



Air-conditioned offices, a cafeteria serving wholesome meals and a state-of-the-art gym in-house and one would think that poor employee health is corporate history. Nothing is farther from the truth. As an executive yourself, you are no stranger to what life as a professional entails. Sedentary lifestyles, hectic schedules and impending deadlines diminish good health until before it's too late. And the repercussions to your organization in terms of lost man-hours, lower productivity and dipping morale could be immense. So, in today's competitive environment the initiative remains stronger than ever to cultivate a resilient workforce.

Balancing health and professional life needn't be the tightrope walk it appears. With **PACE**, a health check-up package for executives, your organisation can ensure that personnel health is given the priority it deserves at the corporate level. **Companies can select from a range of tests to create customized health check-up packages that best satisfy their particular requirements.**

Nip your employees' health woes in the bud with **PACE**. Call today to find out how!

Metropolis is India's only multinational chain of diagnostic centres with a presence in UAE, Sri Lanka, Seychelles, South Africa & Thailand. In addition to 50 laboratories all across the world, it is also connected to the whole of India through a network of 350+ authorized collection centres.

Metropolis' group laboratories are certified by national & international bodies like ISO, NABL, CAP and CLIA, US Government. These certifications affirm Metropolis's commitment to maintain global quality standards, to perform specific type of tests and to provide accurate & reliable results.

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As your company moves forward, don't let your people's health take a backseat



SMS "METROPOLIS" to 56677



**PACE** is a customized company health check-up programme which is designed to cater to the health needs of professionals.

### Why is there a need for a company health check-up?

Stress and general negligence are a part of daily life and, more so of, the fast-paced corporate life. Rife with punishing schedules and hectic lifestyles, little time and effort actually go into the pursuit of good health and its maintenance.

**PACE** is a customized company health-check up programme designed to assess and monitor the health status of executives while advising preventive health measures.

### How frequently do these tests need to be done?

For executives between 30 and 40 years of age, **PACE** tests are recommended every alternate year. Whereas for executives above 40 years of age, **PACE** tests are recommended every successive year. Some tests may be required at more frequent intervals and may depend on the results of additional tests. For instance, Low Hb with microcytic hypochromic picture may require additional tests – Serum Iron, TIBC with or without Hb electrophoresis.

**PACE** is designed to create greater awareness of the health risks posed in a corporate environment and the action that can be taken to alleviate them.

**PACE** offers companies the choice to select from an exhaustive range of body function tests and tailor-makes a package that suits them perfectly.

## GENERAL BODY HEALTH

### Blood Grouping (ABO & Rh)

Knowledge of one's blood group is critical during emergencies, transfusions and pregnancy.

### Haemogram

This test provides a detailed record of the findings in a thorough examination of the blood. This is important to determine your general health status and to screen for a variety of disorders, such as anemia, infection and leukemia.

### ESR

The ESR is a test that has been used to diagnose conditions associated with acute and chronic inflammation, including infections, cancers, and autoimmune diseases.

### Physical Examination

With this process, healthcare professionals investigate for signs of disease in patients.

### Urine Routine

This test detects alterations in the composition of the urine which helps in the diagnosis of many disorders.

### Stool Analysis

A stool analysis diagnoses certain conditions affecting the digestive tract.

## KIDNEY

### Renal Function Test

Blood urea nitrogen (BUN), Serum Creatinine, Serum Uric acid & Urine routine examination are done to evaluate renal function.

## HYPERTENSION

### Blood Testing

High blood pressure is called Hypertension. It leads to multi-organ disorders that affect the eyes, blood vessels, nerves and kidneys. Blood tests such as Lipid Profile, Renal Profile, Haemogram, Electrolytes etc are part of this profile.

## LIVER

### Liver Function Tests

Liver function tests include Serum Bilirubin, SGPT, Alkaline phosphatase, Proteins along with SGOT and GGTP. Liver function may be affected because of infective hepatitis, certain drugs like anti-tubercular drugs or excessive alcohol consumption. These tests help to differentiate between acute / chronic infective, obstructive and alcoholic liver diseases.

### HBsAg

This is the earliest indicator of acute hepatitis B infection.

## CARDIAC HEALTH

### Lipid Profile

Increasing incidence of heart attacks, strokes, high blood pressure, obesity at young age is of concern. These may be lifestyle related in addition to family history or hereditary factors. Lipid profile (Serum Cholesterol, Triglycerides, and LDL, VLDL and HDL) helps to screen the people at risk.

### ECG

ECG measures the rate, regularity of heartbeats and detects presence of any damage.

## DIABETES

### Fasting Blood Sugar

Diabetes is a chronic disease with blood sugar levels higher than normal. It leads to multi-organ disorders that affect the eyes, blood vessels, nerves and kidneys. Timely diagnosis and treatment can avoid irreparable organ damage. Blood sugar level estimation is very useful to detect impaired glucose tolerance and diabetes in time.

## CANCER

### PSA (For men)

This procedure is used to screen for prostate cancer in men, determine the necessity for a biopsy of the prostate, monitor effectiveness of treatment for prostate cancer, and detect recurrence of prostate cancer.

### Pap smear (For women)

This test is employed to screen for cervical cancer and certain vaginal or uterine infections.

## STRESS TEST

### Treadmill Test

This test helps a doctor find out how well the heart handles work. As the body works harder during the test, it requires more oxygen causing the heart to pump more blood. The test determines if there is reduced blood supply from the arteries to the heart.

## OTHERS

### X-ray Chest

Looks for any deformities in chest

### Sonography

It is commonly used to study internal body organs and imaging soft tissues of the body.

### Spirometry

Spirometry (measurement of breath) is the most widely used Pulmonary Function Tests (PFTs). It is used to measure lung function, specifically the amount (volume) of and / or speed (flow) at which air can be inhaled and exhaled. Performed using a Spirometer, this test is used to assess conditions like asthma, pulmonary fibrosis, cystic fibrosis, and COPD (Chronic Obstructive Pulmonary diseases).

### Audiometry

This test measures the hearing capacity of an individual and makes use of an Audiometer to diagnose the extent of hearing loss in an individual suspected of suffering from the same or other ear disorders.

### Ophthalmic Examination

A standard ophthalmic exam comprises of a series of tests which assess the vision and health of an individual's eyes and enable the early detection of the onset of eye problems.