

## FACILITIES AVAILABLE

- High Tech Automated & Computerised Pathology Lab
- Advanced Reporting Software With Alerts
- Digital X – Ray Whole Body
- 2D / 3D Sonography
- Colour Doppler Whole Body
- 2D Echocardiography
- ECG
- Computerised Stress Test
- Pulmonary Function Test
- Physiotherapy
- Dental Check Up & Treatment
- Health Check Up Plans
- Polyclinic & Medical Centre
- Portable Facilities  
(Pathology, X-ray, ECG, PFT, EEG)
- Diet Consultation
- Allergy Tests For
  - ❖ Food Veg & Non Veg
  - ❖ Inhalents (Contact Allergy)
  - ❖ Drugs

## DIET & HEALTH

REMEMBER : EVERY EXTRA KILO  
CAN SHORTEN YOUR LIFE



LOOSE EXCESS WEIGHT &  
GAIN BETTER HEALTH

### TIPS TO HELP YOU

- 1) Be Realistic in setting the targets for weight reduction.
- 2) Ensure Quantity as per lifestyle, Quality i.e. simple home made food and Regularity in having meals i.e. 5-6 mini meals a day.
- 3) Enjoy your food, but eat less.
- 4) Drink plenty of water or other calorie free beverages.
- 5) Increase your fiber intake i.e. more fresh fruits & vegetables.
- 6) Make breakfast mandatory habit.

- 7) Stock your kitchen with health foods so that chances eating junk food gets reduced
- 8) Limit your Fat intake, esp. saturated fat i.e. avoid deep frying instead go for grilling or baking
- 9) Limit your Salt intake
- 10) Be physically active and exercise regularly like brisk Walking, jogging, swimming, etc

COMPREHENSIVE HEALTH CHECK UP  
PLANS STARTING FROM  
Rs. 1850/- to Rs. 20000/-

- ◆ PRIOR APPOINTMENT IS NECESSARY
- ◆ FASTING FOR 12 HRS IS MUST
- ◆ ABSTINENCE FROM ALCOHOL / SMOKING IS MUST 12 HRS PRIOR TO THE CHECK-UP
- ◆ COMPLEMENTARY SNACKS WILL BE PROVIDED FOR POST LUNCH
- ◆ ANY OTHER ADDITIONAL TESTS DONE BESIDES THE PACKAGE WILL BE GIVEN A DISCOUNT OF 10%

#### Timings :

Monday To Saturday: 7.30 am – 9.00 pm  
Sundays: 7.30 am – 2.00 pm

#### Sonography Timings :

Monday To Saturday :  
10.30 am – 3.00 pm & 7.00 pm – 9.00 pm  
(with Prior appointment)

Sonography & 2D Echocardiography also available on Sundays with prior appointment

Our Centre Is Open 365 Days