



NIRMALA
MULTISPECIALITY
HOSPITAL

Clean... Caring... Responsive...

NIRMALA MENS HEALTH CHECK-UP PACKAGE



Screen Early.
Stay Strong.
Live Informed.

www.nirmalahospitalmysore.com

Why Choose Our Men Health Packages

- ▲ Age aligned screening plans with a clear progression in depth.
- ▲ Essential metabolic, thyroid, liver and renal markers where relevant.
- ▲ Specialist consultations built in for broader review when needed.
- ▲ Designed for early action, better follow-up and informed decisions.



NIRMALA MEN'S BASIC HEALTH PACKAGE

18–30 YEARS

For young adults beginning preventive care with core screening for CBC, Blood Sugar, Thyroid, Liver Health, Urine Routine and ECG

NIRMALA MEN'S ACTIVE WELLNESS PACKAGE

30–45 YEARS

A wider review for working adults, adding specialist consultations, HbA1c, renal profile and Uric acid monitoring.



NIRMALA MEN'S EXECUTIVE HEALTH PACKAGE

45–60 YEARS

A more detailed midlife package with cardiology, Orthopedics, dietician review, ECHO / TMT, Abdomen ultrasound and Chest X-Ray.

NIRMALA MEN'S FULL BODY CHECK-UP

NO AGE LIMIT

Our most comprehensive option with pulmonology consultation, Vitamin screening and HIV I & II Screening.



ANNUAL CARE WITH CLARITY

MENS BASIC HEALTH PACKAGE

18–30 YEARS

General Physician Consultation
Complete Blood Count (CBC)
RBS
Lipid Profile
Urine Routine
Liver Function Test (LFT)
Thyroid Profile
ECG

₹1999

MENS ACTIVE WELLNESS HEALTH PACKAGE

30–45 YEARS

General Physician Consultation	HbA1c
Cardiologist Consultation	Liver Function Test (LFT)
Orthopaedic Consultation	Renal Function Test (RFT)
Dietician Consultation	Thyroid Profile Check
Complete Blood Count (CBC)	Uric Acid
RBS	ECG
Lipid Profile	
Urine Routine	

₹3999

MENS EXECUTIVE HEALTH PACKAGE

45–60 YEARS

General Physician Consultation
Cardiologist Consultation
Orthopaedic Consultation
Dietician Consultation
Complete Blood Count (CBC)
FBS, PPBS
Lipid Profile
Urine Routine
HbA1c
Liver Function Test (LFT)
Renal Function Test (RFT)
Thyroid Profile
Uric Acid
ECG , Echo / TMT
Ultrasound Abdomen
Chest X-Ray

₹5999

MENS FULL BODY CHECK-UP PACKAGE

NO AGE LIMIT

General Physician Consultation	Chest X-Ray
Cardiologist Consultation	Vitamin D
Orthopaedic Consultation	Vitamin B12
Dietician Consultation	HIV I & II
Pulmonologist Consultation	
Complete Blood Count (CBC)	
FBS, PPBS	
Lipid Profile	
Urine Routine	
HbA1c	
Liver Function Test (LFT)	
Renal Function Test (RFT)	
Thyroid Profile	
Uric Acid	
ECG , Echo / TMT	
Ultrasound Abdomen	

₹8999

Instructions Before Health Check-up

- Please come early in the morning after 10-12 hours of fasting.
- Please come on an empty stomach.
- Only plain water is allowed during the fasting period.
- For Ultrasound Abdomen, please come with a full bladder.
- Please inform the staff in advance if you have diabetes, or are taking any regular medications.
- If you are a diabetic patient, please inform the doctor or staff about taking insulin or diabetes medicines before the test.
- Please bring your previous medical records, scan reports, blood test reports, and current medication list, if available.
- Avoid alcohol, smoking, and heavy exercise before the health check-up.
- Wear comfortable clothing for easy examination and testing.
- Please contact the front office desk for any queries or contact 0821-4014800/888



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For Appointments

☎ 0821- 4014800 / 4014888 / 9620447044

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Alanahalli, Mysuru- 570 028

🌐 www.nirmalahospitalmysore.com