



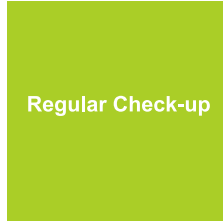
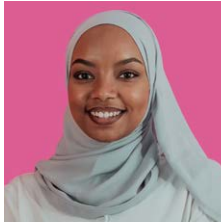
Get enough rest



Healthy
and balanced diet



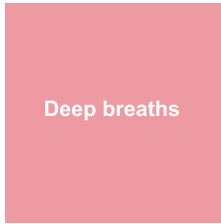
Positive mindset



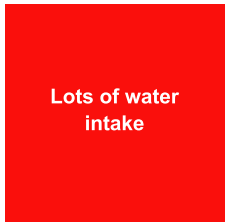
Regular Check-up



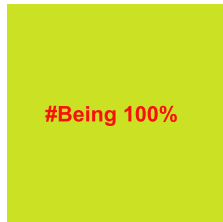
Deep breaths



Social life



Lots of water
intake



#Being 100%



The Karen Hospital Wellness Check-up



Starts with a few steps

Visit us today!

Contact us:

0709 382 000/1 or 0734 011 413

www.karenhospital.org

 The Karen Hospital  The Karen Hospital  @_KarenHospital

 the_Karen_Hospital  The Karen Hospital



**THE
KAREN
HOSPITAL**
Leadership in Healthcare

BASIC CHECK-UP

Female

Physician consultation and physical examination

Full blood count

Random blood sugar

Urine analysis

Stool analysis

Male

Physician consultation and physical examination

Full blood count

Random blood sugar

Urine analysis

Stool analysis

Kshs 5,100

BRONZE CHECK-UP

Female

Physician consultation
& physical examination

Full blood count

Random blood sugar

Urine analysis

Stool analysis

HIV1 & 2 (ELISA) (Optional)

Liver function tests (LFT)

Urea electrolytes
& creatinine (U/E/Cs)

Pap smear

Dental review

Nutrition review

Male

Physician consultation
& physical examination

Full blood count

Random blood sugar

Urine analysis

Stool analysis

HIV1 & 2 (ELISA) (Optional)

Liver function tests (LFT)

Urea electrolytes
& creatinine (U/E/Cs)

Dental review

Nutrition review

Kshs 16,300

*Highly recommended for adults below the age of 35

SILVER CHECK-UP

Female

Physician consultation
& physical examination

Full blood count

Random blood sugar

Urine analysis

Stool analysis

HIV1 & 2 (ELISA) (Optional)

Liver function tests (LFT)

Urea electrolytes & creatinine

Pap smear

Cholesterol

Mammogram for above 40 yrs
or breast ultrasound below 40yrs

Dental review

Nutrition review

Male

Physician consultation
& physical examination

Full blood count

Random blood sugar

Urine analysis

Stool analysis

HIV1 & 2 (ELISA) (Optional)

Liver function tests (LFT)

Urea electrolytes & creatinine

Lipids profile

Prostate-Specific Antigen (PSA)

Dental review

Nutrition review

Kshs 22,250

*Highly recommended for adults within the age of 35-50 years

ADDITIONAL TESTS

Heart Check

Test

Cardiologist consultation

ECHO

ECG

EST

HCRP

Total: 22,000.00

Diabetic Check

Test

FBS

HBA1C

Urine microalbumin

Physical examination

Specialist consultation

Total: 7,200.00

Child Health Check

Test

Blood group

FBC

Urine analysis

Stool analysis

Physical examination

Pediatric consultation

Total: 5,300.00

GOLD CHECK-UP	
Female	Male
Physician consultation & physical examination	Physician consultation & physical examination
Full blood count	Full blood count
Random blood sugar	Random blood sugar
Urine analysis	Urine analysis
Stool analysis	Stool analysis
HIV1 & 2 (ELISA) (Optional)	HIV1 & 2 (ELISA) (Optional)
Liver function tests (LFT)	Liver function tests (LFT)
Urea electrolytes & creatinine (U/E/Cs)	Urea electrolytes & creatinine (U/E/Cs)
Pap smear	Lipids profile
Lipids profile	Prostate-Specific Antigen (PSA)
Mammogram for above 40 yrs or breast ultrasound below 40 yrs	Electrodiogram (ECG)
Electrocardiogram (ECG)	Dental Review
Dental review	Nutrition review
Nutrition review	

Kshs 23,950

*Highly recommended for adults above the age of 50

PLATINUM CHECK-UP	
Female	Male
Physician consultation & physical examination	Physician consultation & physical examination
Blood group & rhesus factor	Blood group & rhesus factor
Full blood count	Full blood count
Random blood sugar	Random blood sugar
Urine analysis	Urine analysis
Stool analysis	Stool analysis
HIV1 & 2 (ELISA) (Optional)	HIV1 & 2 (ELISA) (Optional)
Liver function tests (LFT)	Liver function tests (LFT)
Uric acid	Uric acid
Urea electrolytes & creatinine	Urea electrolytes & creatinine
Pap smear	Prostate-Specific Antigen (PSA)
Lipids profile	Lipids profile
Mammogram for above 40 yrs or breast ultrasound below 40 yrs	Prostate ultrasound
Electrocardiogram (ECG)	Electrocardiogram (ECG)
2D Echocardiogram	2D Echocardiogram
Abdominal & pelvic ultrasound	Prostate & abdominal ultrasound
Thyroid stimulating hormone	Thyroid stimulating hormone
Diabetic screen (Glycated HB/HBA1C)	Diabetic screen (Glycated HB/HBA1C)
Helicobacter antigen	Helicobacter antigen
Dental review	Dental review
Nutrition review	Nutrition review

Kshs 49,350

*Highly recommended comprehensive adult check up

HIGHLY RECOMMENDED TESTS

- Mammogram above 40 years
Or breast ultrasound below 40 yrs
- Prostate and abdominal ultrasound
- Pelvic and abdominal ultrasound
- Colonoscopy - Checks the large intestine (Colon, rectum & anus)
- Gastroscopy - Checks the upper part of the digestive system (Throat, food pipe & stomach)
- Coronary angiogram

All Wellness Check include a phyician consultation, a physical examination and a medical report.



The Karen Hospital offers a comprehensive wellness program that combines a friendly schedule which you get to choose the best time for your appointments, a serene environment with a relaxed ambience and the state of the art technology. We also provide you with specialist consultant Doctors and nurses, who conduct your Wellness Check with the utmost professionalism and confidentiality. A Wellness Check provides a 'snapshot' of the functioning of your body. Understanding what goes on in your body is essential for us to help you reduce the chances of medical conditions arising without any warning signs or symptoms. The program will help you to manage your work, leisure and lifestyle better and therefore look forward to years of good health.

Your health is your life!

TALK TO OUR WELLNESS CHECK-UP COORDINATOR AT ONE OF OUR BRANCHES BELOW:

The Karen Hospital, Nakuru

Tower One Ground floor Moi Road,
Next to Post Office
Tel: 0723 812701
Email: nakuru.branch@karenhospital.org

The Karen Hospital, Thika

Maisha Heights, Ground Floor
Tel: 0719771433
Email: thika.branch@karenhospital.org

The Karen Hospital, Ong'ata Rongai

Geomack House opposite Nafram House
Tel: 0773263633 or 045 312600
Email: rongai.branch@karenhospital.org

The Karen Hospital, City Centre

Cardinal Otunga Plaza
Next to Holy Family Basilica
Tel: 0707 672111
Email: nairobi.branch@karenhospital.org

The Karen Hospital, Karatina

Kibaki Street,
Tel: 0731 665655
Email: karatina.branch@karenhospital.org

The Karen Hospital, Nyeri

Caledonia House, Kenyatta Avenue,
Nyeri Town
Tel: 0727 547214
Email: nyeri.branch@karenhospital.org

The Karen Hospital Naivasha

Luxor House
Next to Naivas Kubwa
Tel: 0724412107
Email: naivasha.branch@karenhospital.org

The Karen Hospital, Meru

Njuri Ncheke Street, Meru Town
Tel: 0727 003630
Email: meru.branch@karenhospital.org