



RUMAH SAKIT
PONDOK INDAH
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Executive Health Check Up 
RSPI

Jl. Metro Duta Kav. UE
Pondok Indah, Jakarta 12310
Indonesia

WA : +62 812 8311 2725
Phone: +62 21 765 7525 Ext. 2267, 2318, 2465, 2468, & 2475
+62 21 750 7169 (Direct)
Email : HCUpondok@rspondokindah.co.id

**Prices are valid thru on January 31st, 2024*



B BASIC (FIT)

Essential:

- + History & Physical Examination by General Practitioner
- + Vital Signs
- + Body Composition Analysis
- + Basic Eye Examination by Ophthalmologist
- + Dental Examination by Dentist
- + Medical Report & Review with General Practitioner

Laboratory Tests:

- + Full Blood Profile & ESR
- + Blood Group & Rhesus Status
- + Fasting Glucose & HbA1C – Screening for Diabetes Mellitus
- + Total Cholesterol, Triglycerides, HDL Cholesterol, LDL Cholesterol - Lipid Profile
- + Aspartate Aminotransferase (AST/SGOT), Alanine Aminotransferase (ALT/SGPT), Gamma-Glutamyltransferase (GGT), Alkaline Phosphatase - Liver Function Profile
- + Urea & Creatinine - Kidney Function Profile
- + Uric Acid – Screening for Gout
- + Surface Antigen & Antibody - Hepatitis B Screening
- + Urine Examination

Cardiac Assessment:

- + Resting Electrocardiogram (ECG) & Report by Cardiologist

Radiology/Imaging:

- + Chest X-ray & Report by Radiologist



C COMPREHENSIVE

As **B**, with the addition of:

Essential:

- + Consultation with Dietician
- No Basic Eye Examination
- + Ankle Brachial Pressure Index (ABPI) - Peripheral Arterial Disease Screening

Laboratory Tests:

- + 25 Hydroxy Vitamin D - Vitamin & Mineral Status
- + Anti HCV - Hepatitis C Screening
- + Carcino Embryonic Antigen (CEA) – Tumour Marker for General Cancer Screening
- + For Females: Thin Prep Test – Screening for Cervical Cancer & conducted by Obstetrics & Gynaecology Specialist

Cardiac Assessment:

- + Treadmill/Exercise Stress Test & Report by Cardiologist

Radiology/Imaging:

- + Whole Abdomen Ultrasound & Report by Radiologist



A ADVANCE

As **C**, with the addition of:

- + Basic Eye Examination by Ophthalmologist

Laboratory Tests:

- + Free T4 & TSH - Thyroid Function Screening
- + Rheumatoid Factor
- + For Males: Prostate Specific Antigen (PSA) - Tumour Marker for Prostate Cancer
- + Alpha Feto Protein (AFP) – Tumour Marker for Liver Cancer
- + D-Dimer – Blood Coagulation

Hearing Function Assessment:

- + Audiometry & Report by ENT Specialist

Lung Function Assessment:

- + Spirometry & Report by Pulmonologist

Radiology/Imaging:

- + For Females: Breasts Ultrasound & report by Radiologist
- + Panoramic X-ray & Report by Dentist

Optional:

Substitute Breasts Ultrasound with Mammogram



E EXECUTIVE

As **A**, with the addition of:

Laboratory Tests:

- + Calcium & Phosphate - Bone Mineral Status
- + High-sensitivity C-reactive Protein (hs-CRP) & Platelet Aggregation – Cardiac Risk Assessment
- + Ca 19-9 – Tumour Marker for Pancreatic & Gastrointestinal Cancer
- + For Females: FSH & Estradiol - Hormonal Profile
- + For Females: Tumour Marker Ca 15-3 for Breasts Cancer & Ca 125 for Ovarian Cancer

Radiology/Imaging:

- + Bone Mineral Densitometry – Screening for Osteoporosis & Report by Medical Rehabilitation Specialist



P PREMIER

As **E**, with the addition of:

Essential:

+ Fundus Photography – Ocular Fundus Examination

Cardiac Assesment:

+ Echocardiography – Report by Cardiologist

Radiology/Imaging:

+ MSCT Cardiac with Contrast – Report & Consultation by Cardiologist

Optional:

+ MSCT Cardiac with Contrast can be substituted with MSCT Coronary Calcium Score



T TITANIUM

As **P**, with the addition of:

Essential:

- No Echocardiography

Laboratory Tests:

- + Homocysteine & INR / Thrombotest – Cardiac Risk Assessment
- + Urine Albumin Creatinine Ratio

Radiology/Imaging:

- + MRA & MRI Brain 3 Tesla Non Contrast & Report by Radiologist
- + Consultation MRA & MRI Brain with Neurologist

Optional:

MRI & MRA Brain can be substituted with **one** of the examinations below:

- MRI & MRV Brain
- MRI Cervical Spine
- MRI Thoracolumbar Spine
- MRI Lumbar Spine
- MRI Knee Joint (Right or Left Knee)



T+ TITANIUM PLUS

As **T**, with the addition of:

Doppler Ultrasound:

- + Transcranial Doppler & Carotid Doppler – can estimate blood flow through the blood vessels in your head & neck by bouncing high-frequency sound waves off circulating red blood cells



COLONOSCOPY SCREENING PACKAGE

Colonoscopy is a procedure that is done to thoroughly examine the lining of the colon and rectum. It is a long flexible tube that is inserted via the anus and is advanced along the rectum and colon until it reaches the beginning of the colon.

It is recommended to have a screening at the age of 50 years (Younger if you have any family history of Colorectal Cancer). It is also used to monitor patients with inflammatory bowel disease and for follow-up of patients with history of polyp.

Terms & Conditions

1. Take one of our minimum packages of Advance to Titanium Plus for colonoscopy screening package.
2. For screening purposes only.
3. Colonoscopy package are to be carried out as a Daycare procedure under Sedation.
4. This package are applicable for standard procedures without complications.
5. Prices include bowel cleansing laxatives, medical supplies used during the procedure, medication for sedation & pain, doctor fees (Gastroenterologist and Anaesthetist), & Post-procedure consultations with Gastroenterologist.
6. Post-procedure medications, investigation, treatment and outpatient charges are excluded.
7. Other terms and conditions may apply.



CHILDREN HEALTH PACKAGE

Essential:

- + History & Physical Examination by General Practitioner
- + Vital Signs
- + Basic Eye Examination by Ophthalmologist
- + ENT Examination by ENT Specialist
- + Dental Examination by Dentist
- + Medical Report & Review with General Practitioner

Laboratory Test:

- + Full Blood Profile & ESR
- + Blood Group & Rhesus Status
- + Peripheral Blood Film (PBF)
- + Fasting Glucose – Screening for Diabetes Mellitus
- + Total Cholesterol, Triglycerides, HDL Cholesterol, LDL Cholesterol - Lipid Profile
- + Aspartate Aminotransferase (AST/SGOT), Alanine Aminotransferase (ALT/SGPT), Protein Total & Albumine - Liver Function Profile
- + Urea & Creatinine - Kidney Function Profile
- + Uric Acid – Screening for Gout
- + 25 Hydroxy Vitamin D & Calcium Total - Vitamin & Bone Mineral Status
- + Surface Antigen & Antibody - Hepatitis B Screening
- + Urine Examination

Hearing Function Assessment:

- + Audiometry & Report by ENT Specialist

Cardiac Assessment:

- + Resting Electrocardiogram (ECG) & Report by Cardiologist

Radiology/Imaging:

- + Chest X-ray & Report by Radiologist
- + Panoramic X-ray & Report by Dentist



POST COVID-19 RECOVERY PACKAGE

Intended for those of you who had exposed to Covid-19 and have been cured for more than 4 weeks. From the results of your examination, we will provide a comprehensive solution that helps you to recover optimally after Covid-19 infection.

Essential:

- + History & Physical Examination by General Practitioner
- + Vital Signs
- + Medical Report & Review with General Practitioner
- + Consultation with Dietician
- + Post Examination Consultation with Internist or Pulmonologist

Laboratory Test:

- + Full Blood Profile & ESR
- + Fasting Glucose – Screening for Diabetes Mellitus
- + 25 Hydroxy Vitamin D, Vitamin B12 & Electrolyte Panel – Vitamin & Mineral Status
- + Aspartate Aminotransferase (AST/SGOT) & Alanine Aminotransferase (ALT/SGPT) – Liver Function Profile
- + Free T4 & TSH - Thyroid Function Screening
- + High-sensitivity C-reactive Protein (hs-CRP) – Cardiac Risk Assessment
- + D-Dimer – Blood Coagulation
- + Urea & Creatinine - Kidney Function Profile
- + Urine Examination

Cardiac Assessment:

- + Resting Electrocardiogram (ECG) & Report by Cardiologist

Radiology/Imaging:

- + Chest X-ray & Report by Radiologist

Hearing Function Assessment:

- + Audiometry & Report by General Practitioner

Optional:

- + Chest X-ray can be upgraded into MSCT Thorax Non Contrast (*add Rp. 1.500.000*)



CORONARY RISK ASSESSMENT

Essential:

- + History & Physical Examination by General Practitioner
- + Vital Signs
- + Body Composition Analysis
- + Medical Report & Review with General Practitioner
- + Consultation with Dietician

Laboratory Tests:

- + Full Blood Profile & ESR
- + Blood Group & Rhesus Status
- + Fasting Glucose & HbA1C – Screening for Diabetes Mellitus
- + Total Cholesterol, Triglycerides, HDL Cholesterol, LDL Cholesterol - Lipid Profile
- + Aspartate Aminotransferase (AST/SGOT), Alanine Aminotransferase (ALT/SGPT), Gamma-Glutamyltransferase (GGT), Alkaline Phosphatase - Liver Function Profile
- + Urea & Creatinine - Kidney Function Profile
- + Uric Acid – Screening for Gout
- + Homocysteine, Lipoprotein @, High-sensitivity C-reactive Protein (hs-CRP) & Platelet Aggregation – Cardiac Risk Assessment
- + Urine Examination

Cardiac Assessment:

- + Resting Electrocardiogram (ECG) & Report by Cardiologist
- + Treadmill/Exercise Stress Test & Report by Cardiologist

Radiology/Imaging:

- + Chest X-ray & Report by Radiologist
- + MSCT Cardiac with Contrast - Report & Consultation with Cardiologist



STROKE SCREENING

Essential:

- + History & Physical Examination by General Practitioner
- + Vital Signs
- + Body Composition Analysis
- + Medical Report & Review with General Practitioner
- + Consultation with Dietician

Laboratory Tests:

- + Full Blood Profile & ESR
- + Blood Group & Rhesus Status
- + Fasting Glucose & HbA1C – Screening for Diabetes Mellitus
- + Total Cholesterol, Triglycerides, HDL Cholesterol, LDL Cholesterol - Lipid Profile
- + Aspartate Aminotransferase (AST/SGOT), Alanine Aminotransferase (ALT/SGPT), Gamma-Glutamyltransferase (GGT), Alkaline Phosphatase - Liver Function Profile
- + Urea & Creatinine - Kidney Function Profile
- + Uric Acid – Screening for Gout
- + Homocysteine, Lipoprotein @, High-sensitivity C-reactive Protein (hs-CRP), Platelet Aggregation, INR/Thrombotest, & Fibrinogen - Stroke Risk
- + Urine Examination

Cardiac Assessment:

- + Resting Electrocardiogram (ECG) and Report by Cardiologist

Radiology/Imaging:

- + Chest X-ray & Report by Radiologist
- + MRI Brain & MRA Brain Non Contrast - Report by Radiologist
- + Consultation MRI & MRA Brain with Neurologist

Optional:

This package can be upgraded to **Advance Stroke Screening** by adding:

- + **Doppler Ultrasound: Transcranial Doppler & Carotid Doppler** – can estimate blood flow through the blood vessels in your head & neck by bouncing high-frequency sound waves off circulating red blood cells
(add Rp. 2.300.000)



HEART & STROKE SCREENING

Essential:

- + History & Physical Examination by General Practitioner
- + Vital Signs
- + Body Composition Analysis
- + Medical Report & Review with General Practitioner
- + Consultation with Dietician

Laboratory Tests:

- + Full Blood Profile & ESR
- + Blood Group & Rhesus Status
- + Fasting Glucose & HbA1C – Screening for Diabetes Mellitus
- + Total Cholesterol, Triglycerides, HDL Cholesterol, LDL Cholesterol - Lipid Profile
- + Aspartate Aminotransferase (AST/SGOT), Alanine Aminotransferase (ALT/SGPT), Gamma-Glutamyltransferase (GGT), Alkaline Phosphatase - Liver Function Profile
- + Urea & Creatinine - Kidney Function Profile
- + Homocysteine, Lipoprotein @, High-sensitivity C-reactive Protein (hs-CRP) & Platelet Aggregation – Cardiac Risk Assessment, INR/Thrombotest, & Fibrinogen - Stroke Risk
- + Urine Examination

Cardiac Assessment:

- + Resting Electrocardiogram (ECG) & Report by Cardiologist
- + Treadmill/Exercise Stress Test & Report by Cardiologist

Radiology/Imaging:

- + Chest X-ray & Report by Radiologist
- + MSCT Cardiac with Contrast - Report & Consultation with Cardiologist
- + MRI Brain & MRA Brain Non Contrast - Report by Radiologist & Consultation with Neurologist

Optional:

This package can be upgraded to **Advance Heart & Stroke Screening by adding:**

- + **Doppler Ultrasound: Transcranial Doppler & Carotid Doppler** – can estimate blood flow through the blood vessels in your head & neck by bouncing high-frequency sound waves off circulating red blood cells
(add Rp. 2.300.000)



BASIC PRE MARITAL PACKAGE

Essential:

- + History & Physical Examination by General Practitioner
- + Vital Signs
- + Medical Report & Review with General Practitioner

Laboratory Test:

- + Full Blood Profile & ESR
- + Blood Group & Rhesus Status
- + Peripheral Blood Smear - Screening for blood cell disorders
- + Surface Antigen & Antibody - Hepatitis B Screening
- + Anti HCV - Hepatitis C Screening
- + Anti HIV – HIV test
- + For Females: Anti Toxoplasma IgM & Anti Rubella IgM
- + VDRL & TPHA - Venereal Disease Screening
- + Urine Examination
- + For Males: Sperm Examination

Radiology/Imaging:

- + Chest X-ray & Report by Radiologist
- + For Females: Gynaecology Ultrasound by Radiologist



ADVANCE PRE MARITAL PACKAGE

Essential:

- + History & Physical Examination by General Practitioner
- + Vital Signs
- + Basic Eye Examination by Ophthalmologist
- + Medical Report & Review with General Practitioner

Laboratory Test:

- + Full Blood Profile & ESR
- + Blood Group & Rhesus Status
- + Peripheral Blood Smear - Screening for blood cell disorders
- + Hb Electrophoresis – Thalassemia screening
- + Fasting Glucose – Screening for Diabetes Mellitus
- + Total Cholesterol, Triglycerides, HDL Cholesterol, LDL Cholesterol - Lipid Profile
- + Surface Antigen & Antibody - Hepatitis B Screening
- + Anti HCV - Hepatitis C Screening
- + Anti HIV – HIV test
- + For Females: IgG & IgM TORCH Screening
- + For Males: IgM HSV 1 & 2 – Herpes Simplex Screening
- + VDRL & TPHA - Venereal Disease Screening
- + Urine Examination
- + For Males: Sperm Examination

Cardiac Assessment:

- + Resting Electrocardiogram (ECG) and report by Cardiologist

Radiology/Imaging:

- + Chest X-ray & Report by Radiologist
- + For Females: Gynaecology Ultrasound by Radiologist



BASIC DIABETIC SCREENING

Essential:

- + History & Physical Examination by General Practitioner
- + Basic Eye Examination by Ophthalmologist
- + Fundus Photography – Ocular Fundus Examination for Diabetic Retinopathy Screening
- + Medical Report & Review with General Practitioner

Laboratory Tests:

- + Full Blood Profile & ESR
- + Fasting Glucose & HbA1C – Screening for Diabetes Mellitus
- + Total Cholesterol, Triglycerides, HDL Cholesterol, LDL Cholesterol – Lipid Profile
- + Aspartate Aminotransferase (AST/SGOT), Alanine Aminotransferase (ALT/SGPT) - Liver Function Profile
- + Urea & Creatinine - Kidney Function Profile
- + Uric Acid – Screening for Gout
- + Urine Examination

Cardiac Assessment:

- + Resting Electrocardiogram (ECG) and report by Cardiologist



DIABETIC PLATINUM

Essential:

- + History & Physical Examination by General Practitioner
- + Body Composition Analysis
- + Basic Eye Examination by Ophthalmologist
- + Fundus Photography – Ocular Fundus Examination for Diabetic Retinopathy Screening
- + Ankle Brachial Pressure Index (ABPI) – Peripheral Arterial Disease (PAD) or Vascular Screening
- + Medical Report & Review with General Practitioner
- + Consultation with Internist
- + Consultation with Dietician

Laboratory Tests:

- + Full Blood Profile & ESR
- + Fasting Glucose & HbA1C – Screening for Diabetes Mellitus (check for 4 times)
- + Total Cholesterol, Triglycerides, HDL Cholesterol, LDL Cholesterol – Lipid Profile (check for 4 times)
- + Aspartate Aminotransferase (AST/SGOT), Alanine Aminotransferase (ALT/SGPT) - Liver Function Profile
- + Urea & Creatinine - Kidney Function Profile
- + Uric Acid – Screening for Gout
- + Free T4 & TSH - Thyroid Function Screening
- + Electrolyte: Natrium & Kalium
- + Urine Examination
- + Urine Albumine Creatinine Ratio

Cardiac Assessment:

- + Resting Electrocardiogram (ECG) and report by Cardiologist
- + Treadmill/Exercise Stress Test & Report by Cardiologist
- + Echocardiography – Report by Cardiologist

Radiology/Imaging:

- + Chest X-ray & Report by Radiologist



DIABETIC ULTIMATE

Essential:

- + History & Physical Examination by General Practitioner
- + Body Composition Analysis
- + Basic Eye Examination by Ophthalmologist
- + Fundus Photography – Ocular Fundus Examination for Diabetic Retinopathy Screening
- + Ankle Brachial Pressure Index (ABPI) – Peripheral Arterial Disease (PAD) or Vascular Screening
- + Medical Report & Review with General Practitioner
- + Consultation with Internist
- + Consultation with Dietician

Laboratory Tests:

- + Full Blood Profile & ESR
- + Fasting Glucose & HbA1C – Screening for Diabetes Mellitus (check for 4 times)
- + Total Cholesterol, Triglycerides, HDL Cholesterol, LDL Cholesterol – Lipid Profile (check for 4 times)
- + Aspartate Aminotransferase (AST/SGOT), Alanine Aminotransferase (ALT/SGPT) - Liver Function Profile
- + Urea & Creatinine - Kidney Function Profile
- + Uric Acid – Screening for Gout
- + Free T4 & TSH - Thyroid Function Screening
- + Electrolyte: Natrium & Kalium
- + Urine Examination
- + Urine Albumine Creatinine Ratio

Cardiac Assessment:

- + Resting Electrocardiogram (ECG) and report by Cardiologist
- + Treadmill/Exercise Stress Test & Report by Cardiologist
- + Echocardiography – Report by Cardiologist

Radiology/Imaging:

- + Chest X-ray & Report by Radiologist

Doppler Ultrasound:

- + Bilateral Lower Extremity Artery and Vein Doppler & Report by Subspecialist Vascular surgery

OPTIONAL
(Exclude from package)

Fibroscan Ultrasound - Screening of Liver
Stiffness & Conducted by Internist