

body WATCH

With the increasing incidence of diseases, the adage 'Prevention is better than cure' holds very true in today's fast-paced life. **Body Watch** is a preventive health check-up package specially designed for people of all ages and gender. This package thus ascertains your health status, detects disorders and helps you take preventive measures. The packages included under it are:

- Body Watch **Basic for Everyone**
- Body Watch **Advanced and Supreme for Men and Women (30+ & 60+)**
- Body Watch **Vital (Exclusively through Home Health Services) for Everyone**
- Body Watch **Cancer for Men and Women**

In today's fast-paced and stress-filled life, taking care of your health is of utmost importance. Make **Body Watch** an annual routine for you and your dear ones. Because a test in time can save a life!



Your Lab. At Home.

Metropolis is India's only multinational chain of diagnostic centres with a presence in Bangladesh, Mauritius, Nepal, Nigeria, South Africa, Sri Lanka & UAE. In addition to 55 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 and CAP (The College of American Pathologists). 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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“Timely health check-ups have kept our family healthy and happy.”

body WATCH

METROPOLIS
EXCELLENCE IN DIAGNOSTICS
for your health, nothing less will do

The Body Watch Health Check Up Screening Packages

Body Watch: Basic For Everyone - Rs. 575/-

- **General** – Haemogram, Blood Group and Rh Factor, Urine Routine
- **Diabetes** – Blood Sugar-Fasting
- **Liver Function** – Bilirubin
- **Kidney Function** – S. Creatinine
- **Cardiac Risk** – Cholesterol-Total, Triglycerides

Body Watch: VITAL For Everyone - Rs. 1750/- (Exclusively Through Home Health Services)

- **General** – Haemogram, ESR, Blood Group and Rh Factor, Urine Routine
- **Liver Function** – Bilirubin, Proteins, SGOT, SGPT, Gamma GT, Alkaline Phosphatase
- **Hepatitis** – Australia Antigen (HBsAg)
- **Diabetes** – Blood Sugar-Fasting
- **Kidney Function** – Blood Urea Nitrogen (BUN), Serum Creatinine, Proteins
- **Cardiac Risk** – Cholesterol-Total, HDL-Cholesterol, LDL-Cholesterol, VLDL-Cholesterol, Triglycerides
- **Thyroid Function** – FT3, FT4, TSH

Body Watch: CANCER Men - Rs. 8300/- Body Watch: CANCER Women - Rs. 9500/-

- **General** – Haemogram
- **Thyroid Function** – Thyroglobulin
- **Bone Disorder** – Acid Phosphatase (men), Calcitonin
- **Cancer Markers** – CEA, CA-19.9, AFP, HCG (beta subunit), CA – 125 (women), CA – 15.3 (women), CA- 72.4 (men), PSA (men), Urine-Cytology
- **Special** – Pap Smear (women), Protein Electrophoresis
- **Other Examinations** – X-ray Chest, Physical Examination with BMI, Gynaecological Examination, ENT Examination (Ear, Nose, and Throat), Sonography (Full Abdomen), Mammography (women)

Body Watch: Advanced (30 to 59 years) Men - Rs. 3300/- & Women - Rs. 3200/-

- **General** – Haemogram, ESR, Blood Group and Rh Factor, Urine Routine
- **Diabetes** – Blood Sugar-Fasting, Blood Sugar - Post Prandial
- **Liver Function** – Bilirubin, Proteins, SGOT, SGPT, Gamma GT, Alkaline Phosphatase
- **Kidney Function** – Blood Urea Nitrogen (BUN), Serum Creatinine, Serum Uric Acid
- **Thyroid Function** – TSH
- **Cardiac Risk** – Cholesterol-Total, HDL-Cholesterol, LDL-Cholesterol, VLDL-Cholesterol, Triglycerides
- **Bone Disorder** – Serum Calcium
- **Cancer** – PSA (men), Pap Smear (women)
- **Special** – HIV I & II, VDRL
- **Other Examinations** – Electro-cardiogram (ECG), X-ray Chest, Physical Examination with BMI, Gynaecological Examination

Body Watch: Supreme (30 to 59 years) Men - Rs. 8600/- & Women - Rs. 10000/-

- **General** – Haemogram, ESR, Blood Group and Rh Factor, Urine Routine, Stool Routine
- **Diabetes** – Blood Sugar-Fasting, Blood Sugar - Post Prandial
- **Liver Function** – Bilirubin, Proteins, SGOT, SGPT, Gamma GT, Alkaline Phosphatase, Prothrombin time
- **Hepatitis** – Australia Antigen (HBsAg)
- **Kidney Function** – Blood Urea Nitrogen (BUN), Serum Creatinine, Serum Uric Acid, Serum Calcium, Serum Phosphorus, Electrolytes, Bicarbonates, Acid Phosphatase, Proteins
- **Thyroid Function** – TSH
- **Cancer** – CEA, PSA (men), Pap Smear (women)
- **Cardiac Risk** – Cholesterol-Total, HDL-Cholesterol, LDL-Cholesterol, VLDL-Cholesterol, Triglycerides, Lp(a), Apolipoproteins (A1/B), Homocysteine
- **Special** – HIV I & II, VDRL,
- **Other Examinations** – Electrocardiogram (ECG), X-ray Chest, Physical Examination with BMI, Gynaecological Examination, Spirometry (Lung Function test), Audiometry, Computerised Exercise Stress Test, Sonography (Upper Abdomen for men), Sonography (Pelvis for women), Mammography (women)

Body Watch: Advanced (60years and above) Men - Rs. 3500/- & Women - Rs. 3300/-

- **General** – Haemogram, ESR, Blood Group and Rh Factor, Urine Routine
- **Diabetes** – Blood Sugar-Fasting, Blood Sugar - Post Prandial
- **Liver Function** – Bilirubin, Proteins SGOT, SGPT, Gamma GT, Alkaline Phosphatase
- **Kidney Function** – Blood Urea Nitrogen (BUN), Serum Creatinine, Serum Uric Acid
- **Thyroid Function** – TSH
- **Cancer** – PSA (men), Pap Smear (women)
- **Cardiac Risk** – Cholesterol-Total, HDL-Cholesterol, LDL-Cholesterol, VLDL-Cholesterol, Triglycerides
- **Other Examinations** – Electrocardiogram (ECG), X-ray Chest, Physical Examination with BMI, Gynaecological Examination, Sonography (Upper Abdomen for men), Sonography (Pelvis for women)

Body Watch: Supreme (60 years and above) Men - Rs. 8100/- & Women - Rs. 9400/-

- **General** – Haemogram, ESR, Blood Group and Rh Factor, Urine Routine, Stool Routine
- **Diabetes** – Blood Sugar- Fasting, Blood Sugar - Post Prandial, HbA1c
- **Liver Function** – Bilirubin, Proteins, SGOT, SGPT, Gamma GT, Alkaline Phosphatase, Prothrombin time
- **Hepatitis** – Australia Antigen (HBsAg)
- **Kidney Function** – Blood Urea Nitrogen (BUN), Serum Creatinine, Serum Uric Acid, Serum Calcium, Serum Phosphorus, Electrolytes, Bicarbonates, Acid Phosphatase, Proteins
- **Thyroid Function** – TSH
- **Cardiac Risk** – Cholesterol-Total, HDL-Cholesterol, LDL-Cholesterol, VLDL-Cholesterol, Triglycerides, Lp(a), Apolipoproteins (A1/B)
- **Cancer** – CEA, CA - 19.9 (men), CA - 15.3 (women) PSA (men), Pap Smear (women)
- **Other Examinations** – Electrocardiogram (ECG), X-ray Chest, Physical Examination with BMI, Gynaecological Examination, Ophthalmic Examination (Eye Check-up), Audiometry, Computerised Exercise Stress Test, Sonography (Full Abdomen), Mammography (women)