



Executive Health Check Up RSPI



CBD Emerald Blok CE/C No. 01 Boulevard Bintaro Jaya, Tangerang Selatan 15427 Indonesia

Phone :: +62 21 8082 8888 Ext. 2301/2302 Email: HCUbintaro@rspondokindah.co.id





### **Essentials**:

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

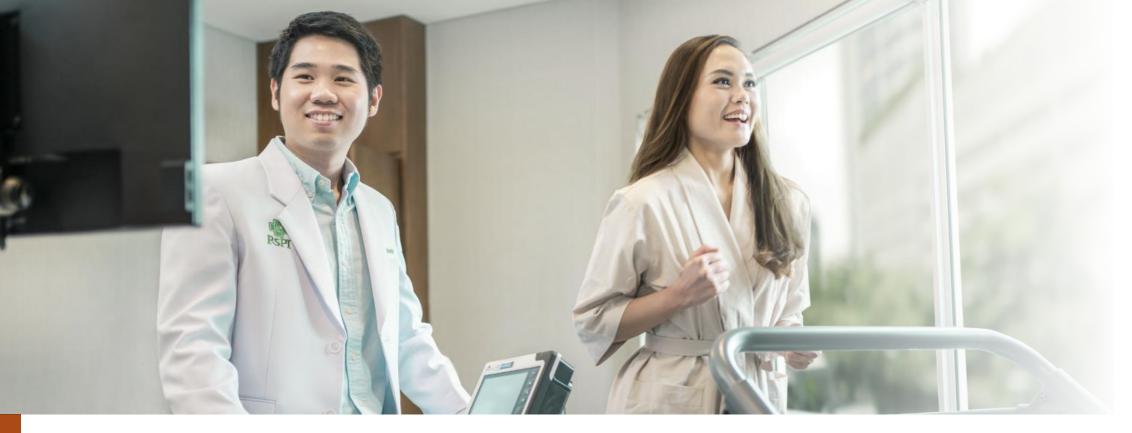
### **Cardiac Assessments:**

+ Resting ECG

# Radiology/Imaging:

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

- + 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 (Ureum, Creatinine, eGFR)
- + Uric Acid
- + Hepatitis Screening (Hepatitis B surface Antigen & Antibody)
- + Urine Analysis



# **G** COMPREHENSIVE



### **Essentials:**

- + Consultation with Dietician
- + Consultation with Cardiologist

# **Laboratory Tests:**

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

#### **Cardiac Assesment:**

+ 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)



# **3** 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:**

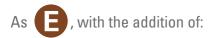
- + Ca 19-9 (Pancreatic & Gastrointestinal Cancer)
- + AFP (Liver Cancer)
- + Ca 15-3 (Breast Cancer)
- + Ca 125 (Ovarian Cancer)

### **Cardiac Risk Assessment:**

- + Platelet Aggregation
- + Echocardiography & Report by Cardiologist



# PREMIER



### **Essentials:**

+ Eye Examination with Funduscopy – Conducted by Ophtalmologist

### **Laboratory Tests:**

Atherosclerosis Screening (to detetct 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



# **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)

- + 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
- Veneral disease screening (VDRL, TPHA, Anti HSV2)
- + HIV lest
- + 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:**

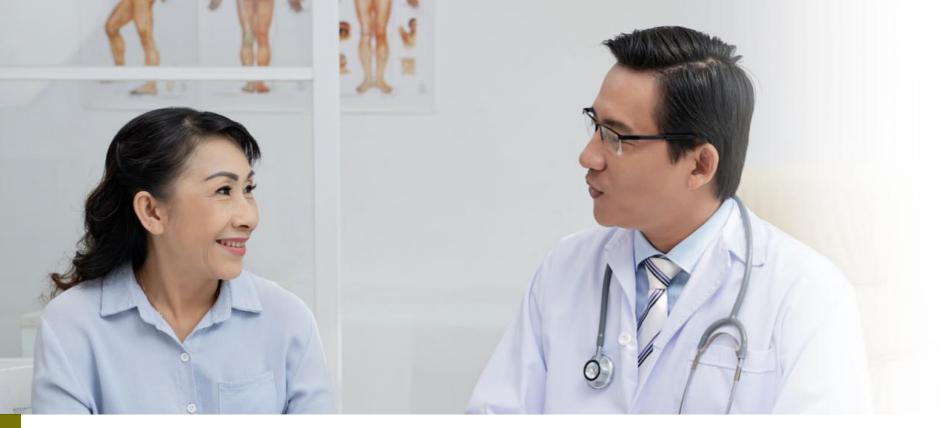
- + Hepatitis Screening (Hepatitis B Surface Antigen & Antibody, Hepatitis C Antibody)
- + Thyroid Hormone (Free T4, TSH)
- + Vitamin D 25-Hydroxy
- + Pap smear with Thin Prep Method conducted by Gynecologist (for female)
- + Sperm Analysis (For male)

### **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 Ultasonometer
- + Chest X-Ray

- + 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,-)

- + 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