



SILVER

Ideal for 25 -35 years old
Ph 15,000

Full Physical Exam

Personal and family Medical History Review. Head to Toe Physical Examination, Visual Acuity Fundoscopy and Color Blindness Test

Vital Measurements

Height
Weight
Blood Pressure

Weight Category Analysis

Body Mass Index (BMI)
Body Fat Analysis (BFA)

Diagnostic Examination

Electrocardiogram (ECG)

Diagnostic Imaging

Chest X-ray

Basic Laboratory Examination

Urinalysis
Fecalalysis
Complete Blood Count (CBC)

Specialized Laboratory Examination

Lipid Profile: *Total Cholesterol, LDL, HDL, Triglycerides, VLDL*
Liver Screen: *SGPT (ALT), SGOT (AST)*
Kidney Screen: *Creatinine, Uric Acid*
Electrolyte Screen: *Sodium, Potassium*
Diabetes Screen: *Fasting Blood Sugar*
Thyroid Screen: *TSH*

Health Screening Report with Chronic Disease Risk Assessment

Doctor Review

Post health screening review with Lifestyle Medicine Doctor (Virtual or Face to Face)

Hearty Breakfast and Refreshment

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GOLD

Ideal for 36- 45 years old

Ph 19,000

Full Physical Exam

Personal and family Medical History Review. Head to Toe Physical Examination, Visual Acuity Fundoscopy and Color Blindness Test.

Vital Measurements

Height
Weight
Blood Pressure

Weight Category Analysis

Body Mass Index (BMI)
Body Fat Analysis (BFA)

Diagnostic Examination

Electrocardiogram (ECG)

Diagnostic Imaging

Chest X-ray
Kidney, Ureter, Bladder (KUB)

Basic Laboratory Examination

Urinalysis
Fecalalysis
Complete Blood Count (CBC)

Specialized Laboratory Examination

Lipid Profile: *Total Cholesterol, LDL, HDL, Triglycerides, VLDL*
Liver Screen: *SGPT (ALT), SGOT (AST), Total Protein, Albumin, Globulin (TPAG)*
Kidney Screen: *Blood Urea Nitrogen (BUN), Creatinine, Uric Acid*
Electrolyte Screen: *Sodium, Potassium*
Diabetes Screen: *Fasting Blood Sugar, HbA1C*
Thyroid Screen: *TSH*

Health Screening Report with Chronic Disease Risk Assessment

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HEALTH

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PLATINUM (HER)

Ph 25,000

Full Physical Exam

Personal and family Medical History Review. Head to Toe Physical Examination, Visual Acuity Fundoscopy and Color Blindness Test.

Vital Measurements

Height
Weight
Blood Pressure

Weight Category Analysis

Body Mass Index (BMI)
Body Fat Analysis (BFA)

Diagnostic Examination

Electrocardiogram (ECG)
Audiometry
Pap Smear
Treadmill Stress Test***

Diagnostic Imaging

Chest X-ray
Whole Abdomen Ultrasound
Breast Ultrasound***
Mammogram***

Basic Laboratory Examination

Urinalysis
Fecalalysis
Complete Blood Count (CBC)

Specialized Laboratory Examination

Lipid Profile: *Total Cholesterol, LDL, HDL, Triglycerides, VLDL*
Infection Screen: *ESR*
Liver Screen: *SGPT (ALT), SGOT (AST), Total Protein, Albumin, Globulin (TPAG)*
Kidney Screen: *Blood Urea Nitrogen (BUN), Creatinine, Uric Acid*
Electrolyte Screen: *Sodium, Potassium*
Diabetes Screen: *Fasting Blood Sugar, HbA1C*
Thyroid Screen: *TSH*

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***Optional tests - Client may choose one of the optional tests



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PLATINUM (HIM)

Ph 25,000

Full Physical Exam

Personal and family Medical History Review
Head to Toe Physical Examination, Visual Acuity Fundoscopy and Color Blindness Test

Vital Measurements

Height
Weight
Blood Pressure

Weight Category Analysis

Body Mass Index (BMI)
Body Fat Analysis (BFA)

Diagnostic Examination

Electrocardiogram (ECG)
Audiometry
Treadmill Stress Test***

Diagnostic Imaging

Chest X-ray
Whole Abdomen Ultrasound
Prostate Ultrasound***

Basic Laboratory Examination

Urinalysis
Fecalalysis
Complete Blood Count (CBC)

Specialized Laboratory Examination

Lipid Profile: *Total Cholesterol, LDL, HDL, Triglycerides, VLDL*
Infection Screen: *ESR*
Liver Screen: *SGPT (ALT), SGOT (AST), Total Protein, Albumin, Globulin (TPAG)*
Kidney Screen: *Blood Urea Nitrogen (BUN), Creatinine, Uric Acid*
Electrolyte Screen: *Sodium, Potassium*
Diabetes Screen: *Fasting Blood Sugar, HbA1C*
Thyroid Screen: *TSH*

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SAPPHIRE

Ph 28,000

Full Physical Exam

Personal and family Medical History Review.
Head to Toe Physical Examination, Visual Acuity Fundoscopy and Color Blindness Test.

Vital Measurements

Height
Weight
Blood Pressure

Weight Category Analysis

Body Mass Index (BMI)
Body Fat Analysis (BFA)

Diagnostic Examination

Electrocardiogram (ECG)
Audiometry
Treadmill Stress Test
Tonometry

Diagnostic Imaging Examination

Chest X-ray
Whole Abdomen Ultrasound

Advance Diagnostic Imaging Examination

Heart Scan – CT Cardiac Calcium Score

Laboratory Examination

Urinalysis
Urine Microalbumin
Fecalalysis
Complete Blood Count (CBC)

Specialized Laboratory Examination

Lipid Profile: *Total Cholesterol, LDL, HDL, Triglycerides, VLDL*
Infection Screen: *ESR*
Liver Screen: *SGPT (ALT), SGOT (AST), Total Protein, Albumin, Globulin (TPAG)*
Kidney Screen: *Blood Urea Nitrogen (BUN), Creatinine, Uric Acid*
Electrolyte Screen: *Sodium, Potassium*
Diabetes Screen: *Fasting Blood Sugar, HbA1C*
Thyroid Screen: *TSH*
Tumor Marker: *CEA (Colon)*

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DIAMOND

Ph 32,000

Full Physical Exam

Personal and family Medical History Review
Head to Toe Physical Examination, Visual Acuity Fundoscopy and Color Blindness Test.

Vital Measurements

Height
Weight
Blood Pressure

Weight Category Analysis

Body Mass Index (BMI)
Body Fat Analysis (BFA)

Diagnostic Examination

Electrocardiogram (ECG)
Audiometry
Tonometry

Diagnostic Imaging Examination

Chest X-ray
Whole Abdomen Ultrasound

Advance Diagnostic Imaging Examination

Heart Scan – CT Cardiac Calcium Score
Lung Scan – CT Lung Screen

Basic Laboratory Examination

Urinalysis
Urine Microalbumin
Fecal Occult Blood Test
Complete Blood Count (CBC)

Specialized Laboratory Examination

Lipid Profile: *Total Cholesterol, LDL, HDL, Triglycerides, VLDL*
Infection Screen: *ESR*
Liver Screen: *SGPT (ALT), SGOT (AST), Alkaline Phosphatase, Total Bilirubin, Total Protein, Albumin, Globulin (TPAG)*
Kidney Screen: *Blood Urea Nitrogen (BUN), Creatinine, Uric Acid, Glomerular Filtration Rate (GFR)*
Electrolyte Screen: *Sodium, Potassium, Chloride*
Diabetes Screen: *Fasting Blood Sugar, HbA1C*
Thyroid Screen: *TSH*
Bone Screen: *Total Calcium, Inorganic, Phosphorus*
Hepatitis Screen: *HbsAg*
Tumor Marker: *AFP (Liver)*

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