



RUMAH SAKIT  
**PONDOK INDAH**  
PURI INDAH

## Executive Health Check Up

RSPI

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## **F** BASIC (FIT)

### **Essential:**

- + History & Physical Examination by General Practitioner
- + Vital Signs
- + Body Composition Analysis
- + Basic Eye Examination
- + Dental Examination by Dentist
- + Medical Report & Review with General Practitioner

### **Cardiac Assessment:**

- + Resting Electrocardiogram (ECG) & Report by Cardiologist

### **Radiology/Imaging:**

- + Chest X-ray & Report by Radiologist
- + Panoramic X-ray & Report by Dentist

### **Optional:**

- + Vitamin D only Rp. 325.000 (normal price: Rp. 650.000)
- + Bone Mineral Densitometry (BMD) only Rp. 850.000 (normal price Rp.1.100.000)

### **Laboratory Tests:**

- + Full Blood Profile & ESR
- + Blood Group & Rhesus Status
- + Fasting Glucose & HbA1C – Screening for Diabetes Mellitus
- + Total Cholesterol, Triglycerides, HDL Cholesterol, LDL Cholesterol - Lipid Profile
- + Aspartate Aminotransferase (AST/SGOT), Alanine Aminotransferase (ALT/SGPT), Gamma-Glutamyltransferase (GGT), Alkaline Phosphatase - Liver Function Profile
- + Urea & Creatinine - Kidney Function Profile
- + Uric Acid - Screening for Gout
- + Surface Antigen & Antibody - Hepatitis B Screening
- + Urine Examination
- + Calcium & Phosphate - Bone Mineral Status



## **S** SILVER

As **F**, with additional of:

### **Essential:**

- + Consultation with Dietician (to consult what do's and don'ts for healthier lifestyle)
- + Consultation with Internist/Cardiologist

### **Laboratory Tests:**

- + Vitamin & Mineral Status - 25 Hydroxy Vitamin D
- + Anti HCV - Hepatitis C Screening
- + General Tumor Marker - CEA (to help diagnosed certain types of Cancer)

### **Cardiac Assesment:**

- + Treadmill/Exercise Stress Test & Report by Cardiologist (used to determine how well your heart response during times when it's working its hardest)

### **Radiology/imaging:**

- + USG Abdomen Package (to check and detect any problems in major organs in the abdominal cavity)

### **Other Assessment For Female (choose 1)**

- + Pap smear with Thin Prep Method (Screening for Cervical Cancer) & conducted by Obstetrics & Gynaecology Specialist

**or**

- + Breast USG Examination / CR Mammography (screening test for breast cancer / tumor)

### **Optional:**

- + Bone Mineral Densitometry only Rp. 850.000 (normal price Rp.1.100.000)





## **G** GOLD

As **S**, with additional of:

### **Laboratory Tests:**

- + Autoimmune Disease Studies- Rheumatoid Factor (RF) (a test to detect rheumatoid arthritis in your body)
- + Free T4 & TSH - Thyroid Function Screening
- + For Male: Prostate Specific Antigen (PSA) - Tumor Marker for Prostate Cancer

### **Radiology/Imaging:**

- + For Female: Breast USG Examination / CR Mammography (screening test for breast cancer / tumor)
- + Bone Mineral Densitometry – Screening for Osteoporosis & Report by Radiologist

### **Hearing Function Assessment:**

- + Audiometry & Report by ENT specialist

### **Lung Function Assessment:**

- + Spirometry & Report by Pulmonologist



## **E** EXECUTIVE

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

### **Laboratory Tests:**

- + High-sensitivity C-reactive Protein (hs-CRP) & d-dimer – Cardiac Risk Assessment
- + Tumor Marker Ca 19-9 for Pancreatic & Gastrointestinal Cancer
- + Tumor Marker - AFP (Liver cancer)
- + For Female: Tumor Marker Ca 15-3 for Breasts Cancer & Ca 125 for Ovarian Cancer
- + For Female: FSH & Estradiol - Hormonal Profile



## **P** PLATINUM

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

### **Other Assessment (choose 1)**

- + MSCT Cardiac Contrast (a radiologic examination of the heart's blood vessels to provide information about the anatomical morphological structure of the cardiac and vascular organs that can be visualized in the form of 3 Dimensions)
- + Echocardiography – Report by Cardiologist

**or**

- + MRI & MRA Brain Non Contrast (non-invasive test that produces detailed images of your brain and brain stem).
- + Treadmill/Exercise Stress Test

**or**

- + MRI Cervicothoracic/ Thoracolumbal
- + Treadmill/Exercise Stress Test



## **T** TITANIUM

As **P**, with additional of:

### **Essential:**

- + Funduscopy conducted by eye specialist (Identify Risk factor for potential vision lost)
- + Ankle Brachial Pressure Index (ABPI) - Peripheral Arterial Disease Screening
- No Treadmill/Exercise Stress Test
- No Echocardiography

### **Laboratory Tests:**

- + Homocystein (to detect heart attack or stroke)
- + INR/Trombotest (to check blood clotting problem)
- + Urine Micro albumin (to detect very small levels of blood protein (albumin) in urine)

### **Cardiac Assessment:**

- + MSCT Cardiac Contrast (a radiologic examination of the heart's blood vessels to provide information about the anatomical morphological structure of the cardiac and vascular organs that can be visualized in the form of 3 Dimensions.)

### **Brain Assessment:**

- + MRI & MRA Brain Non Contrast (non-invasive test that produces detailed images of your brain and brain stem).  
(can be change to MRI Cervicothorax/ Thoracolumbal).





# CORONARY RISK ASSESSMENT

## Essential:

- + History & Physical Examination by General Practitioner
- + Vital Signs
- + Body Composition Analysis
- + Medical Report & Review with General Practitioner
- + Consultation with Dietician (to consult what do's and don'ts for healthier lifestyle )
- + Consultation with Cardiologist/Internist (to consult cardiac assessment result)
- + ABPI (Ankle Brachial Pressure Index)

## Cardiac Assessment:

- + Resting Electrocardiogram (ECG) & Report by Cardiologist

## Radiology/Imaging:

- + Chest X-ray & Report by Radiologist
- + MSCT Cardiac Contrast (a radiologic examination of the heart's blood vessels to provide information about the anatomical morphological structure of the cardiac and vascular organs that can be visualized in the form of 3 Dimensions.)

## Laboratory Tests:

- + Full Blood Profile & ESR
- + Blood Group & Rhesus Status
- + HbA1C – Screening for Diabetes Mellitus
- + Total Cholesterol, Triglycerides, HDL Cholesterol, LDL Cholesterol - Lipid Profile
- + Aspartate Aminotransferase (AST/SGOT), Alanine Aminotransferase (ALT/SGPT), Gamma-Glutamyl transferase (GGT), Alkaline Phosphatase - Liver Function Profile
- + Homocysteine, Lipoprotein a, High-sensitivity C-reactive Protein (hs-CRP) & Platelet Aggregation – Cardiac Risk Assessment
- + Urea & Creatinine - Kidney Function Profile
- + Uric Acid – Screening for Gout
- + Urine Examination
- + D-dimer





## STROKE SCREENING

### Essential:

- + History & Physical Examination by General Practitioner
- + Vital Signs
- + Body Composition Analysis
- + Medical Report & Review with General Practitioner
- + Consultation with Dietician (to consult what do's and don't's for healthier lifestyle)
- + Consultation with Neurologist (to consult stroke assessment result)
- + ABPI (Ankle Brachial Pressure Index)

### Cardiac Assessment:

- + Resting Electrocardiogram (ECG) & Report by Cardiologist

### Radiology/Imaging:

- + Chest X-ray & Report by Radiologist
- + MRI & MRA Brain Non Contrast (non-invasive test that produces detailed images of your brain and brain stem)

### Laboratory Tests:

- + Full Blood Profile & ESR
- + Blood Group & Rhesus Status
- + HbA1C – Screening for Diabetes Mellitus
- + Total Cholesterol, Triglycerides, HDL Cholesterol, LDL Cholesterol - Lipid Profile
- + Homocysteine, Lipoprotein a, High-sensitivity C-reactive Protein (hs-CRP), Platelet Aggregation, INR/Thrombotest, & Fibrinogen - Stroke Risk
- + Urea & Creatinine - Kidney Function Profile
- + Uric Acid – Screening for Gout
- + Urine Examination
- + D-dimer



## HEART & STROKE SCREENING

### Essential:

- + History & Physical Examination by General Practitioner
- + Vital Signs
- + Body Composition Analysis
- + Medical Report & Review with General Practitioner
- + Consultation with Dietician (to consult what do's and don'ts for healthier lifestyle )
- + Consultation with Cardiologist/Internist (to consult cardiac assessment result)
- + Consultation with Neurologist (to consult stroke assessment result)
- + ABPI (Ankle Brachial Pressure Index)

### Radiology/Imaging:

- + Chest X-ray & Report by Radiologist
- + MSCT Cardiac Contrast (a radiologic examination of the heart's blood vessels to provide information about the anatomical morphological structure of the cardiac and vascular organs that can be visualized in the form of 3 Dimensions.)
- + MRI & MRA Brain Non Contrast (non-invasive test that produces detailed images of your brain and brain stem)

### Cardiac Assessment:

- + Resting Electrocardiogram (ECG) & Report by Cardiologist

### Laboratory Tests:

- + Full Blood Profile & ESR
- + Blood Group & Rhesus Status
- + HbA1C – Screening for Diabetes Mellitus
- + Total Cholesterol, Triglycerides, HDL Cholesterol, LDL Cholesterol - Lipid Profile
- + Aspartate Aminotransferase (AST/SGOT), Alanine Aminotransferase (ALT/SGPT), Gamma-Glutamyl transferase (GGT), Alkaline Phosphatase - Liver Function Profile
- + Homocysteine, Lipoprotein a, High-sensitivity C-reactive Protein (hs-CRP), Platelet Aggregation, INR/Thrombotest, & Fibrinogen - Stroke Risk
- + Urea & Creatinine - Kidney Function Profile
- + Uric Acid – Screening for Gout
- + Urine Examination
- + D-dimer



## WOMAN SCREENING

### Essential:

- + Consultation with Oncologist
- + Consultation with Obstetric & Gynecologist

### Laboratory Tests:

- + Thin Prep Pap Smear Examination
- + HPV DNA Test

### Radiology/Imaging:

- + Breast Imaging Examination

### Additional Examination (Advanced Screening):

- + Bone Mineral Densitometry (BMD) only Rp. 850.000 (normal price Rp.1.100.000)



## PRE MARITAL PACKAGE

### Essential:

- + History & Physical Examination by General Practitioner
- + Vital Signs
- + Medical Report & Review with General Practitioner

### Radiology/Imaging:

- + For Female : USG Gynecology by Radiologist
- + CR Thorax

### Laboratory Tests:

- + Full Blood Profile & ESR
- + Blood Group & Rhesus Status
- + Surface Antigen & Antibody - Hepatitis B Screening
- + Anti HCV - Hepatitis C Screening
- + HIV test
- + VDRL & TPHA - Venereal Disease Screening
- + Urine Examination
- + For Female : Ig M Toxoplasmosis, Ig G Rubella
- + For Male : Sperm Examination
- + Peripheral Blood Film (PBF)





## PRE MARITAL ADVANCE MALE PACKAGE

### Essential:

- + History & Physical Examination by General Practitioner
- + Vital Signs
- + Medical Report & Review with General Practitioner
- + Eye Examination

### Laboratory Tests:

- + Full Blood Profile & ESR
- + Blood Group & Rhesus Status
- + Surface Antigen & Antibody - Hepatitis B Screening
- + Anti HCV - Hepatitis C Screening
- + HIV test
- + VDRL & TPHA - Venereal Disease Screening
- + Urine Examination
- + Sperm Examination
- + Glucose Fasting
- + Lipid Profile (Total Cholesterol, Triglyceride, HDL Cholesterol, LDL Cholesterol)
- + Anti HSV 1 & 2 IgM
- + Haemoglobin Electrophoresis Hb
- + Peripheral Blood Film (PBF)

### Radiology/Imaging:

- + CR Thorax

### Cardiac Assessment:

- + Resting Electrocardiogram (ECG) & Report by Cardiologist



## PRE MARITAL ADVANCE FEMALE PACKAGE

### Essential:

- + History & Physical Examination by General Practitioner
- + Vital Signs
- + Medical Report & Review with General Practitioner
- + Eye Examination

### Laboratory Tests:

- + Full Blood Profile & ESR
- + Blood Group & Rhesus Status
- + Surface Antigen & Antibody - Hepatitis B Screening
- + Anti HCV - Hepatitis C Screening
- + HIV test
- + VDRL & TPHA - Venereal Disease Screening
- + Urine Examination
- + Glucose Fasting
- + Lipid Profile (Total Cholesterol, Triglyceride, HDL Cholesterol, LDL Cholesterol)
- + Complete TORCH Panel
- + Haemoglobin Electrophoresis Hb
- + Peripheral Blood Film (PBF)

### Radiology/Imaging:

- + USG Gynecology by Radiologist
- + CR Thorax

### Cardiac Assessment:

- + Resting Electrocardiogram (ECG) & Report by Cardiologist