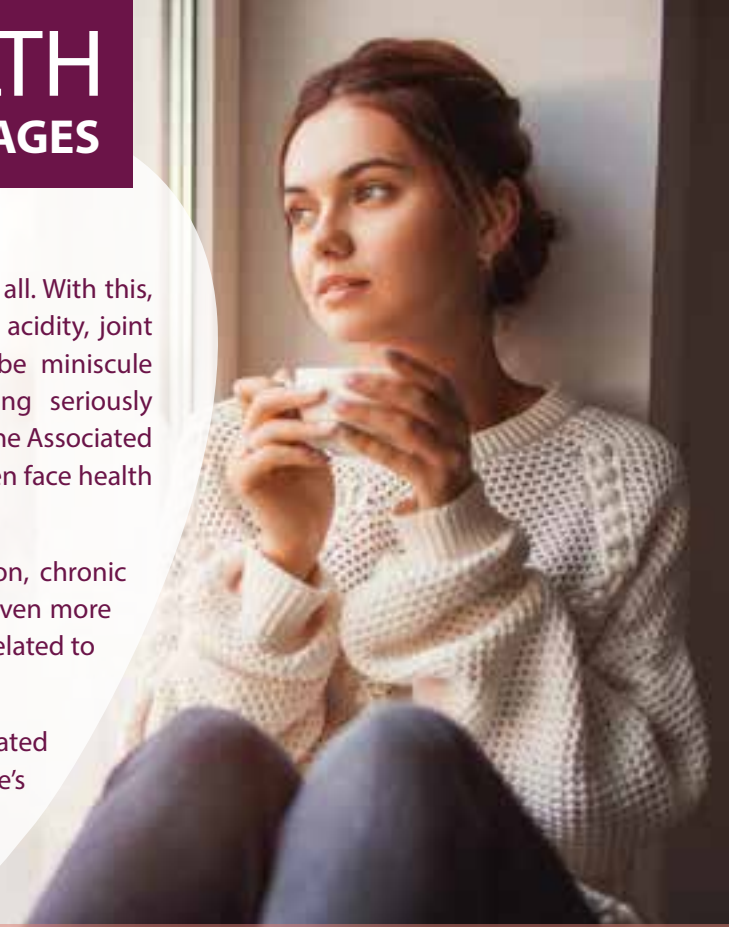


## WOMEN'S HEALTH DIAGNOSTICS TESTING PACKAGES

Balancing work and personal life can be challenging to all. With this, the first pillar to collapse is that of health. Headaches, acidity, joint pain, allergic reactions and even loss of sleep can be miniscule symptoms. According to a survey titled 'Multi-tasking seriously affecting corporate women's health' was conducted by the Associated Chamber of Commerce and Industry, over 75% of women face health challenges while juggling these responsibilities.

These include lifestyle disorders like obesity, depression, chronic backache, diabetes, hypertension, high cholesterol or even more serious issues related to cardiac and nephric ailments (related to kidneys) without even knowing it.





We might take them lightly but stress related disorders can be detrimental to one's health in the long run.



### HOW TO MANAGE WORK RELATED HEALTH DIFFICULTIES?

Although it might seem like a challenging task, work related health problems can become simpler to handle if the right kind of tools are deployed.

Here are some suggestions.

- Learning to manage stress through tested techniques like meditation. 
- A temporary flexible work schedule could take the edge off continuous stress for a while.
- Discussing challenges with a like-minded superior or colleague may present a breakthrough. Presence of a "Stress Relief Centre" at the workplace may generate ideas and solutions for all. 
- Regular exercise regulates blood circulation, releases endorphins and promotes a happy feeling.
- Taking up a hobby, once a week, helps reduce stress levels too. 
- Enjoy an adventurous, fun filled vacation with loved ones.
- Regular health screening and health check-ups keep diseases at bay. 

## WHAT HEALTH CHECK UPS SHOULD YOU GET ?

Some basic, regular health check-ups can have a tremendous results in diagnosing health ailments over the years.

Health tests that are advised for a regular screening are

Specially Designed For Working Women	Aspira Totus MRP: Rs 2800		Aspira Prius MRP: Rs 1000/-	
	<b>BASIC PACKAGE</b>	<b>HEMATOLOGY</b>	Complete Haemogram Iron deficiency profile Total Iron binding capacity Serum Iron % Transferrin Saturation	Complete Haemogram
Complete Haemogram Rs. 200	<b>LIVER FUNCTION TEST</b>	Gamma Glutamyl Transferase Alkaline Phosphate Bilirubin - Direct Bilirubin - total Bilirubin - indirect Protein - total Serum Albumin Serum Globulin Serum Albumin/Globulin ratio SGOT SGPT	SGOT SGPT Bilirubin	
Complete Haemogram SGOT-SGPT -Bilirubin Calcium -Uric Acid-Blood Urea Nitrogen - Serum Creatinine -Bun/S. Creatinine Ratio Rs. 500	<b>KIDNEY FUNCTION TEST</b>	Calcium Uric Acid Blood urea nitrogen Serum Creatinine Bun/Serum Creatinine ratio Sodium, Potassium, Chlorides	Calcium Uric Acid Blood urea nitrogen Serum Creatinine Bun/Serum Creatinine ratio	
Additional Cost To Basic Package	<b>CARDIAC HEALTH</b>	LDL cholesterol Total cholesterol HDL cholesterol Triglycerides VLDL cholesterol LDL/HDL ratio TC/HDL cholesterol ratio Non HDL cholesterol	LDL cholesterol Total cholesterol HDL cholesterol Triglycerides VLDL cholesterol LDL/HDL ratio TC/HDL cholesterol ratio Non HDL cholesterol	
TSH-T3-T4 Rs.200	<b>THYROID FUNCTION TEST</b>	T3, T4, TSH	TSH	
Vitamin D3 and Vitamin B12 Rs.900	<b>SUGAR MONITORING</b>	Blood Sugar - Fasting HbA1c Average blood glucose	Blood Sugar - Fasting HbA1c Average blood glucose	
HbA1C Rs.300	<b>VITAMINS</b>	Vitamin D3, Vitamin B12		

(Recommended for all age groups and individuals with or without clinical history)

**Note:** Preventive health checks upto **Rs. 2800/-** can help you save tax under section 80D of the Income Tax Act. Minimum 10-12 hrs fasting required. • **Home Visit Charges Rs. 200/- extra**



## A HEALTHIER YOU, LEADS TO A HAPPIER YOU.

### Aspira Pathlab & Diagnostics Limited

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