



## FIT CARDIAC PLANS



### FIT CARDIAC PLAN - BASIC

**CONSULTATION**  
MEDICAL OFFICER

TOTAL PARAMETERS 29

**LABORATORY**  
CBC  
TOTAL CHOLESTEROL  
BLOOD SUGAR RANDOM  
BLOOD GROUP

**CARDIAC**  
ECG

MRP.  
Rs. 1290/-  
**Offer Price**  
Rs. 799/-



### FIT CARDIAC PLAN - ADVANCE

**CONSULTATION**  
MD MEDICINE/PHYSICIAN  
DIETICIAN

TOTAL PARAMETERS 60

**LABORATORY**  
CBC  
LIPID PROFILE  
FASTING BLOOD SUGAR  
HBA1C  
SGOT  
SGPT  
SERUM CREATININE  
URINE ROUTINE/MICROSCOPY

**CARDIAC**  
ECG

**RADIOLOGY**  
X-RAY CHEST

MRP.  
Rs. 4840/-  
**Offer Price**  
Rs. 2999/-



### FIT CARDIAC PLAN - PREMIUM

**CONSULTATION**  
CARDIOLOGIST  
DIETICIAN  
MENTAL HEALTH &  
COUNSELLING

TOTAL PARAMETERS 66

**LABORATORY**  
CBC  
LIPID PROFILE  
FASTING BLOOD SUGAR  
HBA1C  
URINE ROUTINE/MICROSCOPY  
SGOT  
SGPT  
SERUM CREATININE  
TSH  
APOLIPOPROTEIN A1  
APOLIPOPROTEIN B  
APO A1 B RATIO  
VITAMIN D3  
VITAMIN B12

**CARDIAC**  
2D ECHO  
ECG  
STRESS TEST (TMT)

**RADIOLOGY**  
X-RAY CHEST  
USG ABDOMEN & PELVIS

MRP.  
Rs. 15505/-  
**Offer Price**  
Rs. 9299/-

Free Breakfast  
& Lunch

### ★ What is Cardiac disease (CVD) ?

Cardiovascular disease (CVD) is a general term for conditions affecting the heart or blood vessels. It's usually associated with a build-up of fatty deposits inside the arteries (atherosclerosis) and an increased risk of blood clots.

### ★ Symptoms of Cardiac disease

- Chest pain or discomfort
- Chest tightness
- Chest pressure
- Shortness of breath
- Pain in the neck, jaw, throat, back
- Pain, numbness, weakness or coldness in the legs or arms

### ★ Preventions of Cardiac disease

- Eat healthy
- Get active
- Stay at a healthy weight.
- Quit smoking
- Control your cholesterol and blood pressure
- Drink alcohol only in moderation
- Manage stress

### ★ Treatments of Cardiac disease

- Blood-thinning medicines
- Statins
- Beta blockers
- Nitrates
- Angiotensin-converting enzyme (ACE) inhibitors
- Angiotensin-2 receptor blockers (ARBs)
- Calcium channel blockers
- Diuretics
- Cardiologist Consultation



CPR प्रशिक्षण की मुफ्त सुविधा उपलब्ध

VISIT :- Fitness Club, Godrej Memorial Hospital, Pirojshanagar, Next to Eastern Express Highway, Vikhroli (E), Mumbai - 400 079, Email :- hospital@godrej.com, Website :- www.godrejhospital.com

FOR BOOKING : 022-66417100 / 7012 WHATSAPP - 8879937602



# DIABETES CARE PLANS



## DIABETIC CARE PLAN - BASIC

**CONSULTATION** TOTAL PARAMETERS 52  
 MEDICAL OFFICER  
 DIETICIAN  
**LABORATORY**  
 CBC  
 RANDOM BLOOD SUGAR  
 HBA1C  
 SR CHOLESTEROL  
 SR CREATININE  
 URINE ROUTINE/MICROSCOPY

MRP. Rs. 2170/-  
**Offer Price**  
 Rs. 1299/-



## DIABETIC CARE PLAN - ADVANCE

**CONSULTATION** TOTAL PARAMETERS 81  
 MD MEDICINE/PHYSICIAN  
 DIETICIAN  
**LABORATORY**  
 CBC  
 FASTING BLOOD SUGAR  
 POST PRANDIAL BLOOD SUGAR  
 HBA1C  
 LIPID PROFILE  
 LIVER PROFILE  
 RENAL PROFILE  
 URINE ROUTINE/MICROSCOPY  
 URINE MICROALBUMIN ASSAY  
**CARDIAC**  
 ECG

MRP. Rs. 5880/-  
**Offer Price**  
 Rs. 3499/-

\*Anti-Diabetic Medicines  
 (10% Discount) For 1 Year  
 Free Breakfast



## DIABETIC ANNUAL CARE PLAN

**CONSULTATION** TOTAL PARAMETERS 84  
 DIABETOLOGIST  
 OPHTHALMOLOGIST  
 DIETICIAN (4 TIMES)  
**LABORATORY**  
 CBC  
 FASTING BLOOD SUGAR  
 POST PRANDIAL BLOOD SUGAR  
 HBA1C (4 TIMES)  
 LIPID PROFILE  
 LIVER PROFILE  
 RENAL PROFILE  
 URINE ROUTINE/MICROSCOPY  
 URINE MICROALBUMIN ASSAY  
**CARDIAC**  
 ECG  
**RADIOLOGY**  
 USG ABDOMEN & PELVIS Free Lunch

MRP. Rs. 12040/-  
**Offer Price**  
 Rs. 6999/-

\*Anti-Diabetic Medicines  
 (10% Discount) For 1 Year  
 \*DEDICATED HEALTH BUDDY  
 \*Free Breakfast

### ★ What is Diabetes ?

Diabetes is a disease that occurs when your blood glucose/blood sugar, is too high. Blood glucose is your main source of energy and comes from the food you eat. Normal blood sugar level - HbA1C Level

#### • Normal Range

Normal Blood Sugar Range  $\left\{ \begin{array}{l} \text{Fasting : 70-99 mg/dL} \\ \text{Random : 70-140 mg/dL} \end{array} \right.$

### ★ What are the symptoms of Diabetes ?

- Increased thirst and urination
- Increased hunger
- Fatigue
- Blurred vision
- Numbness or tingling in the feet or hands
- Sores that do not heal
- Unexplained weight loss

### ★ What are the treatments of Diabetes ?

- Follow a healthy eating plan
- Get regular exercise & maintain ideal body weight
- Losing weight and keeping it off
- Quit Smoking & Alcohol
- Drink water as your primary beverage
- Optimize your vitamin D levels
- Minimize your intake of highly processed foods or junk food / saturated fats / trans fat
- Adhere to your diabetic medications & keep checking blood sugar level / HbA1C



CPR प्रशिक्षण की मुफ्त सुविधा उपलब्ध

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## SILVER PLANS

### EXECUTIVE SILVER PLAN

#### CONSULTATION

TOTAL PARAMETERS 102

MD MEDICINE/PHYSICIAN

DENTAL SCREENING

DIETICIAN

**MRP.**  
~~Rs. 10160/-~~  
**Offer Price**  
**Rs. 4999/-**

#### LABORATORY

CBC

ESR

FASTING BLOOD SUGAR

POSTPRANDIAL BLOOD SUGAR

LIPID PROFILE

LIVER PROFILE

RENAL PROFILE

TSH

URINE ROUTINE/MICROSCOPY

STOOL ROUTINE/MICROSCOPY

#### CARDIAC

ECG

STRESS TEST (TMT)

#### RADIOLOGY

X RAY CHEST

ULTRA SONOGRAPHY (ABDOMEN & PELVIS)

**Free Breakfast & Lunch**



### WELL WOMEN SILVER PLAN

#### CONSULTATION

TOTAL PARAMETERS 107

OBSTETRICIAN &

GYNAECOLOGIST

DIETICIAN

DENTAL SCREENING

MENTAL HEALTH

COUNSELLING

PHYSIOTHERAPY-

30 MIN SESSION

(PELVIC FLOOR EXERCISES)

**MRP.**  
~~Rs. 13235/-~~  
**Offer Price**  
**Rs. 5999/-**

#### LABORATORY

CBC

ESR

FASTING BLOOD SUGAR

POST PRANDIAL BLOOD SUGAR

HBA1C

LIPID PROFILE

LIVER PROFILE

RENAL PROFILE

BLOOD GROUP

TSH

VITAMIN B12

VITAMIN D3

URINE ROUTINE/MICROSCOPY

STOOL ROUTINE/MICROSCOPY

#### CARDIAC

ECG

#### RADIOLOGY

X RAY CHEST

USG ABDOMEN & PELVIS

**Free Breakfast & Lunch**



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# SENIOR CITIZEN RE-ATTIRE PLAN



## SENIOR CITIZEN RE-ATTIRE PLAN

### CONSULTATION

TOTAL PARAMETERS 103

MD MEDICINE/PHYSICIAN

OPHTHALMOLOGIST

ORTHOPEDICIAN

DENTAL SCREENING

AUDIOLOGIST

MRP.  
~~Rs. 17165/-~~  
**Offer Price**  
**Rs. 7500/-**

### LABORATORY

CBC

ESR

BLOOD SUGAR RANDOM

HBA1C

LIPID PROFILE

LIVER PROFILE

RENAL PROFILE

VITAMIN B12

VITAMIN D3

SERUM ELECTROLYTES

PROSTATE SPECIFIC ANTIGEN (PSA) (FOR MALE)

URINE ROUTINE/MICROSCOPY

STOOL ROUTINE/MICROSCOPY

### CARDIAC

ECG

2D ECHO

### RADIOLOGY

X RAY CHEST

SONOMAMMOGRAPHY (FOR FEMALE)

**Free Breakfast & Lunch**

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# ANTENATAL PLANS



## ANTENATAL PLAN - BASIC

### LABORATORY

TOTAL PARAMETERS 53

CBC  
RANDOM BLOOD  
SUGAR  
BLOOD GROUP  
TSH  
HIV  
HBSAG  
ANTI HCV  
VDRL  
URINE ROUTINE/MICROSCOPY



### RADIOLOGY

USG - GRAVID UTERUS

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## COMPREHENSIVE MASTER GOLD PLANS



### COMPREHENSIVE MASTER GOLD - MALE

**CONSULTATION** TOTAL PARAMETERS 112

MD MEDICINE/PHYSICIAN  
DENTAL SCREENING  
DIETICIAN



#### LABORATORY

CBC  
CRP  
ESR  
FASTING BLOOD SUGAR  
POSTPRANDIAL BLOOD SUGAR  
LIPID PROFILE  
LIVER PROFILE  
RENAL PROFILE  
VITAMIN B12  
VITAMIN D3  
BLOOD GROUP  
HBA1C  
HBSAG  
T3, T4, TSH  
PROSTATE SPECIFIC ANTIGEN  
URINE ROUTINE/MICROSCOPY  
STOOL ROUTINE/MICROSCOPY

#### CARDIAC

ECG  
2D ECHO  
STRESS TEST (TMT)

#### RADIOLOGY

X RAY CHEST  
PULMONARY FUNCTION TEST (PFT)  
ULTRA SONOGRAPHY (ABDOMEN & PELVIS)

Free Breakfast & Lunch



### COMPREHENSIVE MASTER GOLD - FEMALE

**CONSULTATION** TOTAL PARAMETERS 112

MD MEDICINE/PHYSICIAN  
GYNAECOLOGIST  
DENTAL SCREENING  
DIETICIAN



#### LABORATORY

CBC  
CRP  
ESR  
FASTING BLOOD SUGAR  
POSTPRANDIAL BLOOD SUGAR  
HBA1C  
LIPID PROFILE  
LIVER PROFILE  
RENAL PROFILE  
VITAMIN B12  
VITAMIN D3  
BLOOD GROUP  
HBSAG  
T3, T4, TSH  
URINE ROUTINE/MICROSCOPY  
STOOL ROUTINE/MICROSCOPY  
PAP SMEAR

#### CARDIAC

ECG  
2D Echo  
STRESS TEST (TMT)

#### RADIOLOGY

X RAY CHEST  
PULMONARY FUNCTION TEST (PFT)  
ULTRA SONOGRAPHY (ABDOMEN & PELVIS)  
SONOMAMMOGRAPHY

Free Breakfast & Lunch

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# HEALTH GENOMETER SMART PLAN

Once in a lifetime test

## CONSULTATION

- PHYSICIAN  
(MD MEDICINE)
- GENETICIST
- DIETITIAN



MRP.  
~~Rs. 24990/-~~

**Offer Price**  
**Rs. 19990/-**

TOTAL PARAMETERS 196

## LABORATORY

- CBC
- HBA1C
- LIPID PROFILE
- LIVER PROFILE
- RENAL PROFILE
- FASTING BLOOD SUGAR
- VITAMIN B12
- VITAMIN D3
- T3, T4, TSH
- PROSTATE SPECIFIC ANTIGEN  
(PSA) (FOR MALE)
- DNA ANALYSIS TEST



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