

**EXECUTIVE HEALTH CHECKUP |****Below 40**

Diagnosis for Health Monitoring and Wellbeing

Provide yourself the opportunity to assess your health status and risk factors. Monitoring health is the best step you can take in preventing and managing any potential illness. Our Executive Health Checkup of BHCS can help you. The Screening Packages offered by BHCS are comprehensive and delivered at an accelerated pace. The Below 40 package includes:

**INCORPORATIONS**

Medical History  
Physical Examination  
Laboratory & Cardiac Tests  
Body Composition Analysis

**CONSULTATIONS**

Medical Consultation  
Dietician Consultation  
Physiatrist Consultation

**Rs. 25,000**

Recommended Frequency: Once a Year

**EXAMINATIONS**

CBC Hemoglobin White Cell Count Platelets Differential Count RBC Count & Indices  
Smear Hematocrit Serum Electrolytes Sodium Potassium Chloride HCO<sub>3</sub> Calcium  
Fasting Lipids T. Chol LDL HDL Trig Non HDL LFTs RFTs TSH Anti HCV HBSAG  
HBA<sub>1c</sub> Anti HIV Complete Urine Examination Anti HAV IgG Complete Stool (Oval/Occult)  
ESR Blood Grouping Uric Acid TBW: ECW | ICW BMR VRF Segmental Analysis  
ECG ECHO

**TO TAKE THE STEP FORWARD**

- Take prior appointment; call us on **UAN: 111-244-000** or visit us at BHCS, Buch International Hospital, Buch Villas, Multan.
- Reach BHCS at the appointment day and time and get yourself registered at the reception counter. If you are already registered with BHCS then please keep your PRN (Patient Record Number/Card) with you.
- Arriving late may delay the laboratory reports for the consultation with doctors or may conflict with other appointments resulting in more waiting times and delays.
- Initial examination and investigations are done on first day followed by second visit on receipt of all reports. By the session end of first day you shall be told about next day appointment date and time.
- On second visit consultations will take place with consultants (as needed). A detailed report shall be presented to you at the end of second day session.
- Specimen containers should be collected prior to the first visit to BHCS. Stool and urine specimen should be brought from home on the first visit to the clinic.
- 12 hours fasting is required prior to the appointment.

- 100% advance payment of the selected package will be required 24 hours in advance for the confirmation.
- Letter of authorization is mandatory for visits sponsored by registered companies. In all other cases, cash or card payment will be required in full.
- The tests suggested in the selected packages may change after initial screening/evaluation by the physician.
- In case of any medical reasons if a test is not performed, no refund will be admissible.
- To cancel or reschedule an appointment, please give the hospital at least 12 hours' notice; 30% of the payment will be deducted in case of absence on the appointment dates.