



HEALTH 360

360

Nothing in your life is a compromise.  
Why should your health be any different?



• Health Check-up Booklet •





HEALTH360



Total Lab Automation now at NM Medical



## Health 360

Health 360, India's finest diagnostic and health checkup centre at Marine Lines, Mumbai is spread over a luxurious setting of 10,000 square feet. The patient friendly atmosphere coupled with excellent one-on-one service from the Guest Relation Executives, immediately puts one at ease. One is provided with a variety of full body health checkup plans at Health 360, which include a comprehensive range of tests such as advanced cancer and cardiac markers, Cardiac CT, and Whole Body MRI.



## NM Medical

One of the pioneers in diagnostic testing, NM Medical has raised the bar of preventive health check-ups in India. With end-to-end pathology, imaging and non-invasive cardiology services, the NM world assures you advancements at every step. So, be it about full body check-ups or blood tests at home, accuracy is what we aim for and achieve it too. With our diagnostic centres spread across Mumbai, Pune and Bangalore, along with affiliations with renowned hospitals, NM Medical continues to attain the trust of doctors and patients – in India and globally.



## EVA Health

India's first all-women diagnostic centre that understands a woman deeply. From examination to counselling, Eva Health offers you women specialists and technicians, so that you feel confident revealing your problems for better diagnosis. This highly qualified 'all-women' team brings you expertise in the prevention, early diagnosis and management of various women's health conditions.



## PROLIV DigiPath

At the heart of every cancer therapy, we believe, lies the right tissue diagnosis. Precisely why, we've pioneered a revolution in tissue diagnostics, in a bid to ensure an accurate and speedy second opinion.

We offer a specially-designed digital histopathology second consult service with integrated analytical pathology. You can also collaborate through live screen-share and video-conferencing, with global experts.



## PRO Genome

Empowering you to evolve from preventive to predictive diagnosis, PRO Genome partners with you to improve the quality of healthcare with the power of genetics and state-of-the-art advanced genomic technology.

Our advanced genomics lab offers world class molecular and genetic testing for Oncology, Pregnancy, infertility, Inherited Diseases and Predictive Wellness. Witness technology that delivers accurate and the most-trusted information, with cost effective, personalized test panels.



## Nine Months

Scientifically-tailored pregnancy exercises and Yoga. Lamaze breathing techniques. Parenting tips. Pregnancy and post delivery information and guidance.



# Advanced Testing:



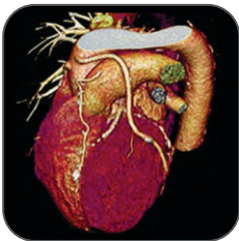
## Allergy Testing:

For Respiratory, Skin or Gastrointestinal symptoms.



## Calcium Score:

Looks for calcium deposits in coronary arteries in the heart & gives calcium score which determines risk of heart attacks or stroke.



## CT Angio:

Identify any blockages in the arteries of the heart or evaluate patency of stents/ bypass grafts.



## Food intolerance Test:

For food Allergy & food intolerance testing



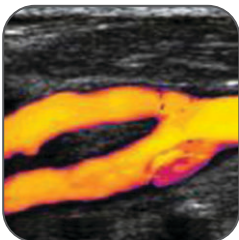
## Holter Monitoring:

24 hours ECG monitoring to detect risk of irregular heartbeat (Arrhythmia)



## Predictive Genomics:

Is a powerful capability to help predict disease risk and understand drug response in order to improve health outcomes for lifestyle disease, nutrition, fitness, and pharmacogenomics



## Carotid Colour Doppler:

A carotid ultrasound tests for blocked or narrowed carotid arteries, which can increase the risk of stroke.



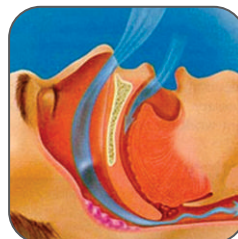
## Liver fat Quantification:

For fatty liver & follow up for treatment response or progression of the disease.



## Whole Body MRI:

Non invasive imaging of Head/Neck/Chest/ Abdomen & Pelvis with whole spine screening without any radiation.



## Sleep Apnea:

For sleep disorders and snoring symptoms.





## Advanced Facilities:



**Advanced Lab Automation:**  
Fully automated no touch blood samples handling.



Scan this QR code to watch our fully automated lab video



**Artificial Intelligence:**  
Allows more accurate identifications of patients with higher risk resulting in predictive health outcomes & optimized disease profiling at low costs.



**Cytogenetics & Karyotype:**  
Looks for changes in chromosome. Changes in chromosome may be sign of a genetic disease or genetic condition.



**Digital Pathology:**  
Domestic or international second opinion for cancer diagnostics from specialists. Create a permanent digital archive for your abnormal histopathology slides.

[www.prolivdigipath.com](http://www.prolivdigipath.com)



**Genomics & Molecular:**  
For Infertility, NIPT, newborn screening or NGS/Cancer panels & Infectious diseases/tropical panels.

[www.nmprogenome.com](http://www.nmprogenome.com)



**Home Visits:**

South Mumbai: 📞 74000 05657

Western suburb: 📞 91364 12396



**NM Eva Health:**  
Exclusive only Women's diagnostics & health check up centre.



**3D Models:**

From images of CT/Ultrasound/MRI a 3D model of the organs like Brain, Heart, Joints etc. can be made for better understanding of the pathology & better treatment outcomes.

**24x7 Support Centre: 74000 05758**



## Adolescence

₹7,500/-

### Routine Blood Tests

CBC + ESR	✓
Blood Group	✓

### Diabetic Profile

Fasting Blood Sugar	✓
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### Liver Profile

SGOT / SGPT / GGTP	✓
Alkaline Phosphatase / Bilirubin	✓
Albumin / Globulin / AG Ratio	✓

### Cardiac Profile

Triglycerides	✓
Total Cholesterol /HDL / LDL / VLDL	✓

### Renal Profile

Creatinine	✓
Urine Routine	✓

### Specialised Blood Tests

#### Thyroid Panel

T3, T4, TSH	✓
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#### Vitamin Markers

Vitamin D	✓
Vitamin B12	✓

#### Iron Studies



#### Diagnostic Tests

Abdomen & Pelvis Sonography	✓
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## PCOS

₹15,000/-

### Routine Blood Tests

CBC + ESR	✓
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### Diabetic Profile

Fasting Blood Sugar	✓
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### Thyroid Panel

TSH	✓
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### Vitamin Markers

Vitamin D	✓
Vitamin B12	✓

### Iron Studies



### Specialised Blood Tests

Dihydrotestosterone / Free Testosterone	✓
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Cortisol	✓
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17 OH Progesterone	✓
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AMH	✓
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Androstenedione	✓
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DHEAS	✓
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Prolactin	✓
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#### Diagnostic Tests

Abdomen & Pelvis Sonography	✓
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## Pre - Marital

₹9,000/-

Routine Blood Tests	
CBC + ESR	✓
Blood Group	✓
Diabetic Profile	
Blood Sugar Fasting / Random	✓
Liver Profile	
SGOT / SGPT / GGTP	✓
Alkaline Phosphatase / Bilirubin	✓
Albumin / Globulin / AG Ratio	✓
Cardiac Profile	
Triglycerides	✓
Total Cholesterol /HDL / LDL / VLDL	✓
Renal Profile	
Creatinine	✓
Urine Routine	✓
Specialised Blood Tests	
Hepatitis B & Hepatitis C	✓
HIV I & II Antibodies	✓
VDRL & Thalassemia Studies	✓
Thyroid Panel	
T3, T4, TSH	✓
Diagnostic Tests	
ECG & Chest X – Ray	✓
Abdomen & Pelvis Sonography	✓



## Post Menopausal

₹14,500/-

Routine Blood Tests	
CBC	✓
Diabetic Profile	
Blood Sugar Fasting / Random	✓
Liver Profile	
SGOT / SGPT / GGTP	✓
Alkaline Phosphatase / Bilirubin	✓
Albumin / Globulin / AG Ratio	✓
Diagnostic Tests	
Abdomen & Pelvis Colour Doppler Sonography	✓
3D Digital Mammogram with Tomosynthesis	✓
Sonomammography	✓
DEXA Bone Densitometry	✓
Renal Profile	
Electrolytes	✓
Urine Routine	✓
Specialised Blood Tests	
Thyroid Panel	
T3, T4, TSH	✓
Vitamin Markers	
Vitamin D	✓
Vitamin B12	✓
Iron Studies	
✓	✓
Hormonal Studies	
LH & FSH	✓
Prolactin	✓



## Executive

₹ 6,000/-

Routine Blood Tests	
CBC + ESR	✓
Diabetic Profile	
Blood Sugar (Fasting / PP)	✓
Liver Profile	
SGOT	✓
SGPT	✓
GGTP	✓
Alkaline Phosphatase / Bilirubin	✓
Proteins (Albumin / Globulin / AG Ratio)	✓
Cardiac Profile	
Triglycerides / LDH	✓
Total Cholesterol /HDL / LDL / VLDL	✓

Renal Profile	
Urea / Creatinine	✓
Uric Acid	✓
Electrolytes / Calcium & Urine Routine	✓
Diagnostic Tests	
Chest X-Ray	✓
E.C.G.	✓
Sonography Abdomen & Pelvis	✓
Consultations	
Physical Examination	✓
Eye & Dental Check up	✓
Diet & Nutritional Counselling	✓
Gynaecology Examination	✓



## Executive Plus

₹ 15,000/-

Routine Blood Tests	
CBC + ESR	✓
Diabetic Profile	
Blood Sugar (Fasting / PP)	✓
Liver Profile	
SGOT / SGPT / GGTP	✓
Alkaline Phosphatase / Bilirubin	✓
Proteins (Albumin / Globulin / AG Ratio)	✓
Cardiac Profile	
Triglycerides / LDH	✓
Total Cholesterol /HDL / LDL / VLDL	✓
Renal Profile	
Urea / Creatinine	✓
Uric Acid	✓
Electrolytes / Calcium	✓
Urine Routine	✓

Thyroid Panel	
T3, T4, TSH	✓
Diagnostic Investigations	
Digital Chest X Ray	✓
ECG	✓
Sonography Abdomen & Pelvis	✓
Stress Test (Male)	✓
Mammography (Female)	✓
DEXA (Hip, Spine, Forearm)	✓
Pap smear (Female)	✓
Consultations	
Physical Examination	✓
Eye Check up	✓
Dental Check up	✓
Gynaecology Examination (Female)	✓
Diet & Nutritional Counselling	✓





## Health 360

₹ 20,000/-

<b>Routine Blood Tests</b>	
CBC + ESR	✓
<b>Diabetic Profile</b>	
Blood Sugar (Fasting / PP)	✓
<b>Liver Profile</b>	
SGOT / SGPT / GGTP	✓
Alkaline Phosphatase / Bilirubin	✓
Proteins (Albumin / Globulin / AG Ratio)	✓
<b>Cardiac Profile</b>	
Triglycerides / LDH	✓
Total Cholesterol /HDL / LDL / VLDL	✓
<b>Renal Profile</b>	
Urea / Creatinine	✓
Uric Acid	✓
Electrolytes / Calcium & Urine Routine	✓
<b>Diagnostic Tests</b>	
Chest X-Ray / Sonography Abdomen & Pelvis	✓
E.C.G. / Stress Test	✓
2D Echo	✓
Mammography (Female)	✓
Dexa Bone Densitometry + Body Fat Analysis	✓
<b>Thyroid Panel</b>	
T3, T4, TSH	✓
<b>Specialised Blood Tests</b>	
HbA1c	✓
Hepatitis B	✓
Troponin I Cardiac Risk Stratification	✓
<b>Vitamin Markers</b>	
Vitamin D	✓
Vitamin B12	✓
<b>Cancer Risk Markers</b>	
PSA for Prostate Cancer (Male)	✓
CA 125 for Ovarian Cancer (Female)	✓
Pap Smear and HPV for Cervical Cancer (Female)	✓
<b>Specialized Diagnostics Tests</b>	
Carotid Colour Doppler (Evaluation of stroke risk)	✓
<b>Consultations</b>	
Physical Examination	✓
Dental Checkup	✓
Eye Checkup	✓
Diet & Nutrition Counselling	✓
Gynaecological Examination	✓



## Health 360 *Plus* (Health 360 + following test)

₹ 40,000/-



Allergy Screening  
(Phadiatop)



CT Coronary Angio **OR**  
MRI Lumbar spine with  
whole spine screening



Liver fat Quantification:  
Fatty liver for treatment response  
or progression of the disease.



## Health 360 *Deluxe* (Health 360 *Plus* + following test) ₹ 75,000/-

Food Allergy & Intolerance Tests  
(46 common foods)



Whole Body MRI



Cancer Markers



Predictive Genomics  
**OR** Sleep Apnea

**Predictive Genomics:** Predict disease risk and drug response for lifestyle diseases, nutrition, fitness, and pharmacogenomics

**Cancer Markers:** CA 15.3 / CA 125 / Beta HCG / AFP / CA 19.9 / CEA for Breast, Ovarian, Cervical, Stomach, Liver, Pancreas & Colon Cancer

**Sleep Apnea:** For sleep disorders and snoring symptoms



# Pregnancy

₹35,000/-

## Routine Blood Tests

CBC + ESR	✓
Blood Group	✓

## Diabetic Profile

Blood Sugar Fasting / Random	✓
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## Liver Profile

SGOT / SGPT / GGTP	✓
Alkaline Phosphatase / Bilirubin	✓
Albumin / Globulin / AG Ratio	✓

## Diagnostic Tests: Ultrasound

Nuchal Scan	✓
Anomaly Scan	✓

## Specialised Blood Tests

HIV	✓
HBsAg	✓
HCV	✓
VDRL	✓
Thalassemia Studies	✓
Dual Marker with Pre eclampsia screening	✓
Quadruple Marker	✓
NIPT	✓
Pregnancy Doppler	✓
4D Sonography	✓

### INCLUDES

Unlimited routine above  
mentioned blood tests  
&  
Unlimited Sonography  
(Gynaecologist prescription required)

### ADD ON

**Nine Months**  
Pregnancy Lamaze Classes

~~Rs.20,000~~ **Rs.18,000 only** with above package.

*Nine Months*

Most Trusted Program for Pregnancy & Childbirth



Exclusively offered in person & on zoom as well

- Scientifically-tailored pregnancy exercises and Yoga
- Lamaze breathing techniques
- Parenting tips
- Pregnancy and post delivery information and guidance on;
  - Breast-feeding
  - Nutrition/Pregnancy and after birth
  - Post partum
  - Cesarean
  - New born baby care
  - Labour and Delivery with Spouse coaching



For further details

🌐 [www.ninmonthspregnancy.com](http://www.ninmonthspregnancy.com)

Dr. Rita Shah 📞 98211 39999

✉️ [ritaninmonths@gmail.com](mailto:ritaninmonths@gmail.com)

📷 @ritashah\_ninmonthspregnancy



## Packages at a glance

Adolescence	₹ 7,500/-
PCOS Package	₹ 15,000/-
Pre-Marital	₹ 9,000/-
Post Menopausal Package	₹ 14,500/-
Executive	₹ 6,000/-
Executive Plus	₹ 15,000/-
Health 360	₹ 20,000/-
Health 360 Plus	₹ 40,000/-
Health 360 Deluxe	₹ 75,000/-
Pregnancy	₹ 35,000/-
Cancer Screening	₹ 20,000/-



# Cancer Screening

₹20,000/-

## Routine Blood Tests

CBC + ESR



CRP



## Diabetic Profile

Blood Sugar Fasting / Random



## Liver Profile

SGOT / SGPT / GGTP



Alkaline Phosphatase / Bilirubin



Albumin / Globulin / AG Ratio



## Renal Profile

Creatinine & Urine Routine



## Diagnostic Tests

Chest X-Ray



Abdomen & Pelvis Colour Doppler Sonography



Carotid Colour Doppler



3D Digital Mammogram with Tomosynthesis



Sonomammography



## Cancer Markers

For Breast, Ovarian, Cervical, Stomach,  
Liver, Pancreas & Colon Cancer

CA 15.3



CA 125



Pap Smear and HPV



Beta HCG



AFP



CA 19.9



CEA



## ADD ON

Screening Whole Body MRI Rs.25,000

Hereditary Genetic Cancer Screening Panel Rs.30,000

PROLIV

DigiPath

Expert Second Consult

Second  
Opinion  
in Cancer diagnostics

## PROLIV DigiPath - A digital platform with a promise of life



Get second opinion report  
within just 72 hours



Digital archives of slide for positive cases -  
future follow-ups, teaching and EQAS



Connect with renowned global  
histopathology experts



Enrol in our digital pathology  
training program



No need to physically courier  
blocks and slides





# Let's step into the future.

From diabetes to cancer, every health worry is at its peak. As a renowned expert in an important field, you are striving to eradicate these worries and replace them with well-being. In this journey, science is by your side. Great advancements support you to diagnose the most complicated conditions. But can it help you predict them before they progress?

Fortunately, the answer is yes. The answer is genetic testing.

Reason why, we are taking our legacy of world-class diagnosis to a new level.

NM is proud to bring you the science of genomics, PRO Genome.

Empowering you to evolve from preventive to predictive diagnosis, PRO Genome partners with you to improve the quality of healthcare with the power of genetics and state-of-the-art advanced genomic technology. Step into our advanced genomics lab and you will witness technology that delivers accurate and the most-trusted information, designed to match the affordability of your patients.



**PRO Genome - Genetics for Health and Wellness**



## Medical

Neurology, Cardiology,  
Diabetes & Obesity,  
Orthopaedics & Sports,

Dermatology: Skin & Hair,  
Gastroenterology



## Reproductive

NIPT,  
Carder Screening,  
Bad Obstetric History,  
Recurrent Miscarriage,  
IVF Response,  
Preimplantation Genetic  
Response



## Oncology

Breast & Ovarian Cancer,  
Thyroid Cancer,  
Lung Cancer,  
Colorectal Cancer,  
Cancer Hotspots,  
Myeloid Panels,  
Liquid Biopsy



## Wellness

Health Predisposition  
Cancer Risk,  
Diet & Nutrition,  
Fitness & Sports,  
Hair & Skin,  
Healthy Child



Total Lab Automation now at NM Medical








Download  
**NM Medical APP**



Scan this QR code  
to watch our fully  
automated lab video



  
Support Center  
**24x7**  
+91 74000 05758



South Mumbai  
74000 05657



Rest of Mumbai  
91364 12396

To schedule **Pathology Home Visit**  
for any test with Health 360  
please scan the QR code



# HEALTH 360

## Diagnostic and Preventive

Home Visit

South Mumbai 📞 74000 05657 | Rest of Mumbai 📞 91364 12396

Support Center 24x7 📞 74000 05758

67/69-A, Darya Nagar House, Maharshi Karve Road, Marine Lines, Mumbai 400 002

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🌐 [www.health360.in](http://www.health360.in)