



No. BSNL/Admn.I/15-1/07

Dated: May 11, 2018

Office Memorandum

Sub: Executive Health Check-up Scheme for Sr. Executives of BSNL

Ref: 1. OM No. BSNL/Admn.I/15-1/07 dated 28th April 2017
2. Amendment to OM No. BSNL/Admn.I/15-1/07 dated 3rd January 2017.

Approval of Competent Authority is hereby conveyed for extending Executive Health Check-up Schemes to senior officers vide OM of even No. dated 28th April 2017 referred above for a further period of one year i.e., from 1.04.2018 to 31.03.2019. The details of the Executive Health Check-up Schemes available are as under:

1. Executive Health Check-up:

- a) The Executive Health Check-up Scheme is admissible to officers of SAG level and above and their spouses once a year irrespective of their age.
- b) However, the officers above 55 years of age could avail this facility twice a year.
- c) The list of tests indicated in Annexure-I are only indicative. Officers can undertake any Preventive Health Check-up package best suitable for them within the cost prescribed i.e., not exceeding ₹ 3,500/-
- d) Reimbursement will be made as per actuals or ₹ 3,500/- whichever is less.

2. Executive Cardiac & Health Screening Plus

- a) The Executive Cardiac & Health Screening Plus Scheme is admissible only to CMD, Board of Directors, CGMs/PGMs and their spouses.
- b) The scheme can be availed once in a year in lieu of one of the Executive Health Check-up (₹ 3,500/-) allowed above as Sr. Executive (of 55 years and above age) indicated at S.No.1
- c) The approved list of tests and associated consultation under this scheme is given in Annexure II.
- d) The cost of this check-up for each occasion should not exceed ₹ 10,000/-

-: 2/N :-

The tests under both the schemes can be undertaken in any BSNL approved hospital at the same or actual rates whichever are lower.



(Brahm Parkash)

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Copy to:

1. CMD & Directors of Board, BSNL
2. All GMs BSNL Corporate Office
3. All CGMs/PGMs, BSNL

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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
- SGGTP
- 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.

EXECUTIVE CARDIAC & HEALTH SCREENING PLUS

- Doctor's Consultation and Full Medical Examination.
- Blood tests:
 - Complete Haemogram (Hb, TLC,DLC, ESR, Haematocrit, Peripheral smear)
 - Blood Group (ABO,RH)
 - Blood Sugar (Fasting & Post Prandial)
 - Blood Urea
 - Serum Uric Acid
 - Serum Creatinine
 - Lipid Profile
 - VDRL
 - Lpa
 - HbS Ag
 - G6PD
 - Serum Electrolytes
 - Liver Function Test
- Urine Examination
- Stool Examination
- X-Ray Chest PA
- ECG
- PSA Test*
- Gynae Consultation & Pap Smear**
- Eye Examination
- ENT Consultation
- Dental Consultation
- TMT
- PFT
- Ultrasound – Whole abdomen
- ECHO
- Calcium CT scoring
- Post Check-up Consultation

Rate for undertaking all these tests - ₹ 10,000/-

* For men

** For women