

Health Maintenance Examination

Review of Complete Medical History

- Review of all organ systems
- Past medical and surgical history
- Family history
- Immunization history
- Inquiry about diet, exercise, smoking, alcohol consumption and sexual behavior

Basic Physical Exam

- Blood pressure
- Pulse rate
- Temperature
- Weight and height
- Examination of skin, eyes, ears, mouth, neck, heart and vessels, lungs, breast, abdomen, back, extremities and musculoskeletal, urogenital and nervous system

Routine Diagnostic Tests

- Complete blood count
- Kidney and liver profile
- Urine analysis
- Fasting blood sugar
- Fasting lipid profile
- Calcium and Vitamin D level
- Thyroid function
- Resting EKG (electrocardiogram) or screening chest x-ray

Based on Gender

- Women: Pap smear and breast exam
- Men over age 40: PSA test

PPD (TB skin test) is available for a surcharge.

Recommendations will be made regarding other age-related tests and optional costs.