



**TIRUVALLA  
MEDICAL  
MISSION**

# Health check up packages



Eight decades of good  
health & wellness,  
with a million smiles.





## A different story of healthcare.

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Tiruvalla Medical Mission Hospital tells a different story in the era of corporatized healthcare business. This exciting story is deeply rooted in history and shaped by unchanging values. We call it “the history of healthcare in Central Travancore”. Thanks to the God-given vision and commitment of Dewan Bahadur Dr. V Varghese who founded TMM Hospital in 1935 to make quality healthcare affordable. In 1940, he handed over the hospital to a team of committed missionaries, Mr. E. H. Noel, Dr. R S Churchward, Mr. G.L. Fountain and Dr. Mrs. Christine Fountain. They passionately shared the compassion of Jesus Christ with the sick through healthcare services. That phenomenal journey of healthcare, started eight decades ago as a 6-bed clinic, crossed many milestones. Today, TMM Hospital is a 450-bed multispecialty healthcare and training centre in Central Kerala with NABH (E) Accreditation. At TMM, we have also been providing free and subsidized quality healthcare to the under-privileged.

Partner with us by availing our premium healthcare services and health checkup packages and be a part of our mission to provide quality healthcare to the poor and needy.

### **OUR MISSION**

“Tiruvalla Medical Mission exists to share the compassion of Jesus Christ with the sick, by offering affordable medical services and spiritual counsel, leading to their healing and wholeness.”

### **TMM is unique:**

For us, healthcare is a promise and we take great care to make our promise unique and reliable. Hence, we are committed to provide:

- Compassionate patient care and effective cure
  - Affordable cost for the middle-income patients
  - Free medical treatment for economically disadvantaged
  - Prayer and spiritual counsel offered to all.
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## Why Preventive health care?

It is important not to confuse diagnostic tests with preventive health care checkups. Preventive health-care is a way of life that strikes a balance between intelligent eating and exercise. It helps you ward off lifestyle diseases. Regular and systematic health checkups and tests help you stay healthy. Such health checkups also help you diagnose the problems early and seek timely treatment and cure."

With the advancement in medical science, many infectious diseases have been conquered through vaccinations and antibiotics. However, with changes in lifestyle, many diseases such as Diabetes, Hypertension, Heart conditions and Obesity are on the rise. Modern lifestyle doesn't leave much time for exercise or having a healthy diet, leading to an increase in unhealthy habits and deterioration of general health, which further leads to lifestyle diseases.

A number of these lifestyle diseases such as Diabetes are silent; they do not have early symptoms and require timely screening to get detected. Cancer can only be treated if diagnosed at an early stage. Early detection and treatment of a host of ailments and diseases translates to a better chance of recovery.

Early detection coupled with a few lifestyle changes can go a long way in prevention and cure of these diseases, enabling people to enjoy a better quality of life. After all, prevention is the best prescription for a healthy and long life.





## Benefits

*Preventive healthcare provides many direct benefits to the individual-*

**Comfort-** A Preventive Health Checkup saves you from the distress of uncomfortable, painful symptoms and medical procedures.

**Economy-** Research all over the globe has proven that it is more economical to invest in an annual Preventive Health Checkup rather than going to a hospital in case of an emergency, owing to the expensive medical care.

**Perks-** Preventive healthcare is an investment or personal insurance. Take advantage of any preventive benefits that your insurance company offers.

**Inexpensive-** Weigh the relatively inexpensive cost of regular check-ups against the enormous expense of major care such as cancer treatment or long-term home healthcare. Major medical expenses often burn a major hole into one's lifetime of savings. The years of frugally planning, saving and investing in order to enjoy your retirement years can be erased by neglecting physical health during those same years.

**Tax benefits** -A medical insurance policy allows you to avail tax deduction under Section 80D of Income Tax Act for any expenses incurred for preventive health check-ups.

# TMM Health Check up Packages

## Why TMM Healthcare?

At TMM we offer a scientific, result oriented healthcare packages jointly designed by our Physicians, Cardiologists and food nutrition experts. And our state of the art laboratory and diagnostic departments give accurate results on medical investigations. Above all the guidance of our doctors, nutrition experts and psychologist help you maintain good health and wellbeing.

## Highlight

Approved by major insurance companies, Government Services and Public/ Private sector organizations for reimbursements.

### CORPORATE HEALTH CHECK UP

CBC, ESR, Urine routine, FBS, GRBS, FLP, HbA1c, RFT, Microalbuminuria, LFT, TSH, Uric Acid, NA,K, Doppler study-ABI, Biothesiometry, ECG, CxR, ECHO, TMT, USG Abdomen, Consultation, Breakfast, Podiascan, Foot massage, Eye Checkup

Package Charges: ₹ 7500/-

### PRE EMPLOYMENT HEALTH CHECK UP

ECG, USG, Blood Group, Rh, HBSAg, HIV, VDRL, Hb, ESR, Blood Routine, Random Blood Sugar, Urine Test, Eye Checkup, Consultaion

Package Charges: ₹ 2500/-

### CARDIAC HEALTH CHECK UP

ECG, X-Ray, Echocardiogram, TMT, USG Abdomen, Urine RE, Blood RE, FBS, Lipids, Liver Function Test, Renal Function Test, Uric Acid, HBSAg, Blood Group & Rh, Consultation

Package Charges: ₹ 4500/-

### WOMEN HEALTH CHECK UP

CBC, ESR, FBS, GRBS, RFT (Serum Creatinine), Liver Function Test (SGOT, SGPT, TFT, Total Proteins, Pap Smear, USG Abdomen & Pelvis, Echo, Lipids

Package Charges: ₹ 4000/-

### KIDNEY HEALTH CHECK UP

FBS, Renal Function Test (Serum Creatinine, BUN, Uric Acid, Serum calcium, S. Electrolyte, Phosphorus), Liver Function Test (Total Proteins & Albumin), Urine Routine Examination, USG-Abdomen & Pelvis, Consultation

Package Charges: ₹ 2500/-

### DIABETIC HEALTH CHECK UP

FBS, GRBS, FLP, Hb1A1C, S.Creatine, Urine routine, SGOT, SGPT, ECG, CxR, Biothesiometry, USG abdomen, Consultation, Breakfast, Podiascan, Eye Check up

Package Charges: ₹ 2500/-

### SENIOR CITIZENS HEALTH CHECK UP

CBC, Blood Sugar (FBS, PP), Lipid Profile Test (Cholesterol, Triglycerides, HDL, LDL, VDRL, Chol/HDL Ratio), Renal Function Test (Serum Creatinine, BUN, Uric acid, Serum calcium, S.Electrolyte), Liver Function Test (SGOT, SGPT, Alkaline Phosphates, Total Proteins, Albumin, A/G Ratio, Bilirubin), Urine Routine Examination, ECG, Radiology & Imaging (Chest X ray, USG- Abdomen & Pelvis for - female, USG-Abdomen Pelvis & Prostate- men), Prostate Specific Antigen PSA, Examination (Physician, Orthopedic, Ophthalmologist, ENT)

Package Charges: ₹ 5000/-



TMM HOSPITAL App is now available on

SCAN THIS QR CODE TO GET THE APP



To know more about our packages please contact: **0469 2606029**

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