CIGARETTE SMOKING is well established as one of the most pertinent modifiable risk factor in Heart and Lung Diseases. The **SMOKER’S PREVENTIVE HEALTH CHECK** is a set of diagnostic tests to recognize underlying health risks and ailments in persons who currently & previously smoked.

**INCLUSIONS**

- FBS
- Creatinine
- Lipid Profile
- SGOT/SGPT
- ELECTROLYTES (Na, K, Cl,)
- CBC
- Urinalysis
- Chest Xray (PA Lateral)
- Low Dose Chest CT Scan
- 12 Lead ECG
- 2D ECHO PLAIN
- Complete PFT
- Whole Abdomen Ultrasound
- Brief Tobacco Intervention
- Dietary Consult

For more information, you can call: Lung Center of the Philippines at 8924.61.01 local 1318 look for Ms. Alicia Gatchalian.

The Wellness Program is a way of discovering unrecognized health risks and ailments in persons that are thought to be free of disease in order to prevent their progression to more serious conditions.

Health screening is often considered as the cornerstone of disease prevention, and works hand in hand with other ways of avoiding disease like changes in lifestyle, controlling risk factors and vaccination programs.

The Lung Center of the Philippines is now offering a number of Wellness Packages that include the most essential diagnostic procedures to detect, at an early stage, the most common health conditions and diseases among Filipinos. These are also reasonably and competitively priced compared to other screening packages.

**General Guidelines and Procedures:**

1. All Executive Check-up packages shall be done on an outpatient basis.

2. Clients shall be able to choose from 4 packages (Golden Wellness, Silver Wellness, Iron Fitness and Smoker’s Preventive Health Packages)

3. A Wellness Coordinator shall be in charge of the all Executive Check-Up. She shall be the one to coordinate with the different areas and arrange the schedule for all the client’s tests and procedures. She shall also be responsible for collecting all test results.

4. Only Diagnostic tests or procedures included in the package shall be scheduled and performed. No additional examinations should be included. If the attending physician should suggest examinations not included in the package, he/she might suggest scheduling it later on following date of patient’s consultation.

5. Patients may opt to be admitted per request but will be charged separately for the room. Suite rooms in Ward 2A will be allotted. Patients will be admitted under the Consultant on Deck for the day.

6. The Coordinator shall contact the client once all test results are available. The client will be scheduled for a consultation with the Consultant On Deck for physical check-up and interpretation of test results. Consultation Fee for the initial consult is included in the packages.

7. The Executive Check-Up is not subject to any discount, including the Senior Citizen discount, since it is already a discounted package. It is also not covered under any of the benefit packages of the Philippine Health Insurance Corporation and therefore not subject to Philhealth deductions.

8. Clients may pay in cash or by major credit card. Personal checks as payment will not be accepted. Guarantee letters specific for Executive Check-Up shall be accepted.
The **GOLDEN WELLNESS PACKAGE** is a set of diagnostic tests focused on discovering unrecognized health risks and ailments in *persons more than 60 years old*.

**INCLUSIONS**
- FBS
- HBA1C
- Creatinine
- Lipid Profile
- SGOT/SGPT
- TPAG
- Blood Uric Acid (BUA)
- ELECTROLYTES (Na, K, Cl,)
- Calcium
- Magnesium
- Complete Blood Count (CBC)
- Urinalysis
- Fecalysis
- Chest Xray (PA Lateral)
- 12 Lead ECG
- 2D ECHO PLAIN
- Spirometry (Pre and Post Bronchodilator)
- Whole Abdomen Ultrasound
- *PSA* (for Male Clients)
- *Breast Ultrasound* (for Female Clients)
- Dietary Consult

The **SILVER WELLNESS PACKAGE** is a set of diagnostic tests optimized to recognize health risks and ailments in *persons less than 60 years old who are thought to be free of Disease, in order to prevent their progression to more serious conditions*.

**INCLUSIONS**
- FBS
- Creatinine
- Lipid Profile
- SGOT/SGPT
- TPAG
- Blood Uric Acid (BUA)
- ELECTROLYTES (Na, K, Cl,)
- CBC
- Urinalysis
- Fecalysis
- Chest Xray (PA Lateral)
- 12 Lead ECG
- 2D ECHO PLAIN
- SPIROMETRY (Pre and Post Bronchodilator)
- Whole Abdomen Ultrasound
- Dietary Consult

The **IRON FITNESS PACKAGE** is a set of diagnostic tests optimized to recognize underlying health risks and ailments in *persons that are physically active*.

**INCLUSIONS**
- FBS
- Creatinine
- Lipid Profile
- SGOT/SGPT
- ELECTROLYTES (Na, K, Cl,)
- Calcium
- Magnesium
- CBC
- Urinalysis
- Chest Xray (PA Lateral)
- 12 Lead ECG
- 2D ECHO PLAIN
- SPIROMETRY (Pre and Post Bronchodilator)
- Whole Abdomen Ultrasound
- Flexibility Studies
- Dietary Consult