We at Lanka hospitals “Health Link” believe in delivering the best of screening and preventive healthcare to our patients. We invite you to take a look at our new range of screening packages which are designed to suit your individual needs. Identifying diseases early has proven to be paramount in recovery. The sooner the disease is identified in sooner they can be treated and this has proven to be a way not only to save lives, but also to save time and money.

At Lanka hospitals we are dedicated to making a healthy difference to the lives we touch and assure you our utmost care and dedication to your health and wellbeing.

Importance of HEALTH LINK

» For early diagnosis, early intervention and to identify potential risks
» Each package has been carefully designed to cover vital areas of your body.
» All investigations are carried out with a personalized service under one roof using state of art computerized equipment.
» Health checks are carried out by a highly qualified team of medical professionals.
» Special packages include consultation with a specialist in the related field.
» Doctor prescription is not required for any checkup.
» All tests are completed during a given time frame and review date and time will be given at your convenience.
PRE ASSESSMENT GUIDELINES

- If your package requires fasting, please DO NOT TAKE ANY FOOD 12 hour prior to your checkup. Only sips of plain water are allowed. Be at Lanka Health Link department at your given time and proceed for registration and billing.

- Your stool and urine specimen will be collected on the morning of your appointment. Containers will be provided. If you wish to collect the containers prior to check up, you may collect them from the health link reception.

- Please bring along your previous medical records /diagnosis cards and prescriptions if any.

- If you are taking regular medication, you are supposed to take them till the previous night. Do not use insulin or any diabetic medication in the morning prior to the checkup. Please bring your diabetic drugs (Morning Doses) and other usual medications. After giving the fasting sample and scan you may take your medicines along with the breakfast.

- Breakfast will be provided. If you require a diabetic diet kindly inform us at the time of booking. PPBS sample will be taken 2 hours after the meal provided. Food intake is prohibited during this 2 hours.

- After the first blood sample please remember to collect the bottle of water before the Ultra Sound scanning test. You should have a full bladder for the ultrasound scan.

- Please note that your vision will be checked during the examination hence we recommend you to bring your spectacles. If contact lenses are used please remove them prior to the eye checkup.

- Please bring suitable attire for the Treadmill Test. Ex. walking shoe, T-shirt and shorts.

- Remember to give your second blood sample for PPBS two hours after your breakfast. During 2 hours food intake is prohibited.

- (For ladies only) It is advisable for urine, stool and Pap smear to be conducted at least 5 days before the start of menstruation or 5 days after the end of menstruation.

- Please contact us for making your appointment for your convenience by calling or walking to Health Link unit. Reports will be ready after three days of your health check examination.

Please contact us for your appointment

<table>
<thead>
<tr>
<th>Hotline</th>
<th>0772 633 633</th>
</tr>
</thead>
<tbody>
<tr>
<td>Health Link</td>
<td>0115 431 064/76</td>
</tr>
<tr>
<td>E-mail</td>
<td><a href="mailto:lhc@lankahospitals.com">lhc@lankahospitals.com</a></td>
</tr>
</tbody>
</table>
Lanka Whole Body Check Ladies – Classic

» Full Blood Count
» ESR
» Fasting Blood Sugar
» Post Prandial Blood Sugar
» Lipid Profile
» Liver Profile
» Renal Profile
» TSH
» Urine Full Report
» Stool Full Report
» Stool Occult Blood
» HbA1c
» Pap Smear
» Mammogram or Ultra Sound Breast scan

» Chest X-ray with Radiologist report
» Lung Function Test (Spirometry)
» ECG
» 2D Echo Cardiogram
» TMT (Tread Mill/Stress Test)
» Ultra Sound Whole Abdomen
» Checking of Height, Weight, BMI
» Checking of Waist Circumference
» Checking of vision
» Medical history by Medical Officer
» Consultation by ENT Surgeon
» Consultation by Physician
» Consultation by Ophthalmology
» Consultation by Gynecologist
» Report with Summary

Lanka Whole Body Check Ladies – Premier

» Full Blood Count
» ESR
» Fasting Blood Sugar
» Post Prandial Blood Sugar
» Lipid Profile
» Liver Profile
» Renal Profile
» TSH
» Urine Full Report
» Stool Full Report
» Stool Occult Blood
» HbA1c
» Pap Smear
» CA – 125
» CEA
» CA 19.9
» AFP

» Mammogram or Ultra Sound Breast scan
» Chest X-ray with Radiologist report
» Lung Function test (Spirometry)
» ECG
» 2D Echo Cardiogram
» TMT (Tread Mill/Stress Test)
» Ultra Sound Whole Abdomen
» Checking of Height, Weight, BMI
» Checking of Waist Circumference
» Checking of vision
» Medical history by Medical Officer
» Consultation by ENT Surgeon
» Consultation by Physician
» Consultation by Ophthalmology
» Consultation by Gynecologist
» Report with Summary
Lanka Whole Body Check Gents – Classic

» Full Blood Count
» ESR
» Fasting Blood Sugar
» Post Prandial Blood Sugar
» Lipid Profile
» Liver Profile
» Renal Profile
» TSH
» Urine Full Report
» Stool Full Report
» Stool Occult Blood
» HbA1c
» Chest X-ray with Radiologist report
» Lung Function test (Spirometry)
» ECG
» 2D Echo Cardiogram
» TMT (Tread Mill/Stress Test)
» Ultra Sound Whole Abdomen
» Checking of Height, Weight, BMI
» Checking of Waist Circumference
» Checking of vision
» Medical history by Medical Officer
» Consultation by ENT Surgeon
» Consultation by Physician
» Consultation by Ophthalmology
» Report with Summary

Lanka Whole Body Check Gents – Classic Plus

» Full Blood Count
» ESR
» Fasting Blood Sugar
» Post Prandial Blood Sugar
» Lipid Profile
» Liver Profile
» Renal Profile
» TSH
» Urine Full Report
» Stool Full Report
» Stool Occult Blood
» HbA1c
» PSA
» Chest X-ray with Radiologist report
» Lung Function test (Spirometry)
» ECG
» 2D Echo Cardiogram
» TMT (Tread Mill/Stress Test)
» Ultra Sound Whole Abdomen
» Checking of Height, Weight, BMI
» Checking of Waist Circumference
» Checking of vision
» Medical history by Medical Officer
» Consultation by ENT Surgeon
» Consultation by Physician
» Consultation by Ophthalmology
» Report with Summary
Lanka Whole Body Check Gents – Premier

» Full Blood Count
» ESR
» Fasting Blood Sugar
» Blood Picture
» AFP
» Post Prandial Blood Sugar
» Lipid Profile
» Liver Profile
» Renal Profile
» TSH
» Urine Full Report
» Stool Full Report
» Stool Occult Blood
» HbA1c
» PSA
» CEA

» CA 19.9
» Chest X-ray with Radiologist report
» Lung Function test (Spirometry)
» ECG
» 2D Echo Cardiogram
» TMT (Tread Mill/Stress Test)
» Ultra Sound Whole Abdomen
» Checking of Height, Weight, BMI
» Checking of Waist Circumference
» Checking of vision
» Medical history by Medical Officer
» Consultation by ENT Surgeon
» Consultation by Physician
» Consultation by Ophthalmology
» Report with Summary

Lanka Executive Health Check

» Full Blood Count
» ESR
» Fasting Blood Sugar
» Post Prandial Blood Sugar
» Lipid Profile
» Liver Profile
» Renal Profile
» TSH
» Urine Full Report
» HbA1c

» Chest X-ray with Radiologist report
» ECG
» Ultra Sound Whole Abdomen
» Checking of Height, Weight, BMI
» Checking of Waist Circumference
» Checking of vision
» Medical history by Medical Officer
» Consultation by Physician
» Report with Summary
Lanka Hospital Health Link Packages

- Full Blood Count
- ESR
- Random Blood Sugar
- Serum Cholesterol (Random)
- Urine Full Report
- Ultra Sound Pelvis
- Pap Smear
- Mammogram or Ultra Sound Breast scan

Lanka Hospital Health Link Packages

- Full Blood Count
- ESR
- Random Blood Sugar
- Serum Cholesterol (Random)
- Urine Full Report
- Ultra Sound Pelvis
- Pap Smear
- Mammogram or Ultra Sound Breast scan

Lanka Well-Women Check – Regular

- Checking of Height, Weight, BMI
- Checking of Waist Circumference
- Checking of vision
- Medical history by Medical Officer
- Consultation by Gynecologist
- Report with Summary

Lanka Well-Women Check – Advanced

- Full Blood Count
- ESR
- Fasting Blood Sugar
- HbA1c
- Uric Acid
- Serum Calcium
- TSH
- Serum Creatinine
- SGPT
- ALP
- GGT
- Lipid Profile
- Total Protein
- Urine Full Report
- Chest X-ray with Radiologist report

- Ultra Sound Pelvis
- Pap Smear
- Mammogram or Ultra Sound Breast scan
- ECG
- Checking of Height, Weight, BMI
- Checking of Waist Circumference
- Checking of vision
- Medical history by Medical Officer
- Consultation by Gynecologist
- Report with Summary
### Lanka Stroke Prevention Check – Regular

- Full Blood Count
- ESR
- Fasting Blood Sugar
- HbA1c
- TSH
- Lipid Profile
- Liver Profile
- Renal Profile
- Ultra Sound Color Doppler Carotids
- Urine Full Report
- ECG
- Chest X-ray with Radiologist report

### Lanka Stroke Prevention Check – Advanced

- Full Blood Count
- 2D Echo Cardiogram
- Checking of Height, Weight, BMI
- Checking of Waist Circumference
- Checking of vision
- Medical history by Medical Officer
- Consultation by Ophthalmology
- Consultation by Neuro-Physician
- Report with Summary

- MRI Brain stroke package
- 2D Echo Cardiogram
- Checking of Height, Weight, BMI
- Checking of Waist Circumference
- Checking of vision
- Medical history by Medical Officer
- Consultation by Ophthalmology
- Consultation by Neuro-Physician
- Report with Summary
Lanka Hospital Health Link Packages

Lanka Cancer Screening Check Ladies – Regular

» Full Blood Count
» Urine Full Report
» ESR
» Stool for Occult Blood
» Mammogram or Ultra Sound Breast scan
» Blood Picture
» Pap Smear
» Ultra sound whole abdomen
» Chest X-ray with Radiologist report
» Checking of Height, Weight, BMI

» Checking of Waist Circumference
» Checking of vision
» Medical history by Medical Officer
» Consultation by Gynecologist
» Consultation by Dentist
» Report discussion with Specialist

Lanka Hospital Health Link Packages

Lanka Cancer Screening Check Ladies – Advanced

» Full Blood Count
» Urine Full Report
» ESR
» Stool for Occult Blood
» Mammogram or Ultra Sound Breast scan
» Blood Picture
» Pap Smear
» AFP
» CEA
» CA – 125

» CA 19.9
» Ultra sound whole abdomen
» Chest X-ray with Radiologist report
» Checking of Height, Weight, BMI
» Checking of Waist Circumference
» Checking of vision
» Medical history by Medical Officer
» Consultation by Gynecologist
» Consultation by Dentist
» Report discussion with Specialist
Lanka Hospital Health Link Packages

» Full Blood Count
» Urine Full Report
» ESR
» Stool for Occult Blood
» Blood Picture
» PSA
» Ultrasound whole abdomen
» Chest X-ray with Radiologist

» Checking of Height, Weight, BMI
» Checking of Waist Circumference
» Checking of vision
» Medical history by Medical Officer
» Consultation by Dentist
» Report discussion with Specialist

Lanka Cancer Screening Check Gents – Regular

» Full Blood Count
» Urine Full Report
» ESR
» Stool for Occult Blood
» Blood Picture
» PSA
» AFP
» CEA
» CA 19.9

Lanka Cancer Screening Check Gents – Advanced

» Full Blood Count
» Urine Full Report
» ESR
» Stool for Occult Blood
» Blood Picture
» PSA
» AFP
» CEA
» CA 19.9

» Ultrasound whole abdomen
» Chest X-ray with Radiologist
» Checking of Height, Weight, BMI
» Checking of Waist Circumference
» Checking of vision
» Medical history by Medical Officer
» Consultation by Dentist
» Report discussion with Specialist
Lanka Hospital Health Link Packages

- Full Blood Count
- ESR
- VDRL
- HSV serum IgG I & II
- TPPA
- HIV I & II Elisa
- HbsAg Elisa
- Urine Clamydia / Gonorrhea PCR
- Medical history by Medical Officer
- Consultation by STD Specialist
- Report with Summary

Lanka Renal Donor Screening

- Blood Grouping
- Complete Blood Count
- HbA1c
- Fasting Blood Sugar
- Post Prandial Blood Sugar
- Serum Cholesterol
- Liver Profile
- Serum Creatinine
- Serum Electrolyte
- Uric Acid
- Blood Urea
- VDRL
- Microalbumin in spot urine
- Urine Full Report
- ECG
- Chest X-ray with Radiologist report
- Ultra Sound Whole Abdomen
- Checking of Height, Weight, BMI
- Checking of Waist Circumference
- Checking of vision
- Medical history by Medical Officer
- Consultation by Physician
- Report with Summary
Lanka Hospital Health Link Packages

» Full Blood Count
» Fasting Blood Sugar
» HbA1c
» Lipid Profile
» SGPT
» Serum Creatinine
» TSH
» Microalbumin in spot urine
» Urine Full Report
» ECG
» Ultra Sound Whole Abdomen
» Checking of Waist Circumference
» Consultation with Ophthalmologist

Lanka Diabetic Screening Check

Lanka Diabetic Follow-up Check

» Fasting Blood Sugar
» HbA1c
» Lipid Profile
» SGPT
» Checking of Height, Weight, BMI
» Checking of Waist Circumference
Lanka Hospital Health Link Packages

**Lanka Diabetic Check – Plus**
- Full Blood Count
- Fasting Blood Sugar
- Post Prandial Blood Sugar
- ESR
- HbA1c
- Lipid Profile
- SGPT
- Uric Acid
- Serum Creatinine
- Serum Electrolytes
- TSH
- Microalbumin in spot urine

**Lanka Healthy Living Check – Regular**
- Full Blood Count
- Fasting Blood Sugar
- Post Prandial Blood Sugar
- ESR
- HbA1c
- Lipid Profile
- SGPT
- Uric Acid
- Serum Creatinine
- Serum Electrolytes
- TSH
- Microalbumin in spot urine

**Additional Services**
- Urine Full Report
- ECG
- Ultra Sound Whole Abdomen
- Checking of Waist Circumference
- Consultation with Ophthalmologist
- Consultation by Endocrinologist/Physician
- Dietician
- Checking of Height, Weight, BMI
- Medical history & review by Medical Officer
- Report with Summary

- Checking of Waist Circumference
- Checking of vision
- Medical history & review by Medical Officer
- Report with Summary
Lanka Healthy Living Check – Regular Plus

» Full Blood Count
» Fasting Blood Sugar
» ESR
» Lipid Profile
» Serum Creatinine
» SGPT
» SGOT
» Urine Full Report

» ECG
» Checking of Height, Weight, BMI
» Checking of Waist Circumference
» Checking of vision
» Medical history & review by Medical Officer
» Report with Summary

Lanka Healthy Living Check – Advanced

» Full Blood Count
» Fasting Blood Sugar
» ESR
» Lipid Profile
» Post Prandial Blood Sugar
» Serum Urea
» Serum Creatinine
» Serum Electrolytes
» Uric Acid
» SGPT
» SGOT
» GGTP
» Total Protein
» Serum Albumin

» Serum Globulin
» Bilirubin - Direct / Indirect
» TSH
» Calcium
» Phosphorus
» Urine Full Report
» ECG
» Chest X-ray with Radiologist report
» Checking of Height, Weight, BMI
» Checking of Waist Circumference
» Checking of vision
» Medical history & review by Medical Officer
» Report with Summary
Lanka Healthy Heart Check – Regular

- Full Blood Count
- ESR
- Fasting Blood Sugar
- Post Prandial Blood Sugar
- HbA1c
- Liver Profile
- Urine Full Report
- Lipid Profile
- Renal Profile
- TSH
- ECG
- Chest X-ray with Radiologist report
- 2D Echo Cardiogram
- TMT (Tread Mill/Stress Test)
- Checking of Height, Weight, BMI
- Checking of Waist Circumference
- Checking of vision
- Medical history by Medical Officer
- Consultation & report discussion with Cardiologist
- Report with Summary

Lanka Healthy Heart Check – Advanced

- Full Blood Count
- ESR
- Fasting Blood Sugar
- Post Prandial Blood Sugar
- HbA1c
- Liver Profile
- Urine Full Report
- Lipid Profile
- Renal Profile
- TSH
- ECG
- 2D Echo Cardiogram
- TMT (Tread Mill/Stress Test)
- S. Homocysteine Level
- High Sensitive CRP
- Checking of Height, Weight, BMI
- Checking of Waist Circumference
- Checking of vision
- Medical history by Medical Officer
- Consultation & report discussion with Cardiologist
- Report with Summary
Lanka Hospital Health Link Packages

» Full Blood Count
» Urine Full Report
» ECG
» 2D Echo Cardiogram
» Checking of Height, Weight, BMI
» Checking of Waist Circumference

» Checking of vision
» Medical history by Medical Officer
» Fitness assessment by Sport medicine Consultant
» Report with Summary

Lanka Sport Fitness Check – Regular

» Full Blood Count
» Checking of vision
» Medical history by Medical Officer
» Fitness assessment by Sport medicine Consultant
» Report with Summary

Lanka Sport Fitness Check – Regular Plus

» Full Blood Count
» Fasting Blood Sugar
» Lipid Profile
» Urine Full Report
» ECG
» Chest X-ray with Radiologist report
» 2D Echo Cardiogram

» Checking of Height, Weight, BMI
» Checking of Waist Circumference
» Checking of vision
» Medical history by Medical Officer
» Fitness assessment by Sport medicine Consultant
» Report with Summary
Lanka Sport Fitness Check – Advanced

- Full Blood Count
- Fasting Blood Sugar
- Serum Creatinine
- Serum Electrolytes
- Lipid Profile
- TSH
- Urine Full Report
- ECG
- Chest X-ray with Radiologist report
- 2D Echo Cardiogram
- TMT (Tread Mill/Stress Test)
- Lung Function test (Spirometry)
- Checking of Height, Weight, BMI
- Checking of Waist Circumference
- Checking of vision
- Medical history by Medical Officer
- Fitness assessment by Sport medicine Consultant
- Report with Summary

Lanka Senior Citizen Check Gents

- Full Blood Count
- ESR
- Fasting Blood Sugar
- Lipid Profile
- Liver Profile
- Renal Profile
- Stool Occult Blood
- Chest X-ray with Radiologist report
- ECG
- 2D Echo Cardiogram
- Urine Full Report
- Stool full report
- DEXA Scan
- PSA
- Ultra Sound Whole Abdomen
- Checking of Height, Weight, BMI
- Checking of Waist Circumference
- Checking of vision
- Medical history by Medical Officer
- Consultation by Ophthalmologist
- Consultation by Physician
- Consultation by ENT Specialist
- Consultation by Dietary Consultation
- Report with Summary
Lanka Senior Citizen Check Ladies – Plus

- Full Blood Count
- ESR
- Fasting Blood Sugar
- Lipid Profile
- Liver Profile
- Renal Profile
- Stool Occult Blood
- Mammogram or Ultra Sound Breast scan
- Chest X-ray with Radiologist report
- ECG
- 2D Echo Cardiogram
- Urine Full Report

Lanka Senior Citizen Check Ladies

- Full Blood Count
- ESR
- Fasting Blood Sugar
- Lipid Profile
- Liver Profile
- Renal Profile
- Stool Occult Blood
- Mammogram or Ultra Sound Breast scan
- Chest X-ray with Radiologist report
- ECG
- 2D Echo Cardiogram
- Urine Full Report

- Stool full report
- DEXA Scan
- Pap Smear
- Ultra Sound Whole Abdomen
- Checking of Height, Weight, BMI
- Checking of Waist Circumference
- Checking of vision
- Medical history by Medical Officer
- Consultation by Ophthalmologist
- Consultation by Physician
- Consultation by ENT Specialist
- Consultation by Dietary Consultation
- Report with Summary