



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

Dated: April 25, 2014

## Office Memorandum

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

Ref: OM No. BSNL/Admn.I/15-1/07 dated 15<sup>th</sup> January 2010.

The Executive Health Check-up Schemes extended to senior officers vide OM of even No. dated 15<sup>th</sup> March 2013 referred above are further extended for a period of one year i.e., from 1.04.2014 to 31.03.2015. 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 of 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 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/-

Contd...2/-

25/4/14

-: 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.

  
25/4/14  
( Raj Kumar Kushtwar )

Assistant General Manager (Admn.III)

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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 - ₹ 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