

Lifecheck™

Comprehensive Executive Checkup



“76 Years of Quality Health Care!”

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Lorma Medical Center is accredited by PhilHealth
ISO 9001 : 2008 Certified

OUR MISSION IS TO PROVIDE THE BEST QUALITY IN PERSONALIZED HEALTH

A Comprehensive Medical Evaluation Designed to Fit the Demands of Business Owners and Busy Executives!

Health is a key factor for business leaders and key managers. For them, an investment in good health is more than a wise business decision. It's a competitive edge.

Combining Lorma's traditional diagnostic excellence with state-of-the-art preventive medicine, the Lifecheck™ Comprehensive Executive Health Program offers a streamlined and preventive examination. The program has been specifically designed to accommodate the needs and time constraints of the executive calendar. In just 1 to 2 days, your executives can complete a full battery of medical tests and evaluations.

Lifecheck™ includes these services:

- A comprehensive medical history and physical examination by specialists in internal medicine and preventive medicine
- A full range of preventive screening tests for early detection of cancer, heart disease and other serious medical problems
- A cardiovascular fitness evaluation, including a treadmill exercise test and an exercise prescription
- A lifestyle assessment to discuss nutrition, stress & weight management (through physical therapy and rehab), alcohol, tobacco, personal safety and other indicators of risk of disease
- A review and update of medications and immunizations, including those needed for international travel
- A full report of your test results at the conclusion of the examination and a written report sent to the executive's home.

Lifecheck™ is particularly programmed to screen for such illness as Renal, Cardio-Pulmonary diseases and Cancer.

Lifecheck™ includes a 48 hour stay in a LORMA Executive suite with a callisthenics program and a special dietary menu designed to revitalize and rejuvenate the recipient of the check-up.

LIFECHECK™ STANDARD PACKAGE (MALE) - Executive room- overnight

Day 1: (check-in)

Complete Physical Exam & History
Chest X-ray PA, upright
Urinalysis/Fecalysis
ECG
Stress & Weight Management through Physical
Therapy and Rehab*

Discharge Day:

Laboratory Exams:

CBC, Typing, Platelet Count, Clotting and Bleeding Time
FBS, Blood Urea Nitrogen, Creatinine, Uric Acid,
Lipid Profile (Total Cholesterol w/ HDL, LDL, Triglycerides)

Liver Profile:

SGOT
SGPT
HBS Ag
B1B2

Alkaline Phosphatase

Total Bilirubin

Serum amylase

Abdominal Ultrasound

PSA - for those 40 years or above.

**Will be performed in the daytime, depending on patient's check-in.*

P10,680.00

CARE WITH DEDICATION, HOLISTIC APPROACH AND CHRISTIAN CONCERN.

LIFECHECK™ STANDARD PACKAGE (FEMALE) - Executive room- overnight

Day 1: (check-in)

Complete Physical Exam & History
 Chest X-ray PA, upright
 Urinalysis/Fecalysis
 ECG
 Pap's Smear
 Stress & Weight Management through Physical
 Therapy and Rehab*

Discharge Day:

Laboratory Exams:
 CBC, Typing, Platelet Count, Clotting and Bleeding Time
 FBS, Blood Urea Nitrogen, Creatinine, Uric Acid,
 Lipid Profile (Total Cholesterol w/ HDL, LDL, Triglycerides)

Liver Profile:

SGOT
 SGPT
 HBS Ag
 B1B2

P11,252.00

Alkaline Phosphatase
 Total Bilirubin
 Serum amylase
 Abdominal Ultrasound

**Will be performed in the daytime, depending on patient's check-in.*

LIFECHECK™ DELUXE PACKAGE (MALE) - MAB or 4th Flr Suites– 2 days and 2 nights

Day 1 (Check –in 5:00 PM):

Complete Physical Exam & History
 Chest X-ray PA, upright
 ECG
 Urinalysis
 Fecalysis
 Osteoporosis Densitometry
 Stress & Weight Management
 through Physical Therapy and
 Rehab*



“Lorma’s Lifecheck™ is perfect for people on the go and who understand the value of maintaining a healthy lifestyle!”

Day 2:

Laboratory Exams:
 CBC, Typing, Platelet Count,
 Clotting and Bleeding Time
 Lipid Profile:
 Cholesterol w/ HDL, LDL
 Triglycerides
 Liver Profile:
 HBS Ag/SGOT/SGPT
 Alkaline Phosphatase
 B1B2
 Total Bilirubin
 Cardiac Enzymes:
 CPK – MB/Trop T/LDH
 Kidney Profile:
 BUN/Creatinine
 Serum Electrolytes
 Total Protein
 Serum Albumin/Globulin ratio
 Serum amylase
 Uric Acid
 FBS
 PSA - for those 40 years or above.
 Carcino Embryonic Antigen
 IVP
 Abdominal Ultrasound
 Proctosigmoidoscopy

Day 3:

UGIS
 Pulmonary Function Test/ Spirometry
 2D Echo or Stress Test (Treadmill) – to
 be done only after seen by a cardiologist
 Visited by a dietician
 Visited by different specialists.

P35,540.00

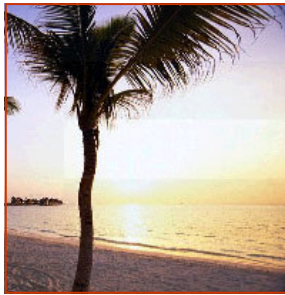
**Will be performed in the daytime, depending on patient's check-in.*

“Since it was launched in 1934, Lorma has set the standard for quality care, cleanliness, specialization and technology—and it is affectionately called the “St. Luke’s of the north.””

LIFECHECK™ DELUXE PACKAGE (FEMALE) - MAB or 4th Flr. Suites – 2 days and 2 nights

Day 1 (Check –in 5:00 PM):

Complete Physical Exam & History
Chest X-ray PA, upright
ECG
Urinalysis
Fecalalysis
Osteoporosis Densitometry
Mammography
Stress & Weight Management
through Physical Therapy and
Rehab*



*Ask about our new
Lifecheck™ Retreat
Package that includes resort
accommodations and the
ultimate getaway health
check experience!*

Basic Requirements before the Exam

1. Fasting. No intake of food, solids or liquids 12 hours before the scheduled exam. (Required for laboratory exams).
2. There should be no intake of alcohol for at least 72 hours prior to the tests.
3. The admitting clerks will give your room number. The nurses and doctors will give you further instructions in preparation for your exams.
4. The dietician will visit you for your food requirements.

Reminders:

- * The special package rate is inclusive of 2 days room accommodation in the best available suite where there is convenience, comfort and choice of menu.
- * The package should be availed of in its entirety to avail of the special rate.
- * Additional examinations requested by the patient are charged at the regular rate.
- * The ideal time for admission is 5:00 PM on any day scheduled/reserved with the admitting section. It is advisable to call in advance for a room reservation.

Day 2:

Laboratory Exams:

CBC, Typing, Platelet
Count, Clotting and
Bleeding Time

Lipid Profile:

Cholesterol w/ HDL, LDL
Triglycerides

Liver Profile:

HBS Ag/SGOT/SGPT
Alkaline Phosphatase
B1B2
Total Bilirubin

Cardiac Enzymes:

CPK – MB/Trop T/LDH

Kidney Profile:

BUN/Creatinine

Serum Electrolytes

Total Protein

Serum Albumin /
Globulin ratio

Serum amylase

Uric Acid

FBS

Pap's Smear

Carcino Embryonic Antigen

IVP

Abdominal Ultrasound

Proctosigmoidoscopy

Day 3:

UGIS

Pulmonary Function Test/ Spirometry
2D Echo or Stress Test (Treadmill) – to
be done only after seen by a cardiologist.

Visited by a dietician

Visited by different specialists.

P35,525.00

**Will be performed in the daytime, depending on patient's
check-in.*



*Lorma Lifecheck™ includes a
comprehensive evaluation by
the following Medical Specialists :*

Neurologist

EENT

Pulmonologist

Cardiologist

Urologist

Call now for more information or to schedule a Lorma Lifecheck™ Comprehensive Executive Checkup!

072-700-0000