



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

Dated: April 24, 2012

Office Memorandum

Sub: Executive Health Check up Scheme for Sr. Executives of BSNL
Ref: OM No. BSNL/Admn.I/15-1/07 dated 15th January 2010

The Executive Health Checkup Schemes extended to senior officers vide OM of even No. dated 5th April 2011 referred above are further extended for a period of one year i.e., from 1.04.2012 to 31.03.2013. 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.
- b) The officers in 50-55 years age group would be entitled for this facility once in a year, while the officers above 55 years of age could avail this facility twice a year.
- c) The approved list of tests and associated consultation under this scheme is given in Annexure I.
- d) The cost of this check up for each occasion should not exceed ₹ 3,500/-

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 as above as a 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/-

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

(J.P. Meena)
26/4/12

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Copy to:

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

EXECUTIVE HEALTH CHECK-UP SCHEME (Rate Rs. 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.Creatinine
- 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 Typing
- 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)
- ⇒ Gynecologist Consultation (for women)
- ⇒ Diet Counseling
- ⇒ Consultation with Senior Cardiologist
- ⇒ Post Check up Consultation by senior Consultant, Internet medicine.

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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 and 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 – Rs. 10,000/-

*For men

**For Women

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