

*Your health is your life!*

The Karen Hospital offers a comprehensive wellness program that combines a friendly schedule which you get to choose the best time for your appointments, a serene environment with a relaxed ambience and the state of the art technology. We also provide you with specialist consultant Doctors, and nurses, who conduct your wellness check-up with the utmost professionalism and confidentiality. A wellness check-up provides a 'snapshot' of the functioning of your body. Understanding what goes on in your body is essential for us to help you reduce the chances of medical conditions arising without any warning signs or symptoms. The program will help you to manage your work, leisure and lifestyle better and therefore look forward to years of good health

Get to know your health status by getting a health check-up today  
[wellnessclinic@karenhospital.org](mailto:wellnessclinic@karenhospital.org) or Call: 0710 650 715 | 0734 011 413

 The Karen Hospital  @\_KarenHospital  the\_karen\_hospital  The Karen Hospital



## ANNUAL WELLNESS CHECK-UP



[www.karenhospital.org](http://www.karenhospital.org)



### Basic Check-up 1

#### Female & Male

Doctor's consultation  
Haemogram  
Random blood Sugar  
Urine analysis  
Stool analysis

**KES 3,750**

### Basic Check-up 2

#### Female Male

Doctor's consultation	Doctor's consultation
Full blood count	Full blood count
Random blood Sugar	Random blood Sugar
Urine analysis	Urine analysis
Stool analysis	Stool analysis

**KES 5,100**

### Additional Tests

#### Heart Check

- Cardiac Consult and physical examination
- Electrocardiogram
- Echo Cardiogram
- Exercise Stress test

#### Diabetic Check

- FBS
- HbA1c
- Urine Microalbumin
- Physical examination
- Specialist Consultation

#### Child health Check

- Blood Group and Rh typing, RBC, Hb, TC & DC, ESR, Urine Analysis, Stool test, Mantoux test, X-Ray Chest.
- Physical examination and advice by a paediatric consultant

#### Pre-Employment Check

- Blood Group and Rh typing, RBC, Hb, TC & DC, ESR, Urine Analysis, Stool test, Mantoux test, X-Ray Chest.
- Physical examination and advice by a paediatric consultant

### Bronze Check-up

#### Female Male

Doctor's consultation	Doctor's consultation
Full blood count	Full blood count
Random blood Sugar	Random blood Sugar
Urine analysis	Urine analysis
Stool analysis	Stool analysis
HIV1&2(ELISA)	HIV1&2(ELISA)
Liver Function Tests( LFT)	Liver Function Tests( LFT)
U/E/C's	U/E/C's
Pap Smear	Dental Review
Dental Review	Nutrition Review
Nutrition Review	

**KES 16,300**

*\*Highly recommended for adults below the age of 35*

### Silver Check-up

#### Female Male

Doctor's consultation	Doctor's consultation
Full blood count	Full blood count
Random blood Sugar	Random blood Sugar
Urine analysis	Urine analysis
Stool analysis	Stool analysis
HIV1&2(ELISA)	HIV1&2(ELISA)
Liver Function Tests( LFT)	Liver Function Tests( LFT)
U/E/C's	U/E/C's
Pap Smear	LIPIDS Profile
LIPIDS Profile	PSA
Mammogram (Breast Ultrasound)	Dental Review
Dental Review	Nutrition Review
Nutrition Review	

**KES 22,250**

*\*Highly recommended for adults between the ages of 35-50*

### Gold Check-up

#### Female Male

Doctor's consultation	Doctor's consultation
Full blood count	Full blood count
Random blood Sugar	Random blood Sugar
Urine analysis	Urine analysis
Stool analysis	Stool analysis
HIV1&2(ELISA)	HIV1&2(ELISA)
Liver Function Tests( LFT)	Liver Function Tests( LFT)
U/E/C's	U/E/C's
Pap Smear	LIPIDS Profile
LIPIDS Profile	PSA
Mammogram (Breast Ultrasound)	Electrodiogram(ECG)
Electrodiogram(ECG)	Dental Review
Dental Review	Nutrition Review
Nutrition Review	

**KES 23,950**

*\*Highly recommended for adults above the age of 50*

### Highly Recommended Tests at an Additional Cost

- Mammogram
- Prostate/ Abdominal
- Pelvic/Abdominal Ultrasound
- Colonoscopy
- Gastroscopy
- Coronary Angiogram

### Platinum Check-Up

#### Female Male

Doctor's consultation	Doctor's consultation
Full blood count	Full blood count
Random blood Sugar	Random blood Sugar
Urine analysis	Urine analysis
Stool analysis	Stool analysis
HIV1&2(ELISA)	HIV1&2(ELISA)
Liver Function Tests( LFT)	Liver Function Tests( LFT)
Uric Acid	Uric Acid
U/E/C's	U/E/C's
Pap Smear	PSA
LIPIDS Profile	LIPIDS Profile
Mammogram (Breast Ultrasound)	Prostate Ultrasound
Electrodiogram(ECG)	Electrodiogram(ECG)
Echodiogram	Echodiogram
Ultrasound Abdominal Pelvic	Prostate/ Abdominal Ultrasound
TFTTs	TFTTs
Diabetic Screen (Glycated HB/HBA1C)	Diabetic Screen (Glycated HB/HBA1C)
Helicobacter Antigen	Helicobacter Antigen
Dental Review	Dental Review
Nutrition Review	Nutrition Review

**KES 49,350**

*\*Highly recommended comprehensive adult check-up*

All Wellness Check-up's include a Doctor's consultation, a Physical examination and a Medical report