



CHUGHTAI  
MEDICAL CENTER

FOR APPOINTMENT  
PLEASE CALL

آپکی صحت کا نمبر  
☎ 03 - 111 456 789

EXECUTIVE HEALTH CHECK

# ILLNESS PREVENTION ASSURED

- Welcome
- How will this executive checkup help me?
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# HOW WILL THIS EXECUTIVE CHECK HELP ME?

We all worry about our health as we get older. However, by undergoing a few basic tests, you can identify any problems at an early stage, when they are easier to treat. Our executive health assessment provides an excellent opportunity to identify any health issues and get treatment sooner rather than later.

Our executive health assessment gives you an opportunity to discuss and explore all of your health, well being and lifestyle related concerns with an experienced doctor.

Considering the very high risk of cardiovascular problems in Pakistan, we use our risk assessment tools to calculate your 10 year risk of developing cardiovascular problems, such as heart attack or stroke, and advise lifestyle changes accordingly.

Following your health check, you will be informed if further diagnostic tests or treatment is required. We have an expert panel of doctors in all our medical centers across Lahore to whom you can be referred.



## WHAT IF I DO NOT WISH TO GET ALL TESTS DONE?

We offer three types of executive packages, you can choose from these. However, our recommendation would be to go for Executive package A if you are getting the Executive Checkup done for the first time for a more comprehensive assessment.

### EXECUTIVE PACKAGE A

(Package Price Rs. 29,500/-)

1. Blood Tests
2. Urine analysis
3. Ultrasound scans
4. Chest X-Ray
5. ECG
6. Height, Weight, BMI, Blood Pressure, Pulse, Temperature
7. Consultation with an experienced medical specialist
8. Breakfast is included

### EXECUTIVE PACKAGE B

(Package Price Rs. 19,050/-)

1. Blood Tests
2. Urine analysis
3. Height, Weight, BMI, Blood Pressure, Pulse, Temperature
4. Consultation with an experienced medical specialist

### EXECUTIVE PACKAGE C

(Package Price Rs. 17,050/-)

1. Blood Tests

Package A Services are available only at Chughtai Lab Head Office, 7 Jail Road, Main Gulberg, Lahore.

## BLOOD TESTS INCLUDED IN PACKAGE A, B & C

- **CBC**
- **ESR**
- **Blood Sugar Fasting**
- **HbA1c**
- **Blood Group & Rh Factor**
- **Uric Acid**
- **Liver Function Tests**
  - Serum Bilirubin
  - ALT/SGPT
  - AST/SGOT
  - Alkaline Phosphatase
  - Gamma GT
  - Total Protein
  - Albumin
  - Globulin
  - A/G Ratio
- **Renal Function Tests**
  - Urea
  - Creatinine
- **Serum Electrolytes**
  - Sodium
  - Potassium
  - Chloride
  - Bicarbonate
- **Thyroid Function Test**
  - T3
  - T4
  - TSH
- **Lipid Profile**
  - Cholesterol
  - Triglycerides
  - HDL Cholesterol
  - LDL Cholesterol
  - VLDL
  - Cholesterol/HDL Ratio
- **HBsAg**
- **Anti-HCV**
- **Anti-HIV 1 & 2**
- **Vitamin D**



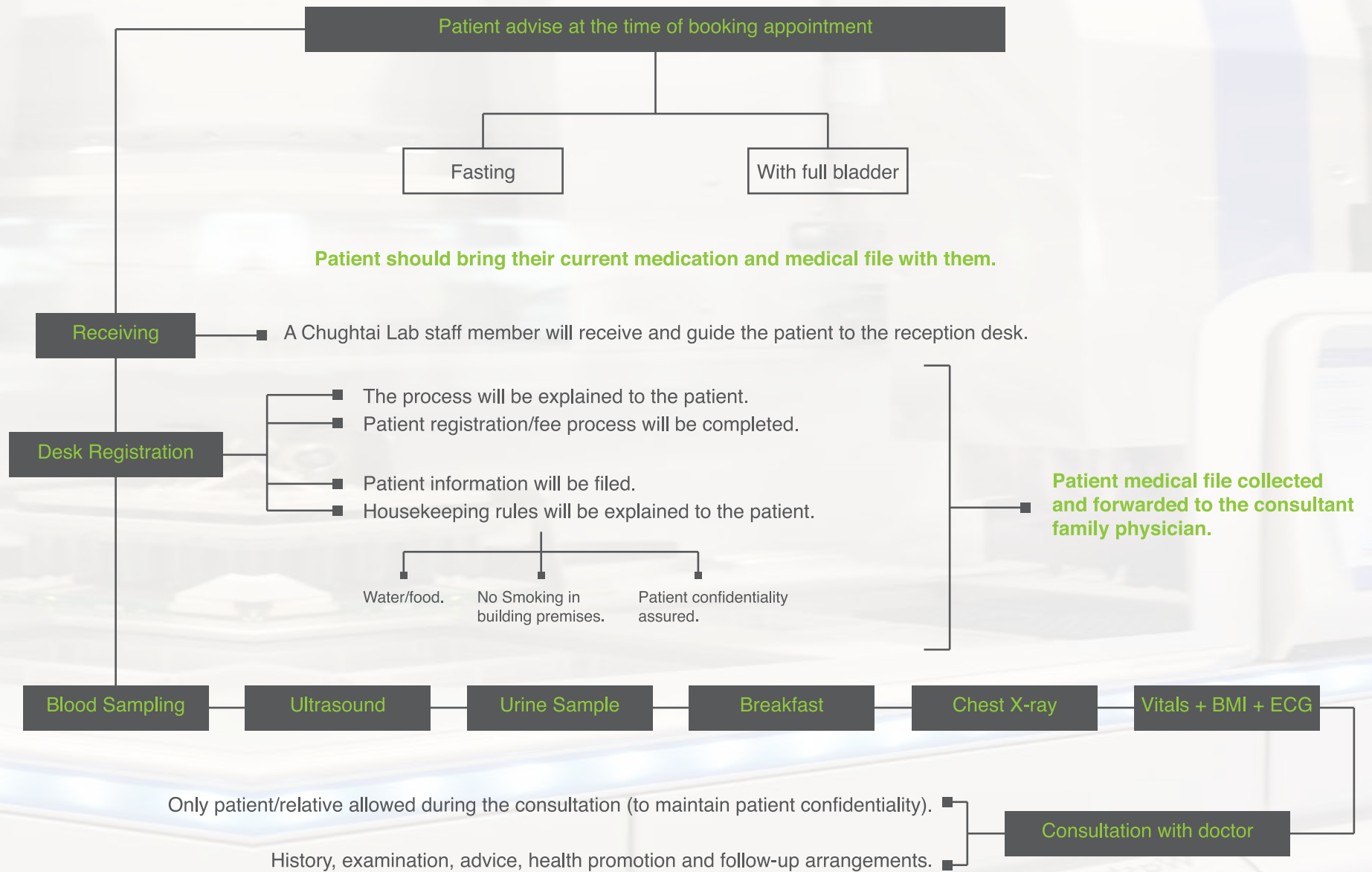


## CAN I HAVE ADDITIONAL TESTS?

Yes, you can have additional tests as follow (additional cost applies):

- Exercise Tolerance Test (ETT) Rs. 5,500/-
- Echocardiography Rs. 4,950/-
- DEXA Scan (BMD & Whole Body Composition) Rs. 7,500/-
- Mammogram + Complimentary Breast Ultrasound Rs. 6,000/-
- PSA (Prostate-Specific Antigen) Rs. 2,200/- (For Males Only)
- Pap smear Rs. 2,000/-
- Fecal Occult Blood Rs. 450/-

## WHAT HAPPENS AT THE CHUGHTAI EXECUTIVE HEALTH CHECK?



## ADDITIONAL ADVICE

- Please call 03-111 456 789 to book your appointment.
- For your health assessment to be accurate, we recommend 10-12 hours fasting when you arrive for the checkup.
- We will serve you breakfast after we have drawn your blood sample.
- You will see a doctor during your visit, who will discuss all your results with you and guide you further.
- In case of ETT, be sure to dress in loose, comfortable clothing (something that is light and breathable is best).
- Make sure to wear comfortable shoes such as athletic sneakers.
- Avoid eating, smoking and drinking caffeinated beverages for 3 hours before the ETT test.
- Stop taking certain medications overnight.
- Report any chest pains/other complications you notice on day of the test.

## HOW CAN I ARRANGE TO HAVE MY EXECUTIVE HEALTH CHECK?

- Please call at our 24/7 helpline

📞 03 - 111 456 789 آبی صحت کا نمبر





## MESSAGE FROM THE CHAIRMAN

*Prof. Dr. A S Chughtai*

Chughtai Lab has built a reputation for high-quality patient care since 1983. Chughtai Lab operates one of the largest network of pathology labs and collection centers in the country. Having built a legacy of trust, and a team that consistently delivers on the promise of quality, Chughtai Lab has now started a series of new initiatives in healthcare. These ventures are aimed at filling gaps in patient care, by providing services that either don't exist or are not delivered with consistent quality.

Making times for your health is lowest on the priority of things to do and this is where our Executive Checkup can help you. Thank you for choosing Chughtai Executive Checkup. It is our privilege to care for you and your family.

Warm Regards,



## MESSAGE FROM THE HEAD OF DEPARTMENT

*Dr. Aroosa Usman*

I am delighted to welcome you all to our Executive Health Services at Chughtai Lab and Medical Centre. I have always believed in 'Prevention better than Cure' and 'Diagnosis sooner rather than later. Regular health checks can help find potential health issues before they become a problem. By getting regular health screening you ensure important steps towards living a longer and healthier life. In Pakistan, we have a very high rate of diabetes, kidney, liver and heart diseases. I would encourage getting yourself checked on regular intervals with all necessary blood tests and radiological investigations as appropriate. Our Executive Health Checkups will provide you with a comprehensive health screening and consultation all under one roof. We will discuss with you all your results and immediate medical treatment if needed as well as a practical life style advice. We also have a panel of expert specialists working with us at our medical centers across Lahore where we can always organize your appointment in case a need arise.

Last but not the least, I wish you all the Best of Health!

**BOOK YOUR APPOINTMENT NOW**

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**CHUGHTAI**  
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**CONTACT US**

**Lahore:** 7 Jail Road, Main Gulberg

**Karachi:** Al Khaleej Plaza, Shaheed-e-Millat Road

[www.chughtailab.com](http://www.chughtailab.com)

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