



SAPPHIRE

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Full Physical Exam

Personal and family Medical History Review.
Head to Toe Physical Examination, Visual Acuity Fundoscopy and Color Blindness Test.

Vital Measurements

Height
Weight
Blood Pressure

Weight Category Analysis

Body Mass Index (BMI)
Body Fat Analysis (BFA)

Diagnostic Examination

Electrocardiogram (ECG)
Audiometry
Treadmill Stress Test
Tonometry

Diagnostic Imaging Examination

Chest X-ray
Whole Abdomen Ultrasound

Advance Diagnostic Imaging Examination

Heart Scan – CT Cardiac Calcium Score

Laboratory Examination

Urinalysis
Urine Microalbumin
Fecalalysis
Complete Blood Count (CBC)

Specialized Laboratory Examination

Lipid Profile: *Total Cholesterol, LDL, HDL, Triglycerides, VLDL*
Infection Screen: *ESR*
Liver Screen: *SGPT (ALT), SGOT (AST), Total Protein, Albumin, Globulin (TPAG)*
Kidney Screen: *Blood Urea Nitrogen (BUN), Creatinine, Uric Acid*
Electrolyte Screen: *Sodium, Potassium*
Diabetes Screen: *Fasting Blood Sugar, HbA1C*
Thyroid Screen: *TSH*
Tumor Marker: *CEA (Colon)*

Health Screening Report with Chronic Disease Risk Assessment

Doctor Review

Post health screening with Lifestyle Medicine Doctor (Virtual or Face to Face)

Hearty Breakfast and Refreshment

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