Office Memorandum

Sub: Preventive Health Care

The Competent Authority has approved that all the employees below the rank of GM are permitted to undertake annual health check-ups as per individual requirement as a preventive care measure from the various health checkup packages offered by the hospitals not exceeding ₹ 3,500/- per individual within the annual ceiling of the employee.

List of check-ups suggested for Executive Health Check-up Scheme is enclosed. It is only indicative, however, depending upon the need among various packages available in the hospital, employees may undertake any package required/suitable for them, within the annual ceiling prescribed.

The tests can be undertaken in any hospital however reimbursement will be made as per actual rates subject to a ceiling of ₹ 3,500/-, whichever is lower.

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Copy to:
1. CMD & Directors of Board, BSNL
2. All CGMs BSNL
3. All Notice Boards/intranet website of BSNL.
EXECUTIVE HEALTH CHECK-UP SCHEME (Rate - ₹ 3,500/-)

HAEMOGRAM
- Haemoglobin
- MCHC, MCV, MCH
- Differential Count (DLC)
- Platelet Count
- ESR, PCV
- Total WBC (TLC)
- Peripheral smear

BIOCHEMICAL PARAMETERS
- Blood Sugar (Fasting & Post Prandial)
- Uric Acid
- Lipid Profile
- Total Cholesterol, HDL, LDL
- Triglycerides screening, Ratio of Cholesterol/HDL

KIDNEY ASSESSMENT
- S. Urea, S.Cretinine
- Complete Urine Analysis

LIVER FUNCTION TEST
- Total Protein
- Globulin
- SGOT & SGPT
- SGPT
- Albumin
- A/G Ratio
- Alkaline Phosphate
- S. Bilirubin (Total & Direct)

GENERAL TESTS
- Blood Grouping & RH Grouping
- Complete Urine Analysis
- ECG (Resting)
- Pulmonary Function Test (PFT)
- Echocardiography
- (Stool) Faeces Examination
- X-Ray Chest
- Pap smear (for women)
- Tread Mill Test (TMT)
- Ultrasound screening of the whole abdomen
  ⇒ Clinical examination, medical summary and advice by senior consultant, internet medicine.
  ⇒ Genital/Rectal examination by a General Surgeon (for men)
  ⇒ Gynaecologist Consultation (for women)
  ⇒ Diet Counselling
  ⇒ Consultation with Senior Cardiologist
  ⇒ Post Check-up Consultation by senior Consultant, internet medicine.