



RC:326391  
**EL-LAB LIMITED**  
MEDICAL DIAGNOSTIC & RESEARCH CENTRE  
ISO 15189:2012 ACCREDITED LABORATORY

# HEALTH CHECK PLAN

Your first step  
towards better  
health

There's no denying that prevention is better than cure. Detecting (potential) ailments earlier helps the doctors treat and cure them better and at the same time saves money for the afflicted individual.

Today's stressful and expanding urban lifestyles warrant healthy living and reassuring peace of mind, rather than the physical, psychological and financial burden - consequences of complicated, debilitating (incurable) illnesses, frequent hospital visits, prolonged hospitalization and even (preventable) death-all due to improper preventive care and missed opportunities.

**N.B.** You are implored to visit the centre before taking your breakfast meal on the day of testings.

Thank you.

## BASIC HEALTH CHECK-UP

INVESTIGATIONS	FBC Blood Group Urinalysis Stool Analysis Malaria Screening Widal
DIABETICS	FBS
RENAL (KIDNEY)	Urea Creatinine
LIVER FUNCTION TEST	Bilirubin
CARDIAC EVALUATION	ECG
IMAGING	Chest X-Ray
LIPID PROFILE	Total Cholesterol
CONSULTATION	Family Physician
	<b>PRICE: N20,000</b>

## PRE-SCHOOL ENROLLMENT/ADMISSION

INVESTIGATIONS	Blood Group Genotype Urinalysis Stool Analysis Hb/PCV Malaria Screening Widal
INFECTION SCREENING	Matoux Test (Tuberculin) HIV I & II HB sAg Anti-HCV
LIPID PROFILE	Total Cholesterol
CARDIAC EVALUATION	Chest Xray
CONSULTATION	Post-immunization Checks Paediatrician
	<b>PRICE: N19,500</b>

## PRE-MARITAL HEALTH CHECK UP MALE

INVESTIGATIONS	FBC Blood Group Genotype Urinalysis Malaria Screening Widal
DIABETICS	FBS
INFECTION SCREENING	HIV I & II HBsAg Anti-HCV VDRL
FERTILITY TEST	Semen Analysis & M/C/S
CARDIAC EVALUATION	ECG Chest Xray
LIPID PROFILE	Total Cholesterol HDL-cholesterol LDL-cholesterol Triglyceride
CONSULTATION	Family Planning Advice & Counselling
	<b>PRICE: N25,000</b>

## PRE-MARITAL HEALTH CHECK UP FEMALE

INVESTIGATIONS	FBC Blood Group Genotype Urinalysis Malaria Screening Widal
DIABETICS	FBS
INFECTION SCREENING	HIV I & II HB <sub>s</sub> Ag Anti-HCV VDRL
CARDIAC EVALUATION	ECG Chest X-Ray
IMAGING	Pelvic USS
LIPID PROFILE	Total Cholesterol HDL-cholesterol LDL-cholesterol Triglyceride
CONSULTATION	Family Planning Advice & Counseling
	PRICE: N25,000

## COMPREHENSIVE DIABETES PACKAGE

INVESTIGATIONS	FBC ESR Urinalysis TSH Malaria Screening Widal
DIABETICS	FBS hsCRP HBA1C
LIPID PROFILE	Total Cholesterol LDL -cholesterol HDL -cholesterol Triglycerides
KIDNEY FUNCTION	Electrolytes Urea Creatinine Microalbumin
CONSULTATIONS	Physician (Diabetologist/ Endocrinologist) Ophthalmologist Dietician
<b>PRICE: N21,800</b>	

## COMPREHENSIVE HEART CHECK

INVESTIGATIONS	FBC ESR Blood Group Urinalysis Malaria Screening Widal
DIABETICS	FBS
LIPID PROFILE	Total Cholesterol LDL -cholesterol HDL -cholesterol VLDL -cholesterol Triglycerides
KIDNEY FUNCTION	Electrolytes Urea Creatinine Uric Acid Microalbumin
CARDIAC EVALUATION	Chest Xray ECG Echocardiogram Homocysteine hsCRP
CONSULTATION	Cardiologist Dietician
	<b>PRICE: N93,750</b>

## PREGNANCY-RELATED CHECK

INVESTIGATION	(Iron deficiency) Anaemia screening on a routine basis Malaria Screening Widal
INFECTION SCREENING	HIV I & II Hepatitis B Chlamydia Gonorrhoea Syphilis Bacteruria (urinary tract)
GESTATIONAL DIABETES SCREENING	@ 24-28 weeks gestation @1st pre-natal visit(women at high risk for diabetes)
RHESUS INCOMPATIBILITY	Screening and follow testing for O Negative women at a higher risk
CONSULTATION	Obstetrician
	<b>PRICE: N21,250</b>



## WELLNESS PROGRAMME MALE

INVESTIGATIONS	FBC ESR Blood Group TSH Malaria Screening Widal Urinalysis
DIABETICS	FBS HBA1C
RENAL (KIDNEY)	Electrolytes Creatinine Urea Uric Acid
INFECTION SCREENING	HBsAg Anti-HCV RVS
LIVER FUNCTION TEST	Total Protein Albumin Globulin Bilirubin (total) Bilirubin(conj) AST (SGOT) ALT (SGPT) Alkaline Phosphatase
CARDIAC EVALUATION	ECG Pre-/Post-exercise
IMAGING	Chest X-Ray Abdominopelvic USS
LIPID PROFILE	Total Cholesterol LDL -cholesterol HDL -cholesterol Triglycerides
CANCER MARKER	PSA Occult Blood
CONSULTATION	Physician
	<b>PRICE: N56,250</b>

## WELLNESS PROGRAMME FEMALE

INVESTIGATIONS	FBC ESR Blood Group TSH Malaria screening Widal Urinalysis
DIABETICS	FBS HBA1c
INFECTION SCREENING	HB <sub>s</sub> Ag, Anti-HCV RVS
RENAL (KIDNEY)	Electrolytes Creatinine Urea Uric Acid
LIVER FUNCTION TEST	Total Protein Albumin Globulin Bilirubin (total) Bilirubin (conjugated) AST (SGOT) ALT (SGPT) AlkalinePhosphatase
CARDIAC EVALUATION	ECG Pre-/post-exercise
IMAGING	Chest X-Ray Abdominopelvic USS

## WELLNESS PROGRAMME FEMALE

LIPID PROFILE	Total Cholesterol LDL-cholesterol HDL-cholesterol Triglycerides
CANCER MARKERS	Pap smear Occult Blood
CONSULTATION	Physician
	PRICE: N56,250

## EXECUTIVE HEALTH CHECK-UP MALE

INVESTIGATIONS	FBC ESR Blood Group TSH Malaria Screening Widal Urinalysis
INFECTION SCREENING	HB <sub>s</sub> Ag, Anti-HCV RVS
DIABETICS	FBS HBA1C
RENAL (KIDNEY)	Electrolytes Urea Creatinine Uric Acid
LIVER FUNCTION TEST	Total Protein Albumin Globulin Bilirubin (total) Bilirubin (conj) AST (SGOT) ALT (SGPT) Alkaline Phosphatase
CARDIAC EVALUATION	ECG Chest X-Ray
LIPID PROFILE	Total Cholesterol LDL-cholesterol HDL-cholesterol Triglycerides
CONSULTATION	Physician
	<b>PRICE: N50,100</b>

EL-HC.09 Ver 02

Prepared by Joy I Asuquo  
Reviewed by Ndubuisi S Nwosu  
Approved by Elochukwu Adibo  
Effective date: 31 January 2018  
Next Review Date: 30 January 2019

## EXECUTIVE HEALTH CHECK-UP FEMALE

INVESTIGATIONS	FBC ESR Blood Group TSH Malaria Screening Widal Urinalysis
INFECTION SCREENING	HB <sub>s</sub> Ag Anti-HCV RVS
DIABETICS	FBS HBA1c
RENAL (KIDNEY)	Electrolytes Urea Creatinine Uric Acid
LIVER FUNCTION TEST	Total Protein Albumin Globulin Bilirubin (total) Bilirubin (conj) AST (SGOT) ALT (SGPT) Alkaline Phosphatase
CARDIAC EVALUATION	ECG Chest X-Ray
IMAGING	Abdominopelvic USS
LIPID PROFILE	Total Cholesterol LDL-cholesterol HDL-cholesterol Triglycerides
CONSULTATION	Physician
	<b>PRICE: N50,100</b>

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## SILVER HEALTH CHECK-UP MALE

INVESTIGATIONS	FBC ESR Blood Group Urinalysis Stool Analysis TSH Malaria Screening Widal
INFECTION SCREENING	HB <sub>s</sub> Ag Anti-HCV
DIABETICS	FBS HBA1c
RENAL(KIDNEY)	Electrolytes Urea Creatinine Uric Acid
LIVER FUNCTION TEST	Total Protein Albumin Globulin Bilirubin (total) Bilirubin (conj) AST (SGOT) ALT (SGPT) Alkaline Phosphatase
CARDIAC EVALUATION	ECG Pre-/post-exercise Echocardiogram Chest X-Ray
IMAGING	Abdominopelvic USS
LIPID PROFILE	Total Cholesterol LDL- cholesterol HDL- cholesterol Triglycerides
CANCER MARKERS	PSA
CONSULTATION	Physician
	<b>PRICE: N93,750</b>

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## SILVER HEALTH CHECK-UP FEMALE

INVESTIGATIONS	FBC ESR Blood Group Urine Routine Stool Routine TSH Malaria screening Widal
INFECTION SCREENING	HB <sub>s</sub> Ag Anti-HCV
DIABETICS	FBS HBA1C
RENAL(KIDNEY)	Urea Electrolytes Creatinine Uric Acid
LIVER FUNCTION TEST	Total Protein Albumin Globulin Bilirubin (total) Bilirubin (conj) AST (SGOT) ALT (SGPT) Alkaline Phosphatase
CARDIAC EVALUATION	ECG Pre-/post-exercise Echocardiogram Chest X-Ray
IMAGING	Abdominopelvic USS Breast Scan Mammography,
LIPID PROFILE	Total Cholesterol LDL-cholesterol HDL-cholesterol Triglycerides
CANCER MARKERS	Pap Smear
CONSULTATION	Physician
	<b>PRICE: N112,500</b>

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## GOLD HEALTH CHECK-UP MALE

INVESTIGATIONS	FBC ESR Blood Group Urinalysis Stool Analysis T3, T4, TSH Malaria screening Widal
INFECTION SCREENING	HIV I & II HBsAg Anti-HCV
DIABETICS	FBS HBA1c Microalbumin
RENAL (KIDNEY)	Electrolytes Urea Creatinine Uric Acid
LIVER FUNCTION TEST	Total Protein Albumin Globulin Bilirubin (total) Bilirubin (conj) AST (SGOT) ALT (SGPT) Alkaline Phosphatase
CARDIAC EVALUATION	ECG Pre-/post-exercise Echocardiogram Troponin I Troponin T Myoglobin Homocysteine
IMAGING	Chest X-Ray Abdominopelvic USS

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## GOLD HEALTH CHECK-UP MALE

LIPID PROFILE	Total Cholesterol LDL-cholesterol HDL-cholesterol Triglycerides
CANCER MARKERS	CEA PSA Occult Blood
CONSULTATION	Physician Dietician
	<b>PRICE:N135,000</b>

## GOLD HEALTH CHECK-UP FEMALE

INVESTIGATIONS	FBC ESR Blood Group Urinalysis Stool Analysis T3, T4, TSH Malaria Screening Widal
INFECTION SCREENING	HIV I & II HBsAg Anti-HCV
DIABETICS	FBS HBA1c Microalbumin
RENAL	Electrolytes Urea Creatinine Uric Acid
LIVER FUNCTION TEST	Total Protein Albumin Globulin Bilirubin (total) Bilirubin (conj) AST (SGOT) ALT (SGPT) Alkaline Phosphatase
CARDIAC EVALUATION	ECG Pre-/post-exercise Echocardiogram Troponin I Troponin T Myoglobin Homocysteine
IMAGING	Chest X-Ray Abdominopelvic USS Breast Scan Mammography

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## GOLD HEALTH CHECK-UP FEMALE

LIPID PROFILE	Total Cholesterol LDL-cholesterol HDL-cholesterol Triglycerides
CANCER MARKERS	Pap Smear CEA CA-125 Occult Blood
CONSULTATION	Physician Dietician
	<b>PRICE: N162,500</b>

## DIAMOND HEALTHCHECK-UP MALE

INVESTIGATIONS	FBC ESR Blood Group Urinalysis Stool Analysis T3, T4, TSH Malaria Screening Widal
INFECTION SCREENING	HIV I & II HBsAg Anti HCV Hepatitis B Profile
DIABETICS	FBS HBA1c Microalbumin
RENAL (KIDNEY)	Electrolytes Urea Creatinine Uric Acid
LIVER FUNCTION TEST	Total Protein Albumin Globulin Bilirubin (total) Bilirubin (conj) AST (SGOT) ALT (SGPT) Alkaline Phosphatase
CARDIAC EVALUATION	ECG Pre-/post-exercise Echocardiogram Troponin I Troponin T CKMB Myoglobin Homocysteine

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## DIAMOND HEALTH CHECK-UP MALE

IMAGING	Chest X-Ray Abdominopelvic USS
LIPID PROFILE	Total Cholesterol LDL-cholesterol HDL-cholesterol Triglycerides
CANCER MARKERS	CEA PSA Occult Blood
CONSULTATION	Physician
	<b>PRICE: N156,250</b>

## DIAMOND HEALTH CHECK-UP FEMALE

INVESTIGATIONS	FBC ESR Blood Group Urinalysis Stool Analysis T3, T4, TSH Malaria Widal
INFECTION SCREENING	HIV I & II HBsAg Hepatitis B Profile Anti-HCV
DIABETICS	FBS HBA1c Microalbumin
RENAL(KIDNEY)	Electrolytes Urea Creatinine Uric Acid
LIVER FUNCTION TEST	Total Protein Albumin Globulin Bilirubin (total) Bilirubin (conj) AST (SGOT) ALT (SGPT) Alkaline Phosphatase
CARDIAC EVALUATION	Chest X-Ray ECG Pre-/post-exercise Echocardiogram CKMB Troponin I Troponin T Myoglobin Homocysteine

## DIAMOND HEALTH CHECK-UP FEMALE

IMAGING	Abdominopelvic USS Breast Scan Mammography
LIPID PROFILE	Total Cholesterol LDL-cholesterol HDL-cholesterol Triglycerides
CANCER MARKERS	CEA CA 15-3 CA - 125 Pap Smear Occult Blood
CONSULTATION	Physician
	PRICE: N177,500

## PLATINUM HEALTH CHECK-UP MALE

INVESTIGATIONS	<p>FBC ESR Blood Group Urinalysis Stool Analysis T3, T4, TSH Testosterone Magnesium Ferritin Malaria Screening Widal</p>
INFECTION SCREENING	<p>HIV I &amp; II HBsAg Hepatitis B Profile VDRL Anti-HCV</p>
DIABETICS	<p>FBS HBA1c</p>
RENAL (KIDNEY)	<p>Electrolytes Calcium Phosphate Urea Creatinine Uric Acid Microalbumin</p>
LIVER FUNCTION TEST	<p>Total Protein Albumin Globulin Bilirubin (total) Bilirubin (conj) AST (SGOT) ALT (SGPT) Alkaline Phosphatase</p>



## PLATINUM HEALTH CHECK-UP MALE

CARDIAC EVALUATION	Chest X-Ray ECG Pre-/post-exercise Echocardiogram CKMB Troponin I Troponin T Myoglobin Homocysteine hsCRP
IMAGING	Abdominopelvic USS
LIPID PROFILE	Total Cholesterol LDL-cholesterol HDL-cholesterol Triglycerides
CANCER MARKERS	AFP CEA PSA Occult Blood
CONSULTATION	Physician
	<b>PRICE: N181,250</b>

## PLATINUM HEALTH CHECK-UP FEMALE

INVESTIGATIONS	<p>FBC ESR Blood Group Urinalysis Stool Analysis T3, T4, TSH FSH LH Ferritin Malaria Screening Widal</p>
INFECTION SCREENING	<p>HIV I &amp; II HBsAg Hepatitis B Profile Anti-HCV VDRL</p>
DIABETICS	<p>FBS HBA1c</p>
RENAL (KIDNEY)	<p>Electrolytes Calcium Phosphate Magnesium Urea Creatinine Uric Acid Microalbumin</p>
LIVER FUNCTION TEST	<p>Total Protein Albumin Globulin Bilirubin (total) Bilirubin (conj) AST (SGOT) ALT (SGPT) Alkaline Phosphatase</p>

## PLATINUM HEALTH CHECK-UP FEMALE

CARDIAC EVALUATION	Chest X-Ray ECG Pre-/post-exercise Echocardiogram CKMB Myoglobin Troponin I Troponin T Homocysteine Ultrasensitive CRP hsCRP
IMAGING	Abdominopelvic USS Breast Scan Mammography
LIPID PROFILE	Total Cholesterol LDL-cholesterol HDL-cholesterol Triglycerides
CANCER MARKERS	AFP CEA CA - 125 CA 15-3 Pap Smear Occult Blood
CONSULTATION	Physician
	<b>PRICE: N200,000</b>

