

## IMPORTANT INSTRUCTIONS

- Visit our Health Check-Up Centre in an Empty stomach. Only Water can be taken. Overnight fasting is required for 8 to 10 hours.
- Avoid wearing tight, formal clothes and shoes.
- Avoid Smoking and Consuming Alcohol for a minimum of 12 hours before check-Up
- If already registered at the hospital, provide the registered Mobile number or hospital registration number at the time of fixing-up the appointment and at the time of reporting to the Hospital.
- Bring all your earlier Medical reports and Prescriptions if available.
- Based on the Medical Condition, the consultant may recommend a few further tests or consultations. Any further tests or consultations recommended by the consultants will not be a part of this package and hence will be charged extra. The availability of reports in such instances will depend on the nature of the tests.
- Clients with existing Co-Morbid conditions, should take their regular medicines if any after the fasting blood sample collection.

### ONCOLOGY CLINIC

by **Dr.Vijaya Kumar**  
Senior Onco Surgeon

Contact No:

+91 636 460 8855



### VERTIGO & ENT CLINIC

Contact No :

+91 900 851 8855



### RHEUMATOLOGY CLINIC

Contact No:

+91 900 851 8855



### NEURO CLINIC

Contact No :

+91 636 470 8855



### INFERTILITY CLINIC

Contact No:

+91 636 475 8855



+91 900 851 8855  
+91 636 470 8855

Email : [mhc@yenepoyahospital.com](mailto:mhc@yenepoyahospital.com)

[yenepoyahospital.com](http://yenepoyahospital.com)

## DIABETIC CENTRE

### COMPREHENSIVE CENTRE FOR ALL YOUR DIABETES RELATED PROBLEMS

- ✓ Diabetology Clinic
- ✓ Podiatric Clinic (Foot Care)
- ✓ Weight Loss Surgery Clinic
- ✓ Diabetic Risk Profiler Test
- ✓ Counselling on Lifestyle / Diet modifications

#### AVAIL A MEMBERSHIP AND GET THE FOLLOWING PRIVILEGES

- ✓ Systematic and timely evaluation based on accepted protocols and advice on diabetes control by our expert team.
- ✓ Continuous education on diabetes control and interactive sessions for wellness.
- ✓ Diabetic benefit card which entails you for subsidized price for diabetic medicines and related Lab investigations.
- ✓ Complete diet plan for Diabetes.

#### For Appointments

MONDAY TO SATURDAY +91 6364708855

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

5<sup>th</sup> floor, Annex Block, Yenepoya Specialty Hospital,  
Kodiabail Mangalore

## OUR CORE STRENGTH



#### Cardiac Services

- ✓ Interventional Cardiology
- ✓ Cardiac Surgeries



#### Orthopedics Services

- ✓ Joint Replacement Surgery
- ✓ Spine Surgery



#### Kidney Care Services

- ✓ Urology
- ✓ Nephrology



#### ENT/Head & Neck

- ✓ Full Spectrum of ENT Surgeries
- ✓ Head and Neck Surgeries Including Oncology
- ✓ Audiology & Vertigo Clinic



#### Birth Centre

- ✓ Dedicated C section Operation theaters
- ✓ Neo-Natal ICU (NICU)



#### 24x7 Services

- ✓ Emergency Care
- ✓ Intensive Care (ICU)
- ✓ MRI & CT

## SPECIALTIES

- ✓ Cardiac Services
- ✓ Orthopedics
- ✓ Urology
- ✓ Cancer Surgery
- ✓ Spine Surgery
- ✓ Birth Centre / NICU
- ✓ Emergency Services
- ✓ Critical Care Services
- ✓ ENT / Cochlear Implant Surgery
- ✓ Endoscopy
- ✓ Rheumatology
- ✓ Internal Medicine
- ✓ Paediatrics
- ✓ Nephrology
- ✓ Surgical Specialties
- ✓ Infertility Clinic
- ✓ Neurology
- ✓ Dermatology
- ✓ Dental

## EMERGENCY NUMBERS

Ambulance: 0824 249 5544 | +91 776 076 6155  
Health Check Appointments: +91 900 851 8855  
CT / MRI: +91 910 898 4300 | OPD: +91 900 851 8855

## PREVENT & PREVAIL



**Yenepoya**  
Specialty Hospital  
(A Unit of Yenepoya Institute of Medical Sciences and Research Pvt Ltd)  
HAPPY TO CARE



**HEALTH  
CHECKUP  
Centre**

+91 900 851 8855 | +91 636 470 8855  
0824 423 8855 Extn : 2500

5<sup>th</sup> floor Annex Building, Yenepoya Specialty Hospital,  
Kodiabail, Mangalore - 575 001.  
Email : [mhc@yenepoyahospital.com](mailto:mhc@yenepoyahospital.com)

[yenepoyahospital.com](http://yenepoyahospital.com)

Recommended for Healthy adults below the age of 40 years.		Recommended for Healthy adults above the age 40 years.		Recommended for those who have been diagnosed with any of the life style diseases like HT,DM etc		Recommended for Healthy adults	
BASIC HEALTH CHECK		COMPLETE HEALTH CHECK		EXTENDED HEALTH CHECK		ESSENTIAL BLOOD TESTS	
₹2,500/-		₹5,000/-		₹9,000/-		₹1,200/-	
<ul style="list-style-type: none"> <li>✓ CBC</li> <li>✓ Blood Sugar - Fasting</li> <li>✓ Lipid profile</li> <li>✓ PPBS</li> <li>✓ Blood Group &amp; RH Typing</li> <li>✓ TSH</li> <li>✓ Liver Function Tests</li> </ul>		<ul style="list-style-type: none"> <li>✓ CBC</li> <li>✓ Blood Sugar - Fasting</li> <li>✓ Lipid profile</li> <li>✓ HbA1C</li> <li>✓ PPBS</li> <li>✓ TSH, T3,T4</li> <li>✓ Blood Group &amp; RH Typing</li> <li>✓ Liver Function test</li> </ul>		<ul style="list-style-type: none"> <li>✓ CBC</li> <li>✓ Blood Sugar - Fasting</li> <li>✓ Lipid profile</li> <li>✓ HbA1C</li> <li>✓ Post prandial Blood Sugar</li> <li>✓ Blood group &amp; RH typing</li> <li>✓ Liver Function test</li> </ul>		<ul style="list-style-type: none"> <li>✓ CBC</li> <li>✓ Blood Sugar - Fasting/Random</li> <li>✓ Lipid profile</li> <li>✓ Blood Group &amp; RH Typing</li> <li>✓ TSH</li> <li>✓ Liver Function Tests</li> </ul>	
<b>Kidney Function Test</b> <ul style="list-style-type: none"> <li>✓ Serum Uric acid</li> <li>✓ Blood Urea</li> <li>✓ Serum Creatinine</li> <li>✓ Urine analysis</li> <li>✓ X-ray Chest</li> <li>✓ ECG</li> <li>✓ Ultrasound study - Abdomen/Pelvis</li> <li>✓ Consultaion with Physician</li> <li>✓ Consultation with Dietician</li> </ul>		<b>Kidney Function Test</b> <ul style="list-style-type: none"> <li>✓ Serum Uric acid</li> <li>✓ Blood Urea</li> <li>✓ Serum Creatinine</li> <li>✓ Urine Analysis</li> <li>✓ X-ray Chest</li> </ul>		<b>Kidney Function Test</b> <ul style="list-style-type: none"> <li>✓ Serum Uric acid</li> <li>✓ Blood Urea</li> <li>✓ Serum Creatinine</li> <li>✓ TSH, T3,T4</li> <li>✓ Sodium</li> <li>✓ Calcium</li> <li>✓ Potasium</li> <li>✓ HbsAg</li> <li>✓ HIV 1 &amp; 2 ( rapid test)</li> <li>✓ HCV</li> <li>✓ GGT</li> </ul>		<b>Kidney Function Test</b> <ul style="list-style-type: none"> <li>✓ Serum Uric acid</li> <li>✓ Blood Urea</li> <li>✓ Serum Creatinine</li> </ul>	
<div>Recommended Add on Packages</div> <div>+</div>		<div>Recommended Add on Packages</div> <div>+</div>		<div>Recommended Add on Packages</div> <div>+</div>		<div>PLEASE NOTE</div> <div>👉</div>	
<b>Diabetic Package ₹2,500/-</b> <ul style="list-style-type: none"> <li>• HbA1C</li> <li>• Urine for Microalbumin</li> <li>• Diabetic Profiler Study</li> <li>• Consultaion with Podiatric Surgeon</li> <li>• Consultation with Dentist</li> <li>• Consultation with Ophthalmologist</li> </ul>		<b>Diabetic Package ₹1,200/-</b> <ul style="list-style-type: none"> <li>• Urine for Microalbumin</li> <li>• Diabetic Profiler Study</li> <li>• Consultaion with Podiatric Surgeon</li> </ul>		<b>Diabetic Package ₹1,000/-</b> <ul style="list-style-type: none"> <li>• Diabetic Profiler Study</li> <li>• Consultaion with Podiatric Surgeon</li> </ul>		<div>👉 If any routine blood investigation is clubbed with any of the packages you can avail a discount of <b>30%</b>.</div>	
<b>Womens Package ₹2,000/-</b> <ul style="list-style-type: none"> <li>• Gynecology Consultation</li> <li>• Pap Smear</li> <li>• Mammogram</li> </ul>		<b>Men's package ₹650/-</b> <ul style="list-style-type: none"> <li>• PSA for Prostate</li> <li>• Urology Consultation</li> </ul>		<b>Men's package ₹650/-</b> <ul style="list-style-type: none"> <li>• PSA for Prostate</li> <li>• Urology Consultation</li> </ul>		<div>👉 If any diagnostic tests is clubbed with the packages you can avail a discount of <b>20%</b>. Eg: Audiometry / Vertigo test / Radiology tests.</div>	
<b>Cardiac Package ₹2,000/-</b> <ul style="list-style-type: none"> <li>• Treadmill Test</li> <li>• Echo evaluation</li> <li>• Cardiology Consultation</li> </ul>		<b>Vitamin package ₹2,500/-</b> <ul style="list-style-type: none"> <li>• Vitamin D3</li> <li>• Vitamin B12</li> </ul>		<b>Womens Package ₹2,000/-</b> <ul style="list-style-type: none"> <li>• Gynecology Consultation</li> <li>• Pap Smear</li> <li>• Mammogram</li> </ul>		<div>👉 Complimentary breakfast / Bottled mineral water 1 ltr will be provided wherever applicable.</div>	
<b>Vitamin package ₹2,500/-</b> <ul style="list-style-type: none"> <li>• Vitamin D3</li> <li>• Vitamin B12</li> </ul>		<b>Serology package ₹800/-</b> <ul style="list-style-type: none"> <li>• HbsAg</li> <li>• HIV 1 &amp; 2</li> <li>• HCV</li> </ul>		<b>Men's package ₹800/-</b> <ul style="list-style-type: none"> <li>• HbsAg</li> <li>• HIV 1 &amp; 2</li> <li>• HCV</li> </ul>		<div>👉 When clubbed with any of the packages, MRI Breast will be offered at a special price of Rs.3000/- and MRI Prostate will be offered at a special price of Rs.3,000/-.</div>	
<b>Serology package ₹800/-</b> <ul style="list-style-type: none"> <li>• HbsAg</li> <li>• HIV 1 &amp; 2</li> <li>• HCV</li> </ul>							