



**EXCLUSIVE HEALTH CHECKUP PLANS
FOR EACH ONE IN THE FAMILY**

Mumbai | Pune | Bangalore

info@nmmedical.com www.nmmedical.com

Your Health is Our Concern.

NM Medical invites you to build the foundation for your health in years to come. In the last three decades NM Medical has earned a national reputation for quality and excellence in providing advanced diagnostic imaging, thoughtful patient care, and radiological interpretations that are second to none. Unlike hospitals, NM enjoys the luxury of specializing in preventive healthcare, as a result of which it has acquired the most hi-tech equipments in the field of preventive diagnostic services.

Additionally, NM aims to make the process of preventive health check-up a pleasure and not a pain. Thus, you are offered a range of holistic mind and body rejuvenating health wellness programmes in an environment that is refreshingly different and completely non-hospital in nature.



Planning Your Health Checkup in a Systematic Way

With years of experience in this discipline we've acquired a unique understanding of the Indian healthcare system. Which is why, we have thoughtfully created a number of health checkup plans that suit individual needs. One can also go for individual tests on the recommendation of his/her physician.

NM Primary Health Plan

This basic health plan includes the minimum array of tests necessary for a conclusive health assessment of an individual. Today's fast-paced, stressful world, however, places a number of more specific health-endangering demands on our bodies, which are investigated in NM's more detailed health plans. Therefore, for a more thorough health checkup, it would be advisable to explore our various Gold & Premium Health Plans.

NM Health Plan

Primary

Pathology Tests	
CBC + ESR	✓
Tests for Diabetes	
Blood Sugar (Fasting)	✓
Blood Sugar (PP/PG)	✓
Tests for Liver Disease	
SGOT	✓
SGPT	✓
GGTP	✓
Bilirubin	✓
Alkaline Phosphatase	✓
Proteins (Albumin, Globulin, A/G Ratio)	✓
Tests for Heart Disease	
Triglycerides	✓
Cholesterol	✓
HDL-Cholesterol	✓
LDL-Cholesterol	✓
VLDL-Cholesterol	✓
LDL/HDL Ratio	✓
Total Cholesterol/HDL Ratio	✓
Tests for Kidney Disease	
Urea	✓
Creatinine	✓
Uric Acid	✓
Urine Routine	✓
Consultations	
Physical Examination	✓
Dental Checkup	✓
Eye Checkup	✓
Diagnostic Tests	
Chest X-Ray (Digital)	✓
E.C.G. (12 Lead)	✓

INVESTMENT

Rs. 3,500/-

NM Health Plan

Gold

Gold Plus

Pathology Tests		
CBC + ESR	✓	✓
Tests for Diabetes		
Blood Sugar (Fasting)	✓	✓
Blood Sugar (PP/PG)	✓	✓
Tests for Liver Disease		
SGOT	✓	✓
SGPT	✓	✓
GGTP	✓	✓
Bilirubin (Total Direct, Indirect)	✓	✓
Alkaline Phosphatase	✓	✓
Proteins (Albumin, Globulin, A/G Ratio)	✓	✓
Tests for Heart Disease		
Triglycerides	✓	✓
Cholesterol	✓	✓
HDL-Cholesterol	✓	✓
LDL-Cholesterol	✓	✓
VLDL-Cholesterol	✓	✓
LDL/HDL Ratio	✓	✓
Total Cholesterol/HDL Ratio	✓	✓
Tests for Kidney Disease		
Urea	✓	✓
Creatinine	✓	✓
Uric Acid	✓	✓
Calcium	✓	✓
Thyroid Panel (T3, T4, TSH)	✓	✓
Urine Routine	✓	✓
Consultations		
Physical Examination	✓	✓
Dental Checkup	✓	✓
Eye Checkup	✓	✓
Gynaecological Examination**	✓	✓
Diet & Nutrition Counseling	✓	✓
Diagnostic Tests		
Chest X-Ray (Digital)	✓	✓
E.C.G. (12 Lead)	✓	✓
Sonography Abdomen & Pelvis	✓	✓
Stress Test	✓	✓
Pap Smear**	✓	✓
2D Echo*	✗	✓
Mammography**	✗	✓
DEXA Bone Densitometry	✗	✓
Specialized Investigations		
Glycosylated Haemoglobin	✗	✓
Hepatitis B	✗	✓
Cancer Risk Marker		
PSA for Prostate Cancer*	✗	✓
INVESTMENT	Rs. 6,950/-	Rs. 9,950/-

**for females only

*for males only

See additional Allergy Test Panels on last page.

NM Health Plan

Platinum

Diamond

Pathology Tests		
CBC + ESR	✓	✓
Tests for Diabetes		
Blood Sugar (Fasting)	✓	✓
Blood Sugar (PP/PG)	✓	✓
Tests for Liver Disease		
SGOT	✓	✓
SGPT	✓	✓
GGTP	✓	✓
Bilirubin (Total Direct, Indirect)	✓	✓
Alkaline Phosphatase	✓	✓
Proteins (Albumin, Globulin, A/G Ratio)	✓	✓
Tests for Heart Disease		
LDH	✓	✓
Triglycerides	✓	✓
Cholesterol	✓	✓
HDL-Cholesterol	✓	✓
LDL-Cholesterol	✓	✓
VLDL-Cholesterol	✓	✓
LDL/HDL Ratio	✓	✓
Total Cholesterol/HDL Ratio	✓	✓
Tests for Kidney Disease		
Urea	✓	✓
Creatinine	✓	✓
Uric Acid	✓	✓
Electrolytes	✓	✓
Calcium	✓	✓
Thyroid Panel (T3, T4, TSH)	✓	✓
Urine Routine	✓	✓
Consultations		
Physical Examination	✓	✓
Dental Checkup	✓	✓
Eye Checkup	✓	✓
Gynaecological Examination**	✓	✓
Diet & Nutrition Counseling	✓	✓
Diagnostic Tests		
Chest X-Ray (Digital)	✓	✓
E.C.G. (12 Lead)	✓	✓
Sonography Abdomen & Pelvis	✓	✓
Stress Test	✓	✓
Pap Smear**	✓	✓
2D Echo*	✓	✓
Mammography**	✓	✓
DEXA Bone Densitometry	✓	✓
Body Fat Analysis	✓	✓
Spirometry	✓	✓
Specialized Investigations		
Glycosylated Haemoglobin	✓	✓
Vitamin D	✓	✓
Vitamin B12	✓	✓
Hepatitis B	✓	✓
Allergy Screening Test	✓	✓
Cancer Risk Markers		
PSA for Prostate Cancer*	✓	✓
CA 125 for Ovarian Cancer**	✓	✓
Carotid Colour Doppler	✓	✓
CT Calcium Scoring	✗	✓
Coronary CT Angio or MRI Whole Spine	✗	✓
INVESTMENT	Rs. 17,500/-	Rs. 27,500/-

**for females only

*for males only

See additional Allergy Test Panels on last page.

H360 Deluxe Health Plan

This is the most extensive package offered at NM Medical. It includes the Platinum Plane + Cardiac CT + Whole Body MRI + Cancer Markers, providing comprehensive clinical assessment from head-to-toe.

Highlights

- ❖ Evaluation of coronary arteries for any blockage giving location and percentage of block
- ❖ Whole Body Cancer Screening
- ❖ Whole Spine Screening
- ❖ Evaluation of brain, neck, chest abdomen and pelvis
- ❖ Screening of joints and extremities
- ❖ All this on a wide bore patient-friendly MRI with high speed scanning

Tests

NM Platinum Plan

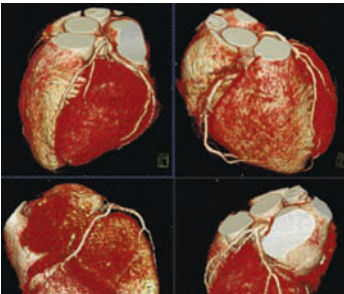
- + Coronary CT Angio (Cardiac CT)
- + Non-Contrast Renal Angio
- + Food Allergy Panel
- + Cancer Markers Panel
- + Whole Body MRI

INVESTMENT

Rs. 59,500/-

Optional Add-Ons

- CT Virtual Colonoscopy
- CT Scan of Lungs (for Smokers)
- Respiratory Allergy Panel
- Comprehensive Allergy Panel (Mini)
- Comprehensive Allergy Panel (Maxi)
- Genetic Testing



Cardiac CT Scan



South-East Asia's fastest MRI



Whole Body MRI

NM Senior Citizen Health Plan

We desire to help our respected elders through their difficult time, where even slight illness or injury could bring about unforeseen complications. This specially designed health plan includes a range of diagnostic tests and consultations, which provide a comprehensive health assessment and allows one to age gracefully!

Highlights

- ❖ Prostate evaluation for males
- ❖ Ovarian & uterine evaluation for females
- ❖ Special emphasis on old age disorders

NM Health Plan

Pathology Tests	
CBC + ESR	✓
Tests for Diabetes	
Blood Sugar (Fasting)	✓
Blood Sugar (PP/PG)	✓
Tests for Liver Disease	
SGOT	✓
SGPT	✓
GGTP	✓
Alkaline Phosphatase	✓
Proteins (Albumin, Globulin, A/G Ratio)	✓
Tests for Heart Disease	
Cholesterol	✓
Triglycerides	✓
HDL-Cholesterol	✓
LDL-Cholesterol	✓
VLDL-Cholesterol	✓
LDL/HDL Ratio	✓
Total Cholesterol/HDL Ratio	✓
Tests for Kidney Disease	
Creatinine	✓
Uric Acid	✓
Calcium	✓
Thyroid Hormone Test (TSH)	✓
Urine Routine	✓
Stool Routine	✓
Consultations	
Complete Physical Examination	✓
Eye Checkup	✓
Dental Checkup	✓
Diagnostic Tests	
Chest X-Ray (Digital)	✓
E.C.G. (12 Lead)	✓
Sonography Abdomen & Pelvis	✓
DEXA Bone Densitometry	✓
Specialized Investigations	
Vitamin D	✓
Vitamin B12	✓
Specialized Tests	
Glycosylated Hameoglobin	✓
PSA for prostate cancer*	✓
CA 125 for ovarian cancer**	✓

INVESTMENT

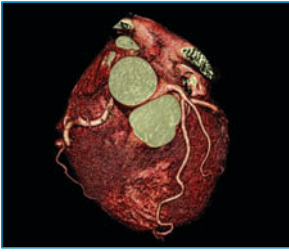
Rs. 7,000/-

Note: Proof of age required to avail of above package.

**for females only

*for males only

Cardiac CT Scan



NM Medical has acquired the world's best Scanner for advanced CT applications: 500 Slice 4D Dynamic CT. Now, get a comprehensive evaluation of the health of your heart in just a few minutes! Simply walk in for a Coronary CT Angiography on our Cardiac CT Scanner to identify any blockage in the arteries that supply blood to your heart.

The test is safe and is not an invasive procedure unlike conventional catheter angiography. A normal report rules out possibility of a coronary artery blockage in the near future.

Coronary CT Angio is also extremely useful in evaluating patency of stents and the condition of the bypass graft post-CABG.

A preliminary screening of the arteries can also be done just by evaluating the Calcium Score. A low Calcium Score is synonymous with low clinically significant soft plaques in the coronary arteries. The Calcium Scoring test can be completed in a matter of seconds.

To know the condition of your heart call us on given numbers and register for a Coronary CT Angio or Calcium Scoring test for yourself and your loved ones. Remember, often in heart attack cases, the only symptom of the disease is the attack itself.



500 Slice Cardiac CT has the unique capability to extend the Coronary CT Angio study for Renal and Carotid Arteries in the same seating without any additional contrast injection and the same can be done at a nominal additional cost of Rs. 6000/-

CT Scan Applications

- ❖ Calcium Scoring
- ❖ Coronary CT Angio
- ❖ Post-stent evaluation
- ❖ Post-CABG evaluation
- ❖ Carotid Angio
- ❖ Pulmonary Angio
- ❖ Renal Angio
- ❖ Peripheral Angio (for diabetics)
- ❖ CT Urogram
- ❖ Virtual Colonoscopy
- ❖ Whole Body CT Scan
- ❖ Dental CT

Whole Body MRI

NM Medical has installed Whole Body MRI machines at Marine Lines, Parel, Bandra, Malad and Borivali in Mumbai and at Kalyani Nagar and Sancheti Hospital in Pune.

Now, in just 45 minutes, get completely screened from head-to-toe. Whole Body MRI evaluates all the organs in the body including head, neck, chest, abdomen, pelvis, musculoskeleton and whole spine.

Whole Body MRI

- ✦ Is completely harmless with no exposure to radiation
- ✦ Is fully non-invasive with no injection of contrast
- ✦ Has no side effects
- ✦ Requires no prior preparations
- ✦ Complements other diagnostic investigations such as Sonography and Colour Doppler for a more thorough evaluation of any disease

Whole Body MRI costs Rs. 25,000/-
However, it can be added to any of the
NM Medical checkup packages for **Rs. 20,000/-**



MRI Applications:

- ✦ MRI Brain with Advanced Neuro (DTI)
- ✦ Spectroscopy
- ✦ MR Angio
- ✦ MRI Whole Spine
- ✦ Stress MRI
- ✦ MRI of the joints (Knee, Shoulder, Ankle, Elbow)
- ✦ MRCP
- ✦ Breast MRI
- ✦ Cardiac MRI
- ✦ MR Peripheral Angio
- ✦ MR Renal Angio
- ✦ Whole Body MRI

Allergy Testing

Allergy testing is a very important prerequisite for early and correct identification and diagnosis of patients with respiratory, skin and gastrointestinal symptoms.

NM Medical now offers a full range of serum Allergy tests using FDA approved & WHO recommended method of Immunocap specific IgE quantification.



Allergy tests can be performed irrespective of:

Age ❖ Symptom ❖ Disease severity ❖ Pregnancy

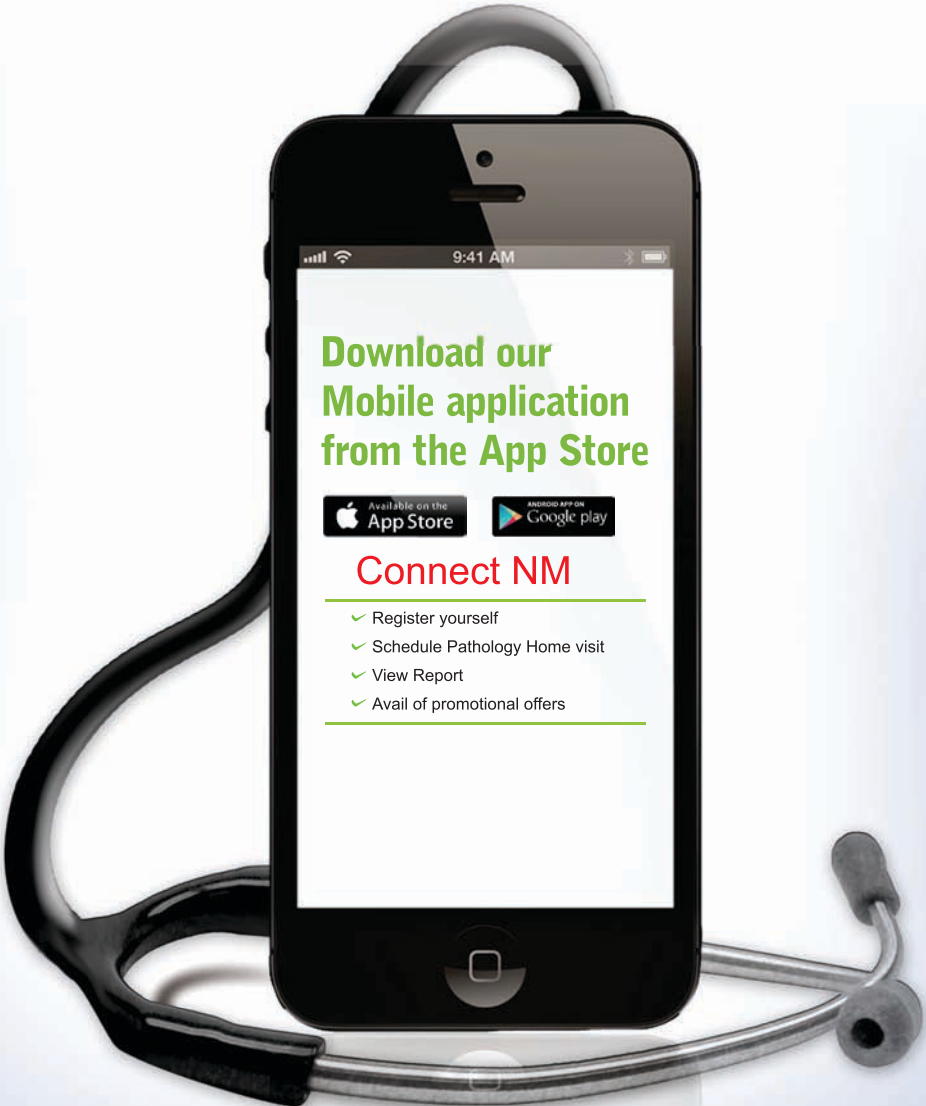
Allergy tests panels at NM Medical

Veg Food ❖ Non Veg Food ❖ Eczema ❖ Respiratory
(Rhinitis / Asthma)

Drugs ❖ Pediatric ❖ Comprehensive
(Food+Skin+Respiratory+Drugs)

Refer to our Allergy testing brochure for detail.

Managing your Diagnostic Tests Has Never Been Easier!



**Download our
Mobile application
from the App Store**



Connect NM

- ✓ Register yourself
- ✓ Schedule Pathology Home visit
- ✓ View Report
- ✓ Avail of promotional offers





NM MEDICAL

info@nmmedical.com | www.nmmedical.com

MUMBAI

Marine Lines

Maharshi Karve Road,
Marine Lines.
Mumbai - 400 002
☎: 022 4342 9999

Andheri

Aver Plaza,
Opp to Citi Mall, New Link Rd.,
Andheri (W), Mumbai-400 053
☎: 022 4613 2222

Mulund

Corporate Centre,
Nirmal Lifestyle,
Mulund (W), Mumbai - 400 080
☎: 022 4342 7777

Chowpatty

Mehta House,
36, Pandita Ramabai Rd.
Mumbai - 400 007
☎: 022 4342 5555

Malad

Sej Plaza, Marve Road,
Malad (W)
Mumbai - 400 064
☎: 022 4613 3333

Vashi

Palm Beach Galleria,
Phase 2, Sectors 19D,
Plam Beach Road, Vashi.
☎: 86574 14376

Parel

Parel Premises, Gokhale Rd.s
Opp.Motilal Oswal Tower,
Parel (W), Mumbai - 400 025
☎: 022 4966 2222

Borivali

Chandawarkar
Cross Road #2,
Borivali (W), Mumbai - 400 092
☎: 022 4342 4444

Khar

Jn of 14th & 33rd Road,
Khar (W).
Mumbai - 400 052
☎: 022 4342 8888

Vikhroli

Shushrusha Hospital,
Kannamwar Nagar 1,
Vikhroli East,
☎: 91250 38469

BANGALORE

Diamond District,
Airport Road,
Bangalore - 560 080
☎: 080 4046 6464

JP Nagar
Sure fertility,
Bangalore - 560 078
☎: 080 3248 7576

PUNE

Fortaleza, Central Avenue,
Kalyani Nagar,
Pune - 411 006
☎: 020 2660 0505

Sancheti Hosp
16, Shivaji Nagar,
Pune - 411 005
☎: 020 6527 0503

