



**NHS**

NASA & HUB SUPERSPECIALITY  
H O S P I T A L

# **NHS** PREVENTIVE Health Check-up

Because early detection  
changes lives

A comprehensive  
preventive health program  
designed for  
every stage of adult life



# WHY Preventive Health Check-up

Why wait for illness to define your health

Most lifestyle diseases - diabetes, heart disease, hypertension, osteoporosis and cancer - develop silently over years. By the time symptoms appear, damage has often already begun.

At NHS Hospital, we believe in predictive, preventive and personalised healthcare, delivered through a dedicated Executive Preventive Health Lounge, ensuring comfort, privacy and time efficiency.



## How to choose the **RIGHT PACKAGE**

Instead of price-based confusion,  
this page will guide patients by AGE + RISK.

### Age Group Recommended Package

AGE	PACKAGE
<b>25-40</b> years	<b>NHS VitalStart™</b>
<b>35-50</b> years	<b>NHS Metabolic Shield™</b>
<b>50-65</b> years	<b>NHS Prime Longevity™</b>
<b>60</b> years	<b>NHS Elite Longevity™</b>



Condition-specific risks (Diabetes, BP, Heart, Stroke, Knee)  
are addressed as add-on modules, not replacements.

# NHS PREVENTIVE Health Check-up



## NHS Vitalstart™

Age 25-40

### Who is this for?

Young professionals, entrepreneurs, doctors, IT professionals, and individuals with sedentary or high-stress lifestyles.

### Why this matters

Early metabolic imbalance, thyroid disorders, high cholesterol and lifestyle stress often begin in the 30s - long before disease is diagnosed.

### What this package focuses on

- Baseline health profiling
- Early metabolic and hormonal risk
- Lifestyle and stress impact

**Outcome:** A structured roadmap for healthy ageing.

### Key Inclusions

- Complete physical assessment & vitals
- Blood tests for sugar, cholesterol, thyroid & blood counts
- ECG and basic imaging
- Gender-specific screening (PAP smear / semen analysis as applicable)
- Physician & preventive counselling



Scan this  
QR Code to know  
more about test  
included in the  
package



## NHS Metabolic Shield™

**Cardio-Metabolic Protection** Age 60+

### Who is this for?

Mid-career professionals, business owners, individuals with family history of diabetes, BP or heart disease.

### Why this matters

This is the silent danger zone—most heart attacks and diabetes are incubating here.

### What this package focuses on

- Blood sugar & insulin resistance
- Cholesterol & vascular risk
- Early heart and lung function changes

**Outcome:** A metabolic & cardiac risk map before disease sets in.

### Key Inclusions

- Advanced blood sugar testing (Fasting, PP, HbA1c)
- Lipid & kidney risk profiling
- ECG, 2D Echo, TMT, PFT
- Abdominal ultrasound & chest imaging
- Physician + dietician + physiotherapy input



Scan this  
QR Code to know  
more about test  
included in the  
package

# NHS PREVENTIVE Health Check-up

## NHS Prime Longevity™



Active Ageing Program **Age 50-65**

### Who is this for?

Individuals who want to stay active, independent and disease-free through their 50s and early 60s.

### Why this matters

Heart disease, bone loss, cancer risk and organ decline accelerate after 50.

### What this package focuses on

- Heart structure & function
- Bone and fracture risk
- Early cancer screening

**Outcome:** A structured roadmap for healthy ageing.

### Key Inclusions

- Expanded blood and organ function tests
- ECG & 2D Echo
- Ultrasound imaging
- Vitamin D & thyroid profile
- PSA | PAP smear breast screening
- Eye, ENE dental physician consults
- Cardiologist + physician + dietician + physiotherapy



Scan this  
QR Code to know  
more about test  
included in the  
package

**NHS**  
**Elite Longevity™**



Advanced Executive Longevity Program

Age 60+

**Who is this for?**

Senior executives, professionals, and individuals seeking the most comprehensive Preventive evaluation available.

**Why this matters**

Longevity today is not just about age-but quality of life, cognition, mobility and cardiovascular safety.

**What this package focuses on**

- Advanced cardiac & vascular risk
- Frailty and organ reserve
- Cancer and metabolic surveillance

**Outcome:** A structured roadmap for healthy ageing.

**Key Inclusions**

- Advanced cardiac biomarkers (Hs-CRP, Homocysteine, Apo A/B Lp(a))
- ECG, Echo, TMT
- Full metabolic, renal & liver panels
- Vitamin D, B12
- Cancer screening & stool occult blood
- Cardiologist + physician + dietician + physiotherapy



Scan this  
**QR Code** to know  
more about test  
included in the  
package

# NHS PREVENTIVE Health Check-up



## NHS Vitalstart™ (Women Track)

### Who is this for?

Women seeking a comprehensive overview of their general and reproductive health, specifically regarding hormonal balance and gynecological well-being.

### Why this matters

Regular screening is essential for detecting early signs of lifestyle diseases, thyroid dysfunction, and specific women's health issues like cervical or breast abnormalities.

### What this package focuses on

- Reproductive health & Family planning
- Thyroid & Diabetic screening
- General infection & Physical health markers

**Outcome:** A holistic roadmap covering your body, mind, and reproductive care.

### Key Inclusions

- Haemogram, Blood Sugar, TSH, Urine & Stool Routine
- PAP Smear, Breast Exam, Pelvic Ultrasound
- Vitals, ECG, Chest X-ray
- Gynaecology (including planning) & Internal Medicine



Scan this  
QR Code to know  
more about test  
included in the  
package



## Optional Add-On Modules

### Diabetes Risk & Control Module

**Focus:**

Designed to detect pre-diabetes in healthy individuals or assess long-term sugar control and organ safety in known diabetics.

### Hypertension (High BP) Risk Module

**Focus:**

Identifies the severity of high blood pressure and checks for "end-organ damage" (impact of BP on heart and kidneys).

### Healthy Heart Module

**Focus:**

A comprehensive check on heart structure, artery health, and pumping capacity to rule out blockages or failure.

### Stroke Risk Assessment

**Focus:**

Assesses the blood flow to the brain and clotting risks to prevent a "brain attack" (Paralysis).

### Knee & Bone Health Module

**Focus:**

Targeted at Osteoporosis (weak bones), Arthritis (joint inflammation), and mobility issues.



Condition-specific risks (Diabetes, BP, Heart, Stroke, Knee) are addressed as add-on modules, not replacements.

## NHS Executive Experience

Experience the ultimate in convenience and care with the **NHS Executive Experience**, our premium preventive health check-up designed to respect your time and comfort.

We have eliminated the stress of hospital visits by providing exclusive access to a Dedicated **Preventive Health Check-up Lounge** and **early morning fasting slots**, ensuring your entire check-up is **completed in a single day**.

Instead of managing multiple files, you will receive one consolidated executive report that gives you a clear, holistic picture of your health.

Should any concerns arise, we ensure seamless continuity of care with immediate **follow-up** and **specialty referrals**, making your path to wellness effortless and efficient.

