisable to carry old medical records (if any) at the time of health check-up. Also it is advisable to bring all on – going medication or its prescription at the time of health check-up.
9. Kindly wear comfortable clothing and easily removable footwear that will facilitate easy examination and frequent changing during the check-up process. Avoid wearing any metal ornaments on the day of check-up. Jogging shoes will be required for Tread Mill Test (TMT).
10. For Females: Pregnant women or if suspecting pregnancy or lactating women, please do not undergo X-Ray / CT-Scan examinations. Kindly inform coordinator at the time of the registration and doctors during the check-up. The radiation may cause harm to the foetus. During menstruation (menses) PAP Smear test cannot be done.
11. Consume more water in the morning for better picture on Sonography.
12. For UNM Advance Premium Plus Package, One day hospital admission (special room) is required and included in the package. CT Coronary Angio-graphy test will be performed subject to controlled heart rate.
13. An authorization letter from your Company is required for cashless facility. Also it is mandatory to carry Company's ID Proof and Govt. Photo ID Proof at the time of Health Check-up.
14. Any additional tests or investigation required after health check-up and consultation, additional charges will be applicable as per schedule of charges (SOC) of the institute.
15. Additional tests, investigations or consultation can be conducted on request or requirement, but they will be billed in addition to the cost of health check package.
16. There will be no change in tariff once the patient is registered under a package. In case a test which is part of the package cannot be conducted due to medical / other reasons, the change of the test amount will be non-refundable.
17. UNMICRC reserve the right to accept/ reject the health check-up.

### If you have any one or more of the following, you should get Health Check-up :

- ❖ Age > 40 yrs
- ❖ Sudden weight loss / weight gain
- ❖ Overweight / Obesity (BMI > 30)
- ❖ Blood in urine, stool or while coughing
- ❖ Addiction : Smoking / Alcohol Consumption / Tobacco Chewing
- ❖ Stressful work profile
- ❖ Known case of Diabetes, High Blood Pressure, Heart disease, Stroke, Thyroid disease
- ❖ Positive family history of Diabetes, High blood pressure and Heart disease.
- ❖ Low exercise tolerance
- ❖ Bladder / Bowel Dysfunction

## U. N. Mehta Institute of Cardiology & Research Centre

