

Wellness is an important priority at Al Zahra Hospital Dubai, our team of physicians and health care professionals will treat you as a whole, share assessments and expertise to create a fully rounded understanding of your health profile, risks and needs.

Notes

- Your check-up will last around 3-4 hours depending on the package you have chosen.
- You need to arrive 15 minutes before your initial appointment to the Family Medicine Clinic for registration. Delays may delay your appointments.
- Please book follow-up appointments after completing all tests so that you can review them with your physician.
- Any cancellations and rescheduling of appointments should be done at least 1 day prior.
- For Blood Tests, you should be fasting for 12 hours and can only drink water during that time.
- In case your package contains a Treadmill Test, please wear comfortable clothes and shoes
- The comprehensive testing and examinations in your package may indicate the need for further tests and visits, but these are not covered under your package and will be charged extra.

Payment

- Please note insurance companies do not cover packages.
- Packages once availed cannot be cancelled and no refund will be provided.
- Total package amount should be paid before commencement of package.
- The following Items / Services are excluded from these packages. If provided, they will be charged extra:
 - Laboratory and / or Radiology tests other than those included in the package.
 - Medicines, intravenous infusion and blood transfusions, if any.
- Services included in the package cannot be exchanged/ repeated or cancelled.
- Cost break-down of individual procedures included the package will not be provided for any reasons.

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THE MOST BLOOD CHOLESTEROL
READINGS IN 8 HOURS



مستشفى الزهراء دبي
AL ZAHRA HOSPITAL DUBAI

Well Man Health Packages



FOCUSING ON YOU

دبي في
IN THE OF DUBAI

WELL MAN HEALTH CHECK-UP (FOR MEN UP TO 40 YEARS OF AGE)

Consultations

- Consultation with Family Medicine Specialist
- Follow-up Consultation with Family Medicine Specialist

Radiological Studies

- X-Ray of the Chest (Heart and Lungs)

Laboratory Studies

- Blood Profile – Complete Blood Count
- Erythrocyte Sedimentation Rate (ESR)
- Kidney Profile – Urea & Creatinine
- Liver Profile – Aspartate Amino Transaminase
AST / ASAT / SGOT
- Alanine Amino Transferase (Glutamate Pyruvate
Transaminase), (ALT, SGPT, ALAT)
- Thyroid Test – TSH (Thyroid Stimulating Hormone) Blood
- Fasting Blood Sugar/Glucose (FBS)
- Urine Testing – Urinalysis
- Gamma-Glutamyl Transferase (GGT)
- Panel-20 Lipids Profile basic (T.Chol, HDL, LDL, VLDL,
CHYLO, TRIG, HDL/LDL ratio)

Cardiology

- Electrocardiogram

PACKAGE COST: AED 1,750/-

WELL MAN HEALTH CHECK-UP (FOR MEN ABOVE 40 YEARS OF AGE)

Consultations

- Consultation with Family Medicine Specialist
- Consultation with Ophthalmologist
- Follow-up Consultation with Family Medicine Specialist

Radiological Studies

- X-Ray of the Chest (Heart and Lungs)

Laboratory Studies

- Blood Profile – Complete Blood Count
- Erythrocyte Sedimentation Rate (ESR)
- Panel-23 / Total Profile (21 parameters): Urea, Sodium, Potass,
Chloride, Creat, Gluc, T.Proteins, Alb, T.Billi, D.Billi, ALT, GGT,
Alk.Phos, AST, LDH, CK, Amyl, T.Chol, Trigly, Uric, Ca, Phos,
Alb/Glob
- Cholesterol testing LDL, HDL
- Thyroid Test – TSH (Thyroid Stimulating Hormone) Blood
- Urine Testing – Urinalysis
- Stool-Occult Blood
- Prostate Specific Antigen - Total (TPSA)

Cardiology

- Electrocardiogram
- Stress Electrocardiogram (Treadmill Test)

PACKAGE COST: AED 3,350/-

PREMIUM MAN HEALTH CHECK-UP (FOR MEN ABOVE 40 YEARS OF AGE)

Consultation

- Consultation with Family Medicine Specialist
- Consultation with Ophthalmologist
- Consultation with Cardiologist
- Follow-up Consultation with Family Medicine Specialist

Radiological Studies

- X-Ray of the Chest (Heart and Lungs)
- Whole Abdomen Ultrasound

Laboratory Studies

- Blood Profile – Complete Blood Count
- Erythrocyte Sedimentation Rate (ESR)
- Panel-23 / Total Profile (21 parameters): Urea, Sodium,
Potass, Chloride, Creat, Gluc, T.Proteins, Alb, T.Billi, D.Billi,
ALT, GGT, Alk.Phos, AST, LDH, CK, Amyl, T.Chol, Trigly, Uric,
Ca, Phos, Alb/Glob
- Cholesterol testing LDL, HDL
- Thyroid Test – TSH (Thyroid Stimulating Hormone) Blood
- Vitamin D
- Urine Testing – Urinalysis
- Prostate Specific Antigen - Total (TPSA)
- Stool-Occult Blood

Cardiology

- Electrocardiogram
- Stress Electrocardiogram (Treadmill Test)
- Echocardiogram with Colour Doppler

PACKAGE COST: AED 4,950/-