The Well Man Package

The Well Man Package is a comprehensive package designed to assure a healthy life for males, at different age levels.

- The Well Man Package will include a full Health Questionnaire, Physical Examination and Consultation with a Doctor.
- Medical investigations including blood tests will be individualised. Please see the list below for a brief summary of some of the tests offered.
- Based on the consultation and special investigations, an assessment of the Risk Factors for various Diseases will be identified and Corrective Measures instituted.
- We look forward to welcoming you at the Wellness Clinic.

ELECTROCARDIOGRAM WITH SHORT RHYTHM TEST ECG

- A test to measure the electrical activity of the heart
- To detect any heart disease problems.

TREADMILL STRESS TEST

- A test to measure the electrical activity of the heart during physical stress and its reaction to increased demand of oxygen, or any abnormal heart beat.
- It helps detect Ischemic heart disease (poor circulation) which predispose to heart attack.

BEDSIDE SPIROMETRY

- It is a screening test indicating the presence of pulmonary disease.

CHEST X-RAY

- An X-ray is a picture of the chest to help detect lung and heart disease.

CALCIUM

- A blood test to screen for conditions related to musculoskeletal system and kidney disease.

PSA (PROSTATE SPECIFIC ANTIGEN, SERUM)

- A blood test to screen for prostatic cancer or prostatitis. Prostate Cancer is the most common cancer in males.

TSH

- A blood test to detect thyroid diseases.

URIC ACID

- A blood test to diagnose acute gout and kidney stones.

VITAMIN D

- A blood screening test to detect Vitamin D deficiency, which is a very common condition, that can lead to multiple problems including but not limited to fatigue, body, joint pains osteopenia and osteoporosis.

URINALYSIS

- A urine screening test to check overall kidney functions, Urinary Tract Infections, Diabetes or any other kidney disease.

LIPID PROFILE

- A blood screening test to check Cholesterol and Triglycerides which are indicators of risk for heart disease.

LIVER PROFILE

- A blood screening test to measure the function of the liver, liver enzymes, billirubin and others. It helps to screen for hepatitis and liver disease.

RENAL PROFILE

- A combination of several tests which will evaluate the kidney function and detect electrolyte imbalance.

FBC (Full BLOOD COUNT)

- A blood screening test to diagnose and manage various diseases. It can reflect dehydration, blood loss, anaemia or blood abnormalities, infections, allergies and others.

FASTING BLOOD SUGAR

- Is a blood test that diagnoses Diabetes

OCCULT BLOOD - FAECES

- A test to detect cancer in the bowel. The earlier the cancer is detected the better the chances to cure.

INSTRUCTIONS & PROCEDURES

- Your check-up will take from 1 to 2 hours
- Blood tests: You must come fasting for 12 hours, you can drink ONLY water
- Treadmill exercise: You need to bring comfortable shoes & clothes for this test, e .g. track suit
- Please arrive for all your scheduled appointments at least 10 minutes before time
- Chest x-ray and all blood tests will be done in between your appointments
- Please book your follow up visit after completing all the tests, in order to review them with your physician
- For any Cancellations / or Rescheduling, Please contact us at least 1 or 2 days in advance
- Please note that prices are subject to change without prior notice

For package bookings, please contact us on
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