



## Sir Ganga Ram City Hospital

B-1/1, NEA, Opposite Metro Pillar No: 93,  
Near Karol Bagh Metro Station, New Delhi-110060  
Phone:01142255555; Email: info@sgrcityhospital.com

## Importance of Preventive Health Check Up Package with FAQs

There is a very famous familiar phrase, "Prevention is better than cure". But still, we all often tend to overlook the importance of regular **Preventive Health Check-Ups**. However, the primary reasons these days are prolong engagement with the screen, constant lifestyle changes and hectic schedules. Hence, it has become very important that we take charge of our health before it's too late to avoid any serious health issues in life.

In this write-up, we will discuss the significance of Preventive Health check-ups for every age group.

### What is a Preventive Health check-up?

A Preventive Health checkup is a comprehensive test for the body to assess the present status of health thoroughly. It is useful in evaluating all the organs and systems in the body. There are wide ranging tests under preventive health checkups offering an appropriate insight into the present health condition of an individual. This involves numerous tests to ensure good health such as Kidneys, Lungs, Thyroid, Heart, Liver, etc.

### What are the benefits of regular preventive health check-ups?

A preventive health check-up is the best way for maintaining your health and diagnosing health issues beforehand. Let's have a look at some of the benefits of preventive health checkups:

- »One of the primary benefits of preventive health check-ups is that it helps in detecting any health issues initially.
- »Another important benefit is peace of mind. If you get preventive health check-ups done regularly, you are at ease knowing that you are healthy and fit.
- »With regular and preventive health check-ups, you can always stay on top of your health through screenings and timely vaccinations.
- »If you have some serious condition such as **Diabetes** or **Hypertension (High Blood Pressure)**, then by preventing health check-ups, your Clinician can assist in keeping track of the problem and managing it efficiently.

### What type of packages included in a Preventive Health check-up?

Preventive health check-up includes following packages:-

»**Basic package: Health Check Up for Normal Body Weight Person; Now 35 Test @ Rs 5500 999 only:** This health package starts at **INR 999** depending on different factors. This health package involves various tests such as **CBC with ESR, Blood Group + RH Typing, Sugar (F), Blood Cholesterol, Blood Urea, Serum Creatinine, Urine – RE, ECG, Chest X-Ray**. It also involves consultation with a General Physician.

»**Comprehensive Health Check Up for Over Weight Person; Now 65 Test @ Rs 15310 3499 only:** In this health check-up package, there are various tests offered which include **CBC with ESR, Blood Group + RH Typing, Sugar F+PP, Hb A1c, LFT, KFT, Lipid Profile, Thyroid Profile, Urine – RE, ECG, Chest X-Ray, TMT** along with **General Physician Consultation**.

»**Comprehensive Health Check Up for Obese Person/Cardiac Health Check Up; Now 69 Test @ Rs 22480 5999 only:** This health package involves **CBC with ESR, Blood Group + RH Typing, Sugar F+PP, Hb A1c, LFT, KFT, Lipid Profile, Thyroid Profile, Uric Acid, Albumin, Urine – RE, ECG, Chest X-Ray, TMT, Echocardiography, USG whole abdomen** along with the **General Physician Consultation**.

»**Comprehensive Health Check Up for Ladies; Now 70 Test @ Rs 19140 5999 only:** Women wellness health check-up package involves testing for **CBC with ESR, Blood Group + RH Typing, Sugar F+PP, Hb A1c, LFT, KFT, Lipid Profile, Thyroid Profile, Uric Acid, Albumin, Vitamin B12, Vitamin D, PAP Smear (LBC), Urine – RE, ECG, Chest X-Ray, USG whole abdomen**. There is consultation with a General Physician in the package.

»**Comprehensive Health Check Up for Senior Citizen; Now 71 Test @ Rs 22410 6499 only:** In this health check-up package, there are several tests involved such as **CBC with ESR, Blood Group + RH Typing, Sugar F+PP, Hb A1c, LFT, KFT, Lipid Profile, Thyroid Profile, Uric Acid, Albumin, Vitamin B12, Vitamin D, PSA, Urine – RE, ECG, Chest X-Ray, Echocardiography, USG whole abdomen**. There is an involvement of consultation with a **General Physician**.



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### FAQs (Frequently asked questions)

**Question: How many times should I do a Preventive Health Checkup?**

**Ans:** You should get the Preventive Health Check-up done once a year for people who are above 30 years of age, and people who are below 30 years can get it done every two yearly.

**Question: Is fasting required before preventive health check up?**

**Ans:** Yes. It is because certain foods can influence your test results. It is essential for some tests to have empty stomach for 10-12 hrs that are included in the Preventive Health Checkup package.

**Question: Can I drink water before the procedure?**

**Ans:** Kindly report at the Health check reception on empty stomach, there is no restriction to the intake of water.

**Question: What type of clothes can I wear for the procedure?**

**Ans:** Avoid wearing tight, formal clothes. Kindly wear sports shoes to make you comfortable in doing Tread Mill Test.

**Question: Is it necessary to have health check up done before joining Gym?**

**Ans:** It is advised by our health experts that people must do their health check up before they set their workout regime. A few exercises in the gym often put too much stress on the body and can cause a variety of effects. A heart attack or severe palpitations while exercising or running can be caused by pre-existing heart disease.

**Question: Is it beneficial to have pre employment health check up done before employment?**

**Ans:** Pre-employment medical checkups are an essential part of the hiring process for every Indian industry. These checkups help employers hire healthy and capable employees and can also help employees ensure that they are in good health before starting a new job.

**Question: Why periodically medical examination of an employee is necessary?**

**Ans:** Regular health checkups for employees help them keep an eye on their health and take steps to prevent problems before they get serious. Not all employees make healthy choices. Some don't go to the doctor or check their blood sugar and blood pressure because they don't feel any symptoms.

**Question: What process has to be followed to get Preventive Health Check up done at Sir Ganga Ram City Hospital?**

**Ans:** We are open 24h X 7. Once you dial Phone Number: **01142255555**; our representative shall coordinate accordingly.

**Question: Can we get our test report online?**

**Ans:** Yes. You receive a SMS as soon as you pay the respective package amount. By clicking on link, you may download your report easily.

**Question: Can we submit our feedback online?**

**Ans:** Yes. You may submit your valuable feedback on our email: [info@sgrcityhospital.com](mailto:info@sgrcityhospital.com)