



NM MEDICAL

With you at every step of  
your diagnostic journey

Health Check-up Booklet



NM MEDICAL



Total Lab Automation now at NM Medical



## NM Medical

One of the pioneers in diagnostic testing, NM Medical has raised the bar of preventive health check-ups in India. With end-to-end pathology, imaging and non-invasive cardiology services, the NM world assures you advancements at every step. So, be it about full body check-ups or blood tests at home, accuracy is what we aim for and achieve it too. With our diagnostic centres spread across Mumbai, Pune and Bangalore, along with affiliations with renowned hospitals, NM Medical continues to attain the trust of doctors and patients – in India and globally.



## Health 360

Health 360, India's finest diagnostic and health checkup centre at Marine Lines, Mumbai is spread over a luxurious setting of 10,000 square feet. The patient friendly atmosphere coupled with excellent one-on-one service from the Guest Relation Executives, immediately puts one at ease. One is provided with a variety of full body health checkup plans at Health 360, which include a comprehensive range of tests such as advanced cancer and cardiac markers, Cardiac CT, and Whole Body MRI.



## EVA Health

India's first all-women diagnostic centre that understands a woman deeply. From examination to counselling, Eva Health offers you women specialists and technicians, so that you feel confident revealing your problems for better diagnosis. This highly qualified 'all-women' team brings you expertise in the prevention, early diagnosis and management of various women's health conditions.



## PROLIV DigiPath

At the heart of every cancer therapy, we believe, lies the right tissue diagnosis. Precisely why, we've pioneered a revolution in tissue diagnostics, in a bid to ensure an accurate and speedy second opinion.

We offer a specially-designed digital histopathology second consult service with integrated analytical pathology. You can also collaborate through live screen-share and video-conferencing, with global experts.



## PRO Genome

Empowering you to evolve from preventive to predictive diagnosis, PRO Genome partners with you to improve the quality of healthcare with the power of genetics and state-of-the-art advanced genomic technology.

Our advanced genomics lab offers world class molecular and genetic testing for Oncology, Pregnancy, infertility, Inherited Diseases and Predictive Wellness. Witness technology that delivers accurate and the most-trusted information, with cost effective, personalized test panels.



## Nine Months

Scientifically-tailored pregnancy exercises and Yoga. Lamaze breathing techniques. Parenting tips. Pregnancy and post delivery information and guidance.



## Advanced Testing:



**Allergy Testing:**  
For Respiratory, Skin or  
Gastrointestinal symptoms.



**Calcium Score:**  
Looks for calcium deposits in  
coronary arteries in the heart &  
gives calcium score which determines  
risk of heart attacks or stroke.



**CT Angio:**  
Identify any blockages in  
the arteries of the heart or  
evaluate patency of stents/  
bypass grafts.



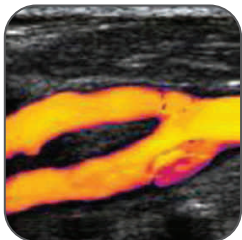
**Food intolerance Test:**  
For food Allergy & food  
intolerance testing



**Holter Monitoring:**  
24 hours ECG monitoring  
to detect risk of irregular  
heartbeat (Arrhythmia)



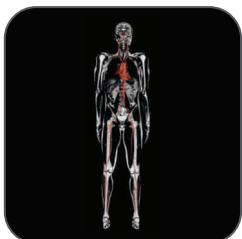
**Predictive Genomics:**  
Is a powerful capability to help  
predict disease risk and understand  
drug response in order to improve  
health outcomes for lifestyle disease,  
nutrition, fitness, and  
pharmacogenomics



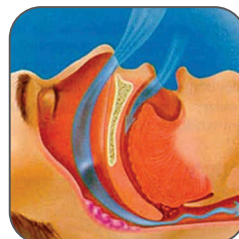
**Carotid Colour Doppler:**  
A carotid ultrasound tests  
for blocked or narrowed  
carotid arteries, which can  
increase the risk of stroke.



**Liver fat Quantification:**  
For fatty liver & follow up for  
treatment response or  
progression of the disease.



**Whole Body MRI:**  
Non invasive imaging of  
Head/Neck/Chest/  
Abdomen & Pelvis with  
whole spine screening  
without any radiation.



**Sleep Apnea:**  
For sleep disorders and  
snoring symptoms.

## Advanced Facilities:



**Advanced Lab Automation:**  
Fully automated no touch blood samples handling.



Scan this QR code to watch our fully automated lab video



**Artificial Intelligence:**  
Allows more accurate identifications of patients with higher risk resulting in predictive health outcomes & optimized disease profiling at low costs.



**Cytogenetics & Karyotype:**  
Looks for changes in chromosome. Changes in chromosome may be sign of a genetic disease or genetic condition.



**Digital Pathology:**  
Domestic or international second opinion for cancer diagnostics from specialists. Create a permanent digital archive for your abnormal histopathology slides.

[www.prolivdigipath.com](http://www.prolivdigipath.com)



**Genomics & Molecular:**  
For Infertility, NIPT, newborn screening or NGS/Cancer panels & Infectious diseases/tropical panels.

[www.nmprogenome.com](http://www.nmprogenome.com)



**Home Visits:**

South Mumbai: 📞 74000 05657

Western suburb: 📞 91364 12396



**NM Eva Health:**  
Exclusive only Women's diagnostics & health check up centre.



**3D Models:**

From images of CT/Ultrasound/MRI a 3D model of the organs like Brain, Heart, Joints etc. can be made for better understanding of the pathology & better treatment outcomes.

**24x7 Support Centre: 74000 05758**

## Primary

₹4,500/-

### Routine Blood Tests

CBC + ESR



### Diabetic Profile

Blood Sugar (Fasting) & (PP / PG)



### Liver Profile

SGOT / SGPT / GGTP



Bilirubin & Alkaline Phosphatase



Proteins (Albumin / Globulin / AG Ratio)



### Cardiac Profile

Triglycerides



Total Cholesterol / HDL / LDL / VLDL



LDL / HDL Ratio & Total Cholesterol / HDL Ratio



### Renal Profile

Urea



Creatinine



Uric Acid



Urine Routine



### Consultations

Physical Examination



Dental Checkup



Eye Checkup



### Diagnostic Tests

Chest X-Ray (Digital)



E. C. G. (12 Lead)



## Adolescence

₹9,500/-

### Routine Blood Tests

CBC + ESR & Blood Group



### Diabetic Profile

Fasting Blood Sugar



### Liver Profile

SGOT / SGPT / GGTP



Alkaline Phosphatase / Bilirubin



Albumin / Globulin / AG Ratio



### Cardiac Profile

Triglycerides & Total Cholesterol / HDL / LDL / VLDL



### Renal Profile

Creatinine & Urine Routine



### Specialised Blood Tests

#### Thyroid Panel

T3, T4, TSH



#### Vitamin Markers

Vitamin D & Vitamin B12



#### Iron Studies



### Diagnostic Tests

Abdomen & Pelvis Sonography



## PCOS

₹15,000/-

### Routine Blood Tests

CBC + ESR



### Diabetic Profile

Fasting Blood Sugar



### Thyroid Panel

TSH



### Vitamin Markers

Vitamin D



Vitamin B12



### Iron Studies



### Specialised Blood Tests

Dihydrotestosterone / Free Testosterone



Cortisol



17 OH Progesterone



AMH



Androstenedione



DHEAS



Prolactin



### Diagnostic Tests

Abdomen & Pelvis Sonography



## Pre-Marital

₹9,000/-

### Routine Blood Tests

CBC + ESR & Blood Group



### Diabetic Profile

Blood Sugar Fasting / Random



### Liver Profile

SGOT / SGPT / GGTP



Alkaline Phosphatase / Bilirubin



Albumin / Globulin / AG Ratio



### Cardiac Profile

Triglycerides



Total Cholesterol / HDL / LDL / VLDL



### Renal Profile

Creatinine & Urine Routine



### Specialised Blood Tests

Hepatitis B & Hepatitis C



HIV I & II Antibodies



VDRL & Thalassemia Studies



### Thyroid Panel

T3, T4, TSH



### Diagnostic Tests

ECG & Chest X – Ray



Abdomen & Pelvis Sonography



## Post Menopausal

₹14,500/-

### Routine Blood Tests

CBC



### Diabetic Profile

Blood Sugar Fasting / Random



### Liver Profile

SGOT / SGPT / GGTP



Alkaline Phosphatase / Bilirubin



Albumin / Globulin / AG Ratio



### Diagnostic Tests

Abdomen & Pelvis Sonography



Pelvic Colour Doppler



3D Digital Mammogram with Tomosynthesis



Sonomammography



DEXA Bone Densitometry



### Renal Profile

Electrolytes



Urine Routine



### Specialised Blood Tests

### Thyroid Panel

T3, T4, TSH



### Vitamin Markers

Vitamin D



Vitamin B12



### Iron Studies



### Hormonal Studies

LH



FSH



Prolactin



## Gold

₹9,500/-

### Routine Blood Tests

CBC + ESR ✓

### Diabetic Profile

Blood Sugar (Fasting) ✓

Blood Sugar (PP/PG) ✓

### Liver Profile

SGOT ✓

SGPT ✓

GGTP ✓

Bilirubin ✓

Alkaline Phosphatase ✓

Proteins (Albumin / Globulin / AG Ratio) ✓

### Cardiac Profile

Triglycerides ✓

Total Cholesterol / HDL / LDL / VLDL ✓

LDL / HDL Ratio ✓

### Renal Profile

Urea & Creatinine ✓

Uric Acid ✓

Urine Routine ✓

Calcium ✓

### Specialised Blood Tests

T3, T4, TSH ✓

### Diagnostic Tests

Chest X-Ray (Digital) ✓

E. C. G. (12 Lead) ✓

Sonography Abdomen & Pelvis ✓

Stress Test ✓

### Consultations

Physical Examination ✓

Dental Checkup ✓

Eye Checkup ✓

Diet & Nutrition Counselling ✓

Gynaecological Examination (Female) ✓

## Gold Plus

₹20,000/-

Gold  
Package



### Diagnostic Tests

2D Echo OR Carotid Colour Doppler

Dexa Bone Densitometry

Body Fat Analysis

Mammography (Female)



### Specialized Blood Tests

Vitamin D

Vitamin B12

Hepatitis B

HbA1c

Pap Smear for Female  
(Cervical Cancer)



### Cancer Risk Marker

PSA (Male)

CA 125 (Female)

**Carotid Colour Doppler** : For evaluation of stroke risk

**PSA** : For Prostate Cancer

**CA 125**: For Ovarian Cancer



## Platinum

₹25,000/-

### Routine Blood Tests

CBC + ESR ✓

### Diabetic Profile

Blood Sugar (Fasting / PP) ✓

### Liver Profile

SGOT / SGPT / GGTP ✓

Alkaline Phosphatase / Bilirubin ✓

Proteins (Albumin / Globulin / AG Ratio) ✓

### Cardiac Profile

Triglycerides / LDH ✓

Total Cholesterol / HDL / LDL / VLDL ✓

### Renal Profile

Urea / Creatinine ✓

Uric Acid & Urine Routine ✓

Electrolytes & Calcium ✓

### Diagnostic Tests

Chest X-Ray ✓

Sonography Abdomen & Pelvis ✓

E.C.G. / Stress Test ✓

2D Echo ✓

Mammography (Female) ✓

Dexa Bone Densitometry ✓

Body Fat Analysis ✓

### Specialized Diagnostics Tests

Carotid Colour Doppler (Evaluation of stroke risk) ✓

CT Calcium Score (Coronary artery calcium) ✓

### Thyroid Panel

T3 ✓

T4 ✓

TSH ✓

### Specialised Blood Tests

HbA1c ✓

Hepatitis B ✓

### Vitamin Markers

Vitamin D ✓

Vitamin B12 ✓

### Cancer Risk Markers

PSA for Prostate Cancer (Male) ✓

CA 125 for Ovarian Cancer (Female) ✓

Pap Smear and HPV for Cervical Cancer (Female) ✓

### Consultations

Physical Examination ✓

Dental Checkup ✓

Eye Checkup ✓

Diet & Nutrition Counselling ✓

Gynaecological Examination ✓

## Diamond (Platinum Package + following tests)

₹40,000/-

Allergy Screening  
(Phadiatop)



Specialised Blood Tests

HCV  
ANA



CT Coronary Angio

OR

MRI Lumbar spine with  
whole spine screening

ANA: Screening test for autoimmune disorders

Allergy Screening: Identify allergic reactions and their causes to prevent them or treat them

## 360 Deluxe (Diamond Package + following tests)

₹75,000/-

Food Allergy & Intolerance Tests  
(46 common foods)



Whole Body MRI



Cancer Markers



Predictive Genomics

OR Sleep Apnea

Predictive Genomics: Predict disease risk and drug response for lifestyle diseases, nutrition, fitness.

Cancer Markers: CA 15.3 / CA 125 / Beta HCG / AFP / CA 19.9 / CEA for Breast, Ovarian, Cervical, Stomach, Liver, Pancreas & Colon Cancer

Sleep Apnea: For sleep disorders and snoring symptoms

## Pregnancy

₹35,000/-

### Routine Blood Tests

|             |   |
|-------------|---|
| CBC + ESR   | ✓ |
| Blood Group | ✓ |

### Diabetic Profile

|                              |   |
|------------------------------|---|
| Blood Sugar Fasting / Random | ✓ |
|------------------------------|---|

### Liver Profile

|                                  |   |
|----------------------------------|---|
| SGOT / SGPT / GGTP               | ✓ |
| Alkaline Phosphatase / Bilirubin | ✓ |
| Albumin / Globulin / AG Ratio    | ✓ |

### Specialised Blood Tests

|  |   |
|--|---|
| BHCG                                     | ✓ |
| HIV                                      | ✓ |
| HBsAg                                    | ✓ |
| HCV                                      | ✓ |
| VDRL                                     | ✓ |
| Thalassemia Studies                      | ✓ |
| Dual Marker with Pre eclampsia screening | ✓ |
| Quadruple Marker                         | ✓ |
| NIPT                                     | ✓ |

### Diagnostic Tests: Ultrasound

|              |   |                   |   |
|--------------|---|-------------------|---|
| Nuchal Scan  | ✓ | Pregnancy Doppler | ✓ |
| Anomaly Scan | ✓ | 4D Sonography     | ✓ |

## Includes

Unlimited routine above mentioned blood tests & Unlimited Sonography

(Gynaecologist prescription required)

## Pregnancy + Nine Months Lamaze classes

₹50,000/-

*Nine Months*

Most Trusted Program for Pregnancy & Childbirth



Exclusively offered in person & on zoom as well

- Scientifically-tailored pregnancy exercises and Yoga
- Lamaze breathing techniques
- Parenting tips
- Pregnancy and post delivery information and guidance on;
  - Breast-feeding
  - Nutrition/Pregnancy and after birth
  - Post partum
  - Cesarean
  - New born baby care
  - Labour and Delivery with Spouse coaching



For further details

🌐 [www.ninmonthspregnancy.com](http://www.ninmonthspregnancy.com)

Dr. Rita Shah ☎ 98211 39999

✉ [ritaninemonths@gmail.com](mailto:ritaninemonths@gmail.com)

📷 [@ritashah\\_ninmonthspregnancy](https://www.instagram.com/ritashah_ninmonthspregnancy)

## Cancer Screening - Male

₹20,000/-

### Routine Blood Tests

|           |   |
|-----------|---|
| CBC + ESR | ✓ |
| CRP       | ✓ |

### Diabetic Profile

|                              |   |
|------------------------------|---|
| Blood Sugar Fasting / Random | ✓ |
|------------------------------|---|

### Liver Profile

|                                  |   |
|----------------------------------|---|
| SGOT / SGPT / GGTP               | ✓ |
| Alkaline Phosphatase / Bilirubin | ✓ |
| Albumin / Globulin / AG Ratio    | ✓ |

### Renal Profile

|                            |   |
|----------------------------|---|
| Creatinine & Urine Routine | ✓ |
|----------------------------|---|

### Diagnostic Tests

|  |   |
|--|---|
| Chest X-Ray                                | ✓ |
| Abdomen & Pelvis Colour Doppler Sonography | ✓ |

### Cancer Markers For Stomach, Liver, Pancreas,

### Colon Cancer & Prostate

|                                 |   |
|---------------------------------|---|
| Free Prostate Specific Antigen  | ✓ |
| CA 19.9                         | ✓ |
| CEA                             | ✓ |
| AFP (Alpha Feto Protein)        | ✓ |
| Thyroglobulin level             | ✓ |
| Calcitonin                      | ✓ |
| Beta HCG                        | ✓ |
| Prostate Specific Antigen (PSA) | ✓ |

## Cancer Screening - Female

₹25,000/-

### Routine Blood Tests

|           |   |
|-----------|---|
| CBC + ESR | ✓ |
| CRP       | ✓ |

### Diabetic Profile

|                              |   |
|------------------------------|---|
| Blood Sugar Fasting / Random | ✓ |
|------------------------------|---|

### Liver Profile

|                                  |   |
|----------------------------------|---|
| SGOT / SGPT / GGTP               | ✓ |
| Alkaline Phosphatase / Bilirubin | ✓ |
| Albumin / Globulin / AG Ratio    | ✓ |

### Renal Profile

|                            |   |
|----------------------------|---|
| Creatinine & Urine Routine | ✓ |
|----------------------------|---|

### Diagnostic Tests

|  |   |
|--|---|
| Chest X-Ray                                | ✓ |
| Abdomen & Pelvis Colour Doppler Sonography | ✓ |
| Sonography of Thyroid and Neck             | ✓ |

### Cancer Markers For Breast, Ovarian, Cervical,

### Stomach, Liver, Pancreas & Colon Cancer

|                          |   |
|--------------------------|---|
| CA 15.3 & CA 19.9        | ✓ |
| CEA                      | ✓ |
| AFP (Alpha Feto Protein) | ✓ |
| Thyroglobulin level      | ✓ |
| Calcitonin               | ✓ |
| Beta HCG                 | ✓ |
| CA 125                   | ✓ |
| Pap Smear                | ✓ |

|   |   |
|---|---|
| 3D Digital Mammogram with Tomosynthesis | ✓ |
| Sonomammography                         | ✓ |

## Cancer Screening + Whole Body MRI

₹45,000/-

## Cancer Screening + Hereditary Genetic Cancer Screening Panel

₹50,000/-

## Cancer Screening + Whole Body MRI + Hereditary Genetic Cancer Screening Panel

₹75,000/-

## Diagnostic and Gift Packages

|                  |           |
|------------------|-----------|
| Diabetes Package | ₹10,500/- |
|------------------|-----------|

|                              |           |
|------------------------------|-----------|
| Hypertension Package (Basic) | ₹12,000/- |
|------------------------------|-----------|

|   |           |
|---|-----------|
| Hypertension Package Advanced [Basic+ 24 hrs Holter monitoring] | ₹18,000/- |
|---|-----------|

|                         |           |
|-------------------------|-----------|
| Cardiac Package (Basic) | ₹14,500/- |
|-------------------------|-----------|

|   |           |
|---|-----------|
| Cardiac Package Advanced [Basic + CT Angio] | ₹29,500/- |
|---|-----------|

|                         |           |
|-------------------------|-----------|
| Hormonal Package (Male) | ₹14,000/- |
|-------------------------|-----------|

|                           |           |
|---------------------------|-----------|
| Hormonal Package (Female) | ₹14,000/- |
|---------------------------|-----------|

|                        |          |
|------------------------|----------|
| Senior Citizen Package | ₹7,500/- |
|------------------------|----------|

|                                   |           |
|-----------------------------------|-----------|
| Birthday Gift Health Package Male | ₹10,000/- |
|-----------------------------------|-----------|

|                                     |           |
|-------------------------------------|-----------|
| Birthday Gift Health Package Female | ₹10,000/- |
|-------------------------------------|-----------|

|                                |           |
|--------------------------------|-----------|
| Anniversary Package for Couple | ₹20,000/- |
|--------------------------------|-----------|

## Packages at a glance

|  |            |
|--|------------|
| Primary  | ₹ 4,500/-  |
| Adolescence                                    | ₹ 9,500/-  |
| PCOS Package                                   | ₹ 15,000/- |
| Pre-Marital                                    | ₹ 9,000/-  |
| Post Menopausal Package                        | ₹ 14,500/- |
| Pregnancy                                      | ₹ 35,000/- |
| Pregnancy + Ninemonths Lamaze exercise classes | ₹ 50,000/- |
| Cancer Screening Male                          | ₹ 20,000/- |
| Cancer Screening Female                        | ₹ 25,000/- |
| Gold   | ₹ 9,500/-  |
| Gold Plus                                      | ₹ 20,000/- |
| Platinum                                       | ₹ 25,000/- |
| Diamond  | ₹ 40,000/- |
| Health 360 Deluxe                              | ₹ 75,000/- |
| Birthday Gift Health Package Male              | ₹ 10,000/- |
| Birthday Gift Health Package Female            | ₹ 10,000/- |
| Anniversary Package for Couple                 | ₹ 20,000/- |





## Download NM Medical APP



Scan this QR code  
to watch our fully  
automated lab video




  
Support Center  
**24x7**  
+91 74000 05758



South Mumbai  
74000 05657



 Rest of Mumbai  
91364 12396

To schedule **Pathology Home Visit**  
for any test with NM Medical  
please scan the QR code



Diagnostic and Preventive



Exclusive women's care



HEALTH360



Most Trusted Program for Pregnancy & Childbirth



Expert  
Second Consult



Predictive and  
Genetic Mapping



Training and  
Education

Home Visit

South Mumbai 📞 74000 05657 | Rest of Mumbai 📞 91364 12396

Support Center 24x7 📞 74000 05758

**Mumbai** • Marine Lines • Chowpatty • Parel • Khar  
Andheri • Malad • Borivali • Mulund • Vashi • Thane

**Pune** • Kalyaninagar • Sancheti Hospital  
**Bangalore** • Diamond District

✉ info@nmmedical.com

🌐 www.nmmedical.com