

Introduction to Preventive Care

This Plan provides a medical examination by Quality HealthCare Medical Services (QHMS) during the RightChoice year. (All examinations must be completed on or before December 31 of that year). These are intended to determine the over-all status of your health. Tests and screenings help detect illnesses early, while they are still easy to treat.

BASIC PLAN - BENEFITS TABLE		
Tests and Screenings	Female	Male
Basic doctor information questionnaire	√	√
Height/Weight/Pulse	√	√
Urinalysis	√	√
Vision	√	√
Blood Pressure	√	√
Physical Exam	√	√
Diabetic Screening (Fasting blood glucose)	√	√
Complete Blood Count:		
- WBC, RBC, Platelets, Indices	√	√
Lipids:		
- Total Cholesterol, Triglycerides	√	√
Pap Smear	√	
Breast Check	√	
Medical Report with Comments	√	√

DELUXE PLAN - BENEFITS TABLE		
Tests and Screenings	Female	Male
Basic doctor information questionnaire	√	√
Height/Weight/Pulse	√	√
Vision	√	√
Blood Pressure	√	√
Physical Exam	√	√
EKG	√	√
Complete Blood Count:		
- WBC, RBC, Platelets, Indices	√	√
Lipids:		
- Total Cholesterol	√	√
- HDL – Cholesterol	√	√
- LDL – Cholesterol	√	√
- Triglycerides	√	√
SMAC 24 (electrolytes):		
- Na, Cl, K, CO ₂ , HCO ₃ , Ca, PO ₄	√	√

Liver Function Test (LFT):		
- AST/S.G.O.T., ALT/S.G.P.T., Serum Bilirubin, Alkaline Phosphatase, Gamma GT, Total Protein, Globulin (including albumin)	√	√
Kidney:		
- Serum Creatinine	√	√
- Urinalysis (biochemistry & microscopy)	√	√
Diabetic Screening (Fasting blood glucose)	√	√
Pap Smear	√	
Breast Check	√	
Mammogram **	√	
Prostate: PSA		√
Medical Report & Follow Up Consultation Follow Up Consultation for Explanation of Preventive Care Medical Report only <i>(Discussions involving other medical conditions at the request of the patient and/or medications will be charged as per normal consultation)</i>	√	√

*** The international guidelines suggest that women over the age of 40 should have mammogram as the screening of breast cancer; whereas women less than 40 are more likely to suffer from fibrocystic disease of the breast and hence ultrasound of breasts would usually be recommended for women under the age of 40 as screening tool.*

Based on this principle, the default screening for women under 40 would be ultrasound of breasts and the default screening for women 40 and above would be mammogram.

Should you have any queries or specific concern on the type of default screening to be done in your preventive check up, you should discuss the concern with the doctor first and have the suggested mode of screening tool at later appointment.