



RUMAH SAKIT
PONDOK INDAH
BINTARO JAYA

Executive Health Check Up

RSPI

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Essentials:

- + Physical Examination
- + Vital Signs
- + Body Composition Analysis
- + Eye Examination
- + Dental Examination
- + Medical Reports & Consultation with General Practitioner

Cardiac Assessments:

- + Resting ECG

Radiology/Imaging:

- + Bone Ultrasound
- + Panoramic Dental X-Ray
- + Chest X-Ray

Laboratory Tests:

- + Full Blood Count & ESR
- + Blood Group & Rhesus Status
- + Diabetes Screening (Fasting Glucose & HbA1C)
- + Lipid Profile (Total Cholesterol, HDL, LDL, Triglycerides)
- + Liver Function (Aspartate Aminotransferase / SGOT, Alanine Aminotransferase / SGPT, Gamma Glutamyl Transferase, Alkaline Phosphatase)
- + Kidney Function (Urea, Creatinine, eGFR)
- + Uric Acid
- + Hepatitis Screening (Hepatitis B surface Antigen & Antibody)
- + Urine Analysis



C COMPREHENSIVE

As **F**, with the addition of:

Essentials:

- + Consultation with Dietician
- + Consultation with Cardiologist

Laboratory Tests:

- + Vitamin D 25-Hydroxy
- + Hepatitis C Screening (Anti HCV)
- + CEA (General Tumor Marker)

Cardiac Assessment:

- + Treadmill / Exercise Stress Test & Report by Cardiologist

Radiology/Imaging:

- + Abdominal Ultrasound (USG)

Cancer Screening for Female

- + Pap smear with Thin Prep Method (to detect cervical cancer) – conducted by Gynecologist

or

- + Breast Ultrasound / CR Mammography (to detect breast cancer)



A ADVANCE

As **C**, with the addition of:

Essentials:

- + Pre MCU Screening with SARS Cov-2 Antigen swab Test
- + Audiometry & Report by ENT Specialist

Laboratory Tests:

- + Arthritis Screening – Rheumatoid Factor
- + Thyroid Hormones (Free T4, TSH)

Cardiac Risk Assessment:

- + D-Dimer

Cancer Screening:

For Male:

- + PSA (Prostat Cancer Tumor Marker)

For Female:

- + Pap smear with Thin Prep Method (to detect cervical cancer) – conducted by Gynecologist
- + Breast Ultrasound / CR Mammography (to detect breast cancer)



E EXECUTIVE

As **A**, with the addition of:

Laboratory Tests:

- + Autoimmune Screening – ANA IF
- + Bone Mineral Status (Calcium, Phosphate)
- + Female Hormone Profile (Follicle Stimulating Hormone/FSH, Estradiol)

Tumor Marker:

- + Ca 19-9 (Pancreatic & Gastrointestinal Cancer)
- + AFP (Liver Cancer)
- + Ca 15-3 (Breast Cancer)
- + Ca 125 (Ovarian Cancer)

Cardiac Risk Assessment:

- + Platelet Aggregation
- + Echocardiography & Report by Cardiologist



P PREMIER

As **E**, with the addition of:

Essentials:

- + Eye Examination with Funduscopy – Conducted by Ophthalmologist

Laboratory Tests:

Atherosclerosis Screening (to detect risks of stroke & heart disease)

- + Homocystein
- + Fibrinogen

Optional:

- + Cardiac Screening with MSCT Cardiac Contrast (no treadmill) – an imaging study to visualize the heart's blood vessel and anatomical structure of the heart in 3 Dimensional form

Or

- + Stroke Screening with MRI, MRA Brain Non Contrast (no echocardiography) – an imaging study to visualize anatomical structure of brain, brainstem, and brain vascularization



T TITANIUM

As **P**, with the addition of:

Essentials:

- + Consultation with Neurologist

Laboratory Tests:

- + High Sensitivity C-Reactive Protein
- + Urine Micro Albumin (detect early signs of kidney damage)

Cardiac Assessment:

- + MSCT Cardiac Contrast – an imaging study to visualize the heart’s blood vessel and anatomical structure of the heart in 3 Dimensional form

Brain Assessment:

- + MRI, MRA Brain Non Contrast – an imaging study to visualize anatomical structure of brain, brainstem, and brain vascularization

*Without Treadmill Test & Echocardiography



PRE MARITAL PACKAGE

Essentials:

- + Physical Examination
- + Vital Signs
- + Body Composition Analysis
- + Medical Reports & Consultation with General Practitioner
- + Eye Examination & color blindness test
- + ECG

Radiology/Imaging:

- + Chest Xray
- + Gynecology Ultrasound (for female)

Laboratory Tests:

- + Full Blood Count & ESR
- + Blood Group & Rhesus Status
- + Hemoglobin Electrophoresis
- + Diabetes Screening (Fasting Glucose)
- + Hepatitis Screening (Hepatitis B Surface Antigen & Antibody, Hepatitis C Antibody)
- + Urine Analysis
- + Venereal disease screening (VDRL, TPHA, Anti HSV2)
- + HIV Test
- + For female : IgM Toxoplasma, IgG Rubella
- + For Male : Sperm Analysis



FERTILITY ASSESSMENT

Essentials:

- + Physical Examination
- + Vital Signs
- + Body Composition Analysis
- + Medical Reports & Consultation with general Practitioner

Radiology/Imaging:

- + Gynecology Ultrasound (for female)
- + Lower Abdominal Ultrasound (for male)

Laboratory Tests :

- + Hepatitis Screening (Hepatitis B Surface Antigen & Antibody, Hepatitis C Antibody)
- + Thyroid Hormone (Free T4, TSH)
- + Vitamin D 25-Hydroxy
- + Pap smear with Thin Prep Method – conducted by Gynecologist (for female)
- + Sperm Analysis (For male)

Female Hormones:

- + FSH (Follicle Stimulating Hormone)
- + LH (Luteinising Hormone)
- + Progesterone
- + Estradiol
- + AMH - Anti Mullerian Hormone (represents potential egg cells in the ovarium)

Male Hormones :

- + Testosterone
- + Progesterone



GOLDEN AGE

Essentials:

- + Physical Examination
- + Vital Signs
- + Body Composition Analysis
- + Medical Reports & Consultation with General Practitioner
- + Geriatric Screening & Consultation with Geriatric Internist Specialist

Cardiac Assessment:

- + Resting ECG

Radiology/Imaging:

- + Bone Ultrasound
- + Chest X-Ray

Laboratory Tests:

- + Full Blood Count & ESR
- + Diabetes Screening (Fasting Glucose & HbA1C)
- + Lipid Profile (Total Cholesterol, HDL, LDL, Triglycerides)
- + Liver Function (Aspartate Aminotransferase / SGOT, Alanine Aminotransferase/ SGPT, Gamma Glutamyl Transferase, Alkaline Phosphatase)
- + Kidney Function (Ureum, Creatinine, eGFR)
- + Uric Acid
- + Urine Analysis
- + Vitamin D 25-Hydroxy



CARDIAC WELLNESS

Essentials:

- + Physical Examination by General Practitioner
- + Vital Signs
- + Body Composition Analysis
- + Medical Reports
- + Consultation with Cardiologist
- + Consultation with Dietician

Laboratory Tests:

- + Full Blood Count & ESR
- + Diabetes Screening (Fasting glucose & HbA1c)
- + Lipid Profile (Total Cholesterol, HDL, LDL, Triglycerides)
- + Liver Function (Aspartate Aminotransferase / SGOT, Alanine Aminotransferase / SGPT)
- + Kidney Function (Ureum, Creatinine, eGFR)

Cardiac Risk Screening

- + High Sensitivity C-Reactive Protein
- + Platelet Aggregation
- + Plasma Homocysteine
- + Resting ECG
- + Echocardiography
- + Carotid Artery Doppler Ultrasound
- + MSCT Cardiac Contrast - an imaging study to visualize the heart's blood vessel and anatomical structure of the heart in 3 Dimensional form



STROKE SCREENING

Essentials :

- + Physical Examination by General Practitioner
- + Vital Signs
- + Body Composition Analysis
- + Medical Reports
- + Consultation with Neurologist
- + Consultation with Dietician
- + Resting ECG

Laboratory Tests:

- + Full Blood Count & ESR
- + Diabetes Screening (Fasting glucose & HbA1c)
- + Lipid Profile (Total Cholesterol, HDL, LDL, Triglycerides)
- + Liver Function (Aspartate Aminotransferase / SGOT, Alanine Aminotransferase / SGPT)
- + Kidney Function (Ureum, Creatinine, eGFR)

Stroke Risk Screening:

- + Coagulation studies (Prothrombin Time / PT, Activated Partial Thromboplastin Time / APTT, INR Thrombotest)
- + Platelet Aggregation Studies
- + MRI, MRA Brain Non Contrast – an imaging study to visualize anatomical structure of brain, brainstem, and brain vascularization



POST COVID-19 PACKAGE

Essentials:

- + SARS Cov-2 Antigen swab test
- + Physical Examination by General Practitioner
- + Vital Signs
- + Medical Reports
- + Consultation with Dietician
- + Consultation with Internist or Pulmonologist

Heart & Lungs Examination:

- + Resting ECG
- + Chest X-Ray

Optional :

- + Chest X-Ray can be upgraded to MSCT Thorax Non Contrast (add Rp. 1,500,000,-)

Laboratory Tests:

- + Full Blood Count
- + Inflammatory Marker (C-Reactive Protein, ESR)
- + Electrolyte Profile
- + Diabetes Screening (Fasting glucose)
- + Liver Function (Aspartate Aminotransferase / SGOT, Alanine Aminotransferase / SGPT)
- + Kidney Function (Ureum, Creatinine, eGFR)
- + Thyroid Function (Free T4, TSH)
- + D Dimer (coagulation test)
- + Vitamin D 25-Hydroxy
- + Vitamin B12
- + Urine Analysis