## **Health Check Up Booklet**



ALL-WOMEN
DIAGNOSTIC CENTRE
THAT UNDERSTANDS
A WOMAN DEEPLY





All-women technician staff



State-of-the-art imaging technology



Personalised assistance



Women-friendly ambience

www.nmevahealth.com

Mumbai • Marine lines • Khar • Mulund

Pune • Kalyani Nagar





She breathes in struggles and breathes out happiness.

She is a recipe of love, laughter and life. She gives, more than she demands.

And sometimes, only sometimes, she needs a world of her own.

Where she can breathe in comfort and breathe out a sigh of relief.

Where she is a recipe of dignity, confidence and peace of mind.

Where things that are left unsaid, are offered in abundance.

Like care and undivided attention.

No anxiety. No awkwardness.

A world that understands a woman deeply.

A world called Eva Health.





## • Less anxiety.

### More confidence.

Understanding woman's health and her needs, Eva Health brings you world-class services at every step.





#### Discover Eva Health



# •• Packages at a glance.



Eva Adolescence	₹ <del>10,000/-</del>	₹ 7,500/-
Eva PCOS Package	₹ <del>18,000/-</del>	₹ 15,000/-
Eva Pre-Marital	₹ <del>12,500/-</del>	₹ 9,000/-
Eva Post Menopausal Package	₹ <del>20,000/-</del>	₹ 14,500/-
Eva Cancer Screening	₹ <del>27,000/-</del>	₹ 20,000/-
Eva Diagnostic Package	₹ <del>12,500/-</del>	₹ 9,500/-
Eva Pregnancy	₹ <del>50,000/-</del>	₹ 35,000/-
Eva Wellness Packages		
Eva Silver Check-Up	₹ <del>20,500/-</del>	₹ 15,000/-
Eva Gold Check-Up	₹ <del>55,000/-</del>	₹ 30,000/-
Eva Platinum Check-Up	₹ 80,000/-	₹ 60,000/-





# •• Eva Adolescence

₹ 10,000/- Special Price : ₹ 7,500/-			
Routine Blood Tests		Renal Profile	
CBC + ESR	$\bigcirc$	Creatinine	$\bigcirc$
Blood Group	$\bigcirc$	Urine Routine	$\bigcirc$
Diabetic Profile		Specialised Blood Tests	
Fasting Blood Sugar	$\bigcirc$	Thyroid Panel	
Liver Profile		T3, T4, TSH	$\bigcirc$
SGOT / SGPT / GGTP	$\bigcirc$	Vitamin Markers	
Alkaline Phosphatase / Bilirubin	$\bigcirc$	Vitamin D	$\bigcirc$
Albumin / Globulin / AG Ratio	$\bigcirc$	Vitamin B12	$\bigcirc$
Cardiac Profile		Iron Studies	$\bigcirc$
Triglycerides	$\otimes$	Diagnostic Tests	
Total Cholesterol / HDL / LDL / VLDL	$\bigcirc$	Abdomen & Pelvis Sonography	$\bigcirc$

# •• Eva PCOS Package

₹ 18, <del>000</del> /- Special Price : ₹ 15,0	000/-		
Routine Blood Tests		Specialised Blood Tests	
CBC + ESR	$\odot$	Dihydrotestosterone / Free Testosterone	$\otimes$
Diabetic Profile		Cortisol	$\bigcirc$
Fasting Blood Sugar	$\odot$	17 OH Progesterone	$\bigcirc$
HbA1c	$\odot$	AMH	$\otimes$
Thyroid Panel		Androstenedione	$\otimes$
TSH	$\odot$	DHEAS	$\bigcirc$
Vitamin Markers		Prolactin	$\bigcirc$
Vitamin D & Vitamin B12	$\odot$	Diagnostic Tests	
Iron Studies	$\bigcirc$	Abdomen & Pelvis Sonography	$\bigcirc$

## •• Eva Pre-Marital

₹ 12,500/- Special Price : ₹ 9,000/-			
Routine Blood Tests		Renal Profile	
CBC + ESR & Blood Group	$\bigcirc$	Creatinine & Urine Routine	$\bigcirc$
Diabetic Profile		Specialised Blood Tests	
Blood Sugar Fasting / Random	$\bigcirc$	Hepatitis B & Hepatitis C	$\bigcirc$
Liver Profile		HIV I & II Antibodies	$\bigcirc$
SGOT / SGPT / GGTP	$\bigcirc$	VDRL & Thalassemia Studies	$\bigcirc$
Alkaline Phosphatase / Bilirubin	$\bigcirc$	Thyroid Panel	
Albumin / Globulin / AG Ratio	$\bigcirc$	T3, T4, TSH	$\bigcirc$
Cardiac Profile		Diagnostic Tests	
Triglycerides	$\bigcirc$	ECG & Chest X – Ray	$\bigcirc$
Total Cholesterol / HDL / LDL / VLDL	$\otimes$	Abdomen & Pelvis Sonography	$\bigcirc$

# •• Eva Post Menopausal Package

₹ 20,0007- Special Price : ₹ 14,500/-			
Routine Blood Tests		Renal Profile	
CBC	$\bigcirc$	Electrolytes & Urine Routine	$\bigcirc$
Diabetic Profile		Specialised Blood Tests	$\bigcirc$
Blood Sugar Fasting / Random	$\bigcirc$	Thyroid Panel	
Liver Profile		T3, T4, TSH	$\odot$
SGOT / SGPT / GGTP	$\bigcirc$	Vitamin Markers	
Alkaline Phosphatase / Bilirubin	$\bigcirc$	Vitamin D	$\odot$
Albumin / Globulin / AG Ratio	$\bigcirc$	Vitamin B12	$\bigcirc$
Diagnostic Tests		Iron Studies	$\odot$
Abdomen & Pelvis Colour Doppler Sonography	$\bigcirc$	Hormonal Studies	
3D Digital Mammogram with Tomosynthesis	$\bigcirc$	LH	$\otimes$
Sonomammography	$\bigcirc$	FSH	$\otimes$
DEXA Bone Densitometry	$\bigcirc$	Prolactin	$\otimes$

## •• Eva Cancer Screening

#### ₹27,0007-Special Price : ₹ 20,000/-Cancer Markers **Routine Blood Tests** CBC + ESR For Breast, Ovarian, Cervical, CRP Stomach, Liver, Pancreas & Colon Cancer Diabetic Profile CA 15.3 Blood Sugar Fasting / Random CA 125 Liver Profile Pap Smear SGOT / SGPT / GGTP **HPV** Alkaline Phosphatase / Bilirubin Beta HCG Albumin / Globulin / AG Ratio AFP Renal Profile CA 19.9 Creatinine & Urine Routine CEA

#### Diagnostic Tests

Chest X-Ray

Abdomen & Pelvis Colour Doppler Sonography

Carotid Colour Doppler (Evaluation of stroke risk)

3D Digital Mammogram with Tomosynthesis

Sonomammography



#### ADD ON

Screening Whole Body MRI ₹ 25000 &

Hereditary Genetic Cancer Screening Panel ₹ 30000



This package allows you to combine the 3 most essential imaging tests for a woman (Sonography, DEXA with Whole Body fat Analysis & 3D Mammography ) at a subsidised combo rate. So next time when you visit NM Eva Health for the above tests opt for our Diagnostic package to get an ideal combination of screening and diagnostic imaging tests for women.

## •• Eva Diagnostic Package

₹12,500/- Special Price : ₹ 9,500/-	
Tests	
Abdomen & Pelvis Sonography	$\bigcirc$
3D Digital Mammogram with Tomosynthesis & Sonomammography	$\odot$
DEXA Hip, Spine, Forearm & Whole body fat Analysis	$\bigcirc$

### •• Eva Wellness - Silver Check-up

₹ 20,5007- Special Price : ₹ 15,000	0/-		CHALTH
Routine Blood Tests		Specialised Blood Tests	
CBC + ESR	$\bigcirc$	Thyroid Panel	
Diabetic Profile		T3, T4, TSH	$\bigcirc$
Fasting Blood Sugar / PP / PG Sugar	$\bigcirc$	Vitamin Markers	
Liver Profile		Vitamin D	$\bigcirc$
SGOT / SGPT / GGTP	$\bigcirc$	Vitamin B12	$\bigcirc$
Alkaline Phosphatase / Bilirubin	$\bigcirc$	Cancer Markers for Ovarian & Cervical Ca	ncer
Albumin / Globulin / AG Ratio	$\bigcirc$	CA 125	$\odot$
Cardiac Profile		Pap Smear	$\bigcirc$
Triglycerides	$\bigcirc$	Diagnostic Tests	
Total Cholesterol / HDL / LDL / VLDL	$\bigcirc$	ECG	$\bigcirc$
Renal Profile		Abdomen & Pelvis Sonography	$\odot$
Urea, Creatinine	$\bigcirc$	3D Digital Mammogram with Tomosynthesis	s 🕢
Uric Acid	$\bigcirc$	Sonomammography	$\bigcirc$
Electrolytes & Urine Routine	$\bigcirc$	DEXA Hip, Spine, Forearm	$\bigcirc$

# •• Eva Wellness - Gold Check-up

₹55,0007- Special Price : ₹ 30,000/-			EKASTH 36 EVALUATION TO THE PROPERTY OF THE P
Routine Blood Tests		Specialised Blood Tests	
CBC + ESR	$\otimes$	Thyroid Panel	
Diabetic Profile		T3, T4, TSH	$\bigcirc$
Fasting Blood Sugar	$\bigcirc$	Vitamin Markers	
PP / PG Sugar	$\otimes$	Vitamin D & Vitamin B12	$\bigcirc$
HbA1c	$\otimes$	Iron Studies	$\bigcirc$
Liver Profile		LDH	$\bigcirc$
SGOT / SGPT / GGTP	$\otimes$	Hormonal Studies	
Alkaline Phosphatase	$\otimes$	FSH, LH, Prolactin	$\odot$
Bilirubin	$\odot$	Cancer Markers	
Albumin / Globulin / AG Ratio	$\odot$	For Breast, Ovarian, Cervical, Stomach,	
Cardiac Profile		Liver, Pancreas & Colon Cancer	
Triglycerides	$\otimes$	CA 15.3	$\bigcirc$
Total Cholesterol / HDL / LDL / VLDL	$\bigcirc$	CA 125	$\bigcirc$
Renal Profile		Pap Smear and HPV	$\bigcirc$
Urea	$\otimes$	Beta HCG	$\bigcirc$
Creatinine	$\bigcirc$	AFP	$\bigcirc$
Uric Acid	$\bigcirc$	CA 19.9	$\bigcirc$
Urine Routine	$\bigcirc$	CEA	$\oslash$
Diagnostic Tests			
ECG			$\oslash$
Abdomen & Pelvis Colour Doppler Sonograph	ny		$\oslash$
Carotid Colour Doppler (Evaluation of stroke	risk)		$\oslash$
3D Digital Mammogram with Tomosynthesis	+ Sonomam	nmography	$\bigcirc$
DEXA Hip, Spine, Forearm + Whole body fat	Analysis		$\bigcirc$
Consultations Lifestyle Counselling			$\bigcirc$

# •• Eva Wellness - Platinum Check-up

<u>₹</u> .80 <del>,000</del> 7- Special	Price : ₹ 60,000/-				CV-CALTY OF THE STATE OF THE ST
Routine Blood Tests			Sp	ecialised Blood Tests	
CBC + ESR		$\bigcirc$	Tł	nyroid Panel	
Blood Group		$\bigcirc$	Т3	3, T4, TSH	$\bigcirc$
Diabetic Profile			Vi	tamin Markers	
Fasting Blood Sugar		$\bigcirc$	Vi	tamin D & Vitamin B12	$\bigcirc$
HbA1c		$\bigcirc$	Iro	on Studies	$\bigcirc$
Liver Profile			LC	DH	$\bigcirc$
SGOT / SGPT / GGTP		$\bigcirc$	Н	ormonal Studies	
Alkaline Phosphatase / B	ilirubin	$\bigcirc$	FS	H, LH, Prolactin, Progesterone	$\bigcirc$
Albumin / Globulin / AG	Ratio	$\bigcirc$	Ca	ancer Markers	
Cardiac Profile			Fo	r Breast, Ovarian, Cervical, Stomach,	
Triglycerides		$\bigcirc$	Liv	ver, Pancreas & Colon Cancer	
Total Cholesterol / HDL	/ LDL / VLDL	$\bigcirc$	C	A 15.3 & CA 125	$\bigcirc$
Renal Profile			Pa	p Smear and HPV	$\bigcirc$
Urea		$\bigcirc$	Ве	eta HCG	$\bigcirc$
Creatinine		$\bigcirc$	AF	FP .	$\bigcirc$
Uric Acid		$\bigcirc$	C	A 19.9	$\odot$
Urine Routine		$\bigcirc$	CI	EA	$\odot$
Diagnostic Tests					
ECG + Abdomen & Pelvi	s Colour Doppler Sonog	graphy			$\odot$
Carotid Colour Doppler	Carotid Colour Doppler (Evaluation of stroke risk)				$\bigcirc$
3D Digital Mammogram with Tomosynthesis + Sonomammography				$\odot$	
DEXA Hip, Spine, Forearm + Whole body fat analysis				$\bigcirc$	
3T MRI					
Brain + Neck + Abdome	n & Pelvis + Whole Spin	e Screei	ning		$\otimes$
Consultations from our	Panelist • Dermatolog	gist & C	osmetologis	Lifestyle Counselling	$\bigcirc$

## •• Eva Pregnancy

₹50,0007- Special Price : ₹ 35,00	0/-		
Routine Blood Tests		Specialised Blood Tests	
CBC + ESR	$\otimes$	HIV	$\bigcirc$
Blood Group	$\bigcirc$	HBsAg	$\bigcirc$
Diabetic Profile		HCV	$\bigcirc$
Blood Sugar Fasting / Random	$\otimes$	VDRL	$\bigcirc$
Liver Profile		Thalassemia Studies	$\bigcirc$
SGOT / SGPT / GGTP	$\bigcirc$	Dual Marker with Pre eclampsia screening	$\bigcirc$
Alkaline Phosphatase / Bilirubin	$\bigcirc$	Quadruple Marker	$\bigcirc$
Albumin / Globulin / AG Ratio	$\bigcirc$	NIPT	$\bigcirc$
Diagnostic Tests			
Ultrasounds	$\otimes$		
Nuchal Scan	$\bigcirc$		
Anomaly Scan	$\bigcirc$		
Pregnancy Doppler	$\bigcirc$		
4D Sonography	$\otimes$		

#### **INCLUDES**

- Unlimited routine above mentioned blood tests
- Unlimited Sonography

(Gynaecologist prescription required)

#### ADD ON

#### Nine Months

Pregnancy Lamaze Classes

Rs.20,000 Rs.18,000 only with above package.







## More knowledge.

#### Better beginnings.

At Eva Health, we help you embrace the beginning of motherhood through a thoughtfully-designed pregnancy program -





## Exclusively offered in person & on zoom as well

- Scientifically-tailored pregnancy exercises and Yoga
- Lamaze breathing techniques
- Parenting tips
- Pregnancy and post delivery information and guidance on;
  - Breast-feeding
  - Nutrition/Pregnancy and after birth
  - Post partum
  - Cesarean
  - New born baby care
  - Labour and Delivery with Spouse coaching

For further details,

www.ninmonthspregnancy.com

Dr. Rita Shah © 98211 39999

ritaninemonths@gmail.com

@ritashah\_ninemonthspregnancy









# Download NM Medical APP







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Loyalty Program and Memberships.

Be part of Eva Health and care for your health, year after year.



SILVER CARD



**GOLD CARD** 



PLATINUM CARD



#### Exclusive women's care

**Mumbai** • Marine lines • Khar • Mulund

Pune • Kalyani Nagar









Expert Second Consult



Predictive and Genetic Mapping



Training and Education

#### Home Visit

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