

Body Checkup Testing's

- FBS - Full Blood Count
- UFR - Urine Full Report
- ESR - Behavior of red blood cells
- SFR - Stool Full Report
- FBS - Fasting Blood Sugar
- LIPID PROFILE - Screening For Cholesterol
- LIVER PROFILE - Screening For Liver Functions
- RENAL PROFILE - Screening For Kidney Functions
- CHEST X-RAY & LUNG FUNCTION TEST - Abnormalities of Lungs
- ECG - Warning Signs of Heart Disease
- EYE CHECK UP - Distance Vision Check
- ULTRASOUND SCAN ABDOMEN - Abnormalities of Liver, Kidneys, Gallbladder, Bladder... etc.
- TSH - Thyroid Hormone Level
- PPBS - Blood Sugar level 2hours after the main meal
- CARDIAC MONITORING - Continues Monitoring of Heart Activity

Body Checkup Process

- A Medical Officers will observe your detailed history at the Out Patient Department (OPD)
- Few routine tests will be done at the (OPD)
- SFR/Exercise ECG / Ultrasound Scan will be done after admission
- Our consultant physicians will review all investigation reports with the physical examination
- They will advise on the diet, exercise, and medication (if necessary) and referrals required
- They will provide required referrals for your warning signs of diseases



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RUHUNU
Wellness Center

"Full Medical Checkup"

What is Ruhunu Wellness Center?

Ruhunu Wellness Center is a product created by Ruhunu Hospital to educate consumers with regards to the importance of preventive health

This is done through continuous medical diagnostics examinations to attain better physical and mental outcomes.

What is Full Body Checkup?

- Full Body Checkup is a predesigned package with a list of Diagnostic Tests which accurately assess any Medical Complication of Patients.
- The Package includes investigations of the whole body, which gives a comprehensive analysis of the Customer to the Medical Practitioner.
- The Main areas the checkup covers: Kidney, Liver, Heart, Thyroid, Abdomen and Chest

Why is it important to do a Full Body Checkup?

- Today's lifestyle and eating habits are adversely affecting the Health of people
- Cancers, Cholesterol, Diabetes and other illnesses can be identified through the checkup.
- Late diagnosis of these major illnesses may lead to severe complications.
- Full Body Checkup can diagnose early warning signs of the above-mentioned diseases.

Who need a Body Checkup?

- Over 30 years old
- Family history of illnesses
- Consistently stressed
- Obese
- Unhealthy lifestyles (eating & drinking habits)

1. BRONZE PACKAGE

FBC	TSH
LIVER PROFILE	ECG
RENAL PROFILE	ECHO
UFR	EXERCISE ECG
FBS	ULTRA SOUND SCAN
LIPID PROFILE	BMI
ESR	BP
HBA1C	

3. GOLD PACKAGE (FOR MEN)

FBC	VITAMIN D
UFR	ULTRA SOUND SCAN
FBS	RH FACTOR TITER
ESR	EXERCISE ECG
HBA1C	NEURO SCREENING
BMI	DENTAL SCREENING
BP	EYE SCREENING
TSH	ENT SCREENING
CRP	VARICOSE SCREENING
PSA	RHEUMATOLOGY SCREENING
ECG	NUTRITIONIST SCREENING
ECHO	CT ANGIOGRAM
LIVER PROFILE	SPORT MEDICINE SCREENING
RENAL PROFILE	AYURVEDA SCREENING
LIPID PROFILE	LUNG FUNCTION TEST

- The above packages include**
- Semi Deluxe Room
 - Medical Charges
 - Nursing Charges
 - Maintenance Charges
 - Linen Charges
 - 3 free patient meals per day

Terms & conditions apply
Please ask the coordinator per the information before getting packages

2. SILVER PACKAGE

FBC	BMI
UFR	BP
FBS	ECHO
ESR	EXERCISE ECG
HBA1C	ULTRA SOUND SCAN
TSH	NUTRITIONIST SCREENING
ECG	SPORT MEDICINE SCREENING
LIVER PROFILE	AYURVEDA SCREENING
RENAL PROFILE	LUNG FUNCTION TEST
LIPID PROFILE	

3. GOLD PACKAGE (FOR WOMEN)

FBC	LIVER PROFILE
UFR	RENAL PROFILE
FBS	LIPID PROFILE
ESR	RH FACTOR TITER
HBA1C	ULTRA SOUND SCAN
TSH	NEURO SCREENING
CRP	DENTAL SCREENING
BMI	EYE SCREENING
BP	ENT SCREENING
ECG	VARICOSE SCREENING
ECHO	RHEUMATOLOGY SCREENING
Ca125	NUTRITIONIST SCREENING
VITAMIN D	CT ANGIOGRAM
PAP SMEAR	SPORT MEDICINE SCREENING
EXERCISE ECG	AYURVEDA SCREENING
MAMMOGRAM	LUNG FUNCTION TEST

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 - Medical Charges
 - Nursing Charges
 - Maintenance Charges
 - Linen Charges
 - 3 free patient meals per day

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