

Medical investigations and required results

<u>Initial Class I - Medical Checks (below 60)</u>	<u>Renewal Class I medical checks</u>
01. Urine FR 02. Full Blood Count 03. TSH 04. Fasting Blood Sugar 05 Lipid profile 06. Blood Group & Rh factor 07. VDRL 08. ECG & Reporting 09. ECHO cardiogram 10. Chest X-ray & Reporting 11. Audiogram 12. Ophthalmology	01. Urine FR 02. Fasting Blood Sugar 03. Lipid profile 04. ECG & Reporting 05. Chest X-ray & Reporting 06. Audiogram 07. Ophthalmology 08. Stress ECHO Cardiogram Please refer to frequency of routine medical checks Table below for further information.

<u>Initial Class I - Medical Checks (Over 60)</u>	<u>Class 1 – Renewal medical Checks (Over 60)</u>
01. Urine FR 02. Full Blood Count 03. TSH 04. Fasting Blood Sugar 05. Liver profile 06. Lipid profile 07. Blood Group & Rh factor 08. VDRL 09. ECG & Reporting 10. ECHO cardiogram 11. Exercise ECG 12. Lung function test 13. Chest X-ray & Reporting 14. Renal profile 15. Audiometry PTA with masking & Tympanometry 16. Ophthalmology with Visual field Assessment & Binocular Function	01. Urine FR 02. Full Blood Count 03. Fasting Blood Sugar 04. SGPT & Gamma GT 05. Lipid profile 06. ECG & Reporting 07. ECHO cardiogram 08. Exercise ECG 09. Audiometry PTA with masking & Tympanometry 10. Ophthalmology with Visual field Assessment & Binocular Function

Medical investigations and required results

<u>Initial Class III - Medical Checks</u>	<u>Renewal Class III medical checks</u>
01. Urine FR 02. Full Blood Count 03. TSH 04. Fasting Blood Sugar 05. Blood Group & Rh factor 06. ECG & Reporting 07. Chest X-ray & Reporting 08. Audiogram 09. Ophthalmology	01. Urine FR 02. Fasting Blood Sugar 03. ECG & Reporting 04. Chest X-ray & Reporting 05. Audiogram 06. Ophthalmology 07. ECHO Cardiogram 08. Stress ECHO Cardiogram Please refer to frequency of routine medical checks Table below for further information.
<u>Initial Class II - Medical Checks</u>	<u>Renewal Class II medical checks</u>
01. Urine FR 02. Full Blood Count 03. TSH 04. Fasting Blood Sugar 05. Blood Group & Rh factor 06. ECG & Reporting 07. Chest X-ray & Reporting 08. Audiogram	01. Urine FR 02. Fasting Blood Sugar 03. ECG & Reporting 04. Chest X-ray & Reporting 05. Audiogram 06. Ophthalmology 07. ECHO Cardiogram Please refer to frequency of routine medical checks Table below for further information.

Medical investigations and required results

Frequency of routine medical checks

Renewal Medical Tests Class - I

	Medical Tests	Under 40 age	Over 40 age	Over 50 age	Over 60 age
01	UFR	Every 1 year	Every 1 year	Every 1 year	Every 6 month
02	Fasting Blood sugar	-	Every 1 year	Every 1 year	Every 6 month
03	Lipid profile	-	Every 1 year	Every 1 year	Every 6 month
04	ECG	Every 2 year	Every 1 year	Every 1 year	Every 6 month
05	Chest X-ray	Every 5 year	Every 5 year	Every 5 year	Every 5 year
06	Audiogram	Every 5 year	Every 2 year	Every 2 year	Every 1 year
07	Ophthalmology	-	At 40 years	At 50 years	Every 6 month
08	Stress Echocardiogram		At 40 years		Every 1 year

Renewal Medical Tests Class - II

	Medical Tests	Under 40 age	Over 40 age	Over 50 age	Over 60 age
01	UFR	Every 5 year	Every 2 year	Every 1 year	Every 6 month
02	Fasting Blood sugar	-	Every 2 year	Every 1 year	Every 6 month
03	ECG	-	-	Every 2 year	Every 2 year
04	Chest X-ray	Every 5 year	Every 5 year	Every 5 year	Every 5 year
05	Audiogram	-	-	Every 2 year	Every 2 year
06	ECHO cardiogram	-	-	-	Every 6 month
07	Ophthalmology	-	-	-	Every 6 month

Renewal Medical Tests Class – III

	Medical Tests	Under 40 age	Over 40 age	Over 50 age	Over 60 age
01	UFR	Every 4 year	Every 2 year	Every 1 year	Every 6 month
02	Fasting Blood sugar	-	Every 2 year	Every 1 year	Every 6 month
03	ECG	-	-	Every 2 year	Every 2 year
04	Chest X-ray	Every 5 year	Every 5 year	Every 5 year	Every 5 year
05	Audiogram	Every 4 year	Every 2 year	Every 2 year	Every 2 year
06	ECHO cardiogram	-	-	-	Every 1 year
07	Ophthalmology	-	-	At 50 years	Every 6 month
08	Stress Echocardiogram				Every 1 year

Medical investigations and required results

Investigation	Required results	If deferred from required results
UFR	no blood cells	UFR shall be repeated, if still present subjected to further investigation.
	Puss cells <05 HPF	UFR shall be repeated, if still present subjected to further investigation
	No Proteins.	UFR shall be repeated, if still present subjected to further investigation
	No sugar.	UFR shall be repeated, if still present subjected to further investigation HBA1C shall be done
FBC	Hemoglobin% shall be within normal range 11.8-14.8 g/dl	Further investigations & Haematological assessment shall be done
	There shall be no severe changes in other parameters.	Further investigations & Haematological assessment shall be done
TSH	Shall be within normal range according to the equipment used.	Shall do the complete Thyroid profile and opinion shall be taken from a Consultant Endocrinologist.
FBS	Fasting plasma glucose <110 mg/dl.	Shall do HBA1C. If HbA1C is high refer to a Consultant Endocrinologist for evaluation and further management.
Lipid Profile	T. Cholesterol<200 mg/dl HDL <60mg/dl LDL <100mg/dl Triglycerides<150mg/dl	Further investigations shall be done. Other comorbidities are to be considered.