

EXECUTIVE HEALTH CHECK (EHC) PACKAGES

MANILA DOCTORS HOSPITAL
PROPOSAL



RECHARGE *Wellness Packages*



RECHARGE WELLNESS PACKAGE PHP25,000

PARTNERS WITH OVERNIGHT STAY
ACCOMMODATION FOR 2 PERSON

Balai Isabel * Crimson Hotel * Manila Hotel
Nurture Wellness Village * The Bellevue Manila

Executive health package premium brand of Executive Check-Up with hotel accommodation for two. It is designed to respond to the needs of individuals who value health and time.

Laboratory Studies

- Complete Blood Count w/ Platelet Count
- Fasting Blood Sugar
- Urinalysis
- Lipid Profile
(Cholesterol, Triglycerides, HDL, LDL, VLDL)
- Blood Uric Acid
- Creatinine
- Blood Urea Nitrogen
- SGPT
- SGOT
- HBA1C
- Prostate Specific Antigen (Male only)

Special Examination

- Resting Electrocardiogram
- 2D Echo (Plain)
- Pap Smear (Female only)

Hotel Voucher

- Hotel / Resort accommodation for two

Imaging Studies

- Chest X-Ray (PA)
- Male Whole Abdomen Ultrasound
(Liver, Pancreas, Spleen, Gall Bladder and Prostate)
- Women Whole Abdomen Ultrasound
(Liver, Pancreas, Spleen, Gall Bladder and Pelvic – Uterus, Ovaries, Adnexal Area and Cervix)

Other Services

- Full Medical History & Physical Examination of Wellness Doctor
- Nutritional Counseling
- Life Coaching
- One (1) Post-evaluation consult with a Primary Care Physician
- Breakfast
- Free Parking

RECHARGE *Wellness Packages*



RECHARGE INTERNATIONAL WELLNESS PACKAGE PHP45,000

RECHARGE is also available to foreign nationals who are keen to experience health and wellness in the Philippines. RECHARGE International Wellness Package also includes additional specialized tests such as Whole-Body Scan DXA, Coronary Calcium Scoring, Treadmill Exercise Stress Echo, PFT Spirometry with IOS, Mammogram or Breast Ultrasound for female and Rapid Antigen Test. You will also get to enjoy a two-night stay with breakfast at the mentioned select partners and spa. Additionally, you can also choose to spend a night and experience the picturesque Manila Bay sunset at Sofitel Philippine Plaza in Pasay City or have a rejuvenating stay at The Farm at San Benito in Lipa, Batangas.

PARTNERS WITH 2 NIGHTS ACCOMMODATION FOR 2 PERSON

Balai Isabel * Crimson Hotel * Manila Hotel
Nurture Wellness Village * The Bellevue Manila

PARTNERS WITH OVERNIGHT STAY ACCOMMODATION FOR 2 PERSON

* The Farm at San Benito
* Sofitel Philippine Plaza Manila

CHECK-UP INCLUSIONS:

Special Procedures

- Whole Body Scan DXA (Bone/Fat Scan)
- PFT Spirometry with IOS
- Coronary Calcium Scoring (Nuclear)
- Female - Mammogram OR Breast Ultrasound
- Treadmill Exercise Stress Echo

Laboratory Studies

- **Complete Blood Count w/ Platelet Count**
- **Fasting Blood Sugar (FBS)**
- **Urinalysis**
- **Lipid Profile**
(Cholesterol, Triglycerides, HDL, LDL, VLDL)
- **Blood Uric Acid**
- **Creatinine**
- **Blood Urea Nitrogen**
- **SGPT**
- **SGOT**
- **HBA1C**

Special Examination

- **ECG-EHC**
- Electrocardiogram (ECG)
- Prostate Specific Antigen-IRMA (Male)
- **2D Echo (Plain)**
- **Pap Smear (Female)**

Imaging Studies

- **Chest X-Ray (PA)**
- **Male Whole Abdomen Ultrasound**
(Liver, Pancreas, Spleen, Gall Bladder and Prostate)
- **Women Whole Abdomen Ultrasound**
(Liver, Pancreas, Spleen, Gall Bladder and Pelvic – Uterus, Ovaries, Adnexal Area and Cervix)

Other Services

- Physical Examination
- Nutritional Counseling
- Life Coaching
- One (1) Post-evaluation consult with a Primary Care Physician
- VIP Concierge Service
- Breakfast
- Free Parking

HOTEL PARTNER'S PERKS AND INCLUSION

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THE MANILA HOTEL

One Rizal Park, Manila

- Superior Deluxe room
- Buffet breakfast
- Welcome Fruits
- Internet Connection
- Mineral Water
- Complimentary use of Fitness Center and Outdoor Pool
- Validity December 31, 2023
- Not applicable on these days (Christmas and New Year)



Entrata Urban Complex, 2609 Civic Dr, Filinvest City Alabang, Muntinlupa

- Deluxe room
- Breakfast
- Use of Fitness Center and Pool
- WiFi Access
- Complimentary Water
- Complimentary Parking Coupon
- 20% discount - Food and Beverage outlets
- 20% off – Laundry
- Hotel Voucher Promo until December 31, 2023
- Not applicable on these days (Christmas and New Year)



North Bridgeway Filinvest Corporate City Alabang, Muntinlupa

- Tower Deluxe Room
- Buffet breakfast
- Unlimited Internet Access
- Bottled water
- Coffee & Tea making facility
- Shuttle service to nearby Alabang commercial and financial districts from 11am to 7pm (every hour)
- Use of pool and gym facilities
- 10% discount on Phoenix Court, Vue Bar and Café d'Asie, except room dining and Pastry Corner and Hanakazu
- Hotel Voucher Promo until December 31, 2023
- Not applicable on these days (Holy Week, Wed to Sun and Holidays)



Bgy. Banga, Talisay, Batangas

- Lakeshore Room
- Breakfast
- Use of pool & sports facilities
- 5% discount - Food and Beverage at any food establishment in the resort
- 5% discount - Spa & Massage
- Hotel Voucher Promo until December 31, 2023
- Not applicable on these days (Christmas, Holy Week (Wed to Sun) and Holidays)



Barangay Maitim II West, Tagaytay City

- Superior Garden View Room
- Breakfast meal from The Farmers Table
- Ecotherapy
- Farm tour
- Movement and breathing exercise (Tai Qi Gong)
- Healthy juice and coffee roasting demo
- 10% discount - Spa and Wellness treatment
- Hotel Voucher Promo until December 31, 2023
- Not applicable on these days (Christmas, Legal holidays, exclusive events (Friday to Sunday))

SOFITEL
PHILIPPINE PLAZA MANILA

CCP Complex, Roxas Blvd, Pasay, Metro Manila

- Daily buffet breakfast at Spiral
- Daily complimentary Wi-Fi internet access
- Daily scheduled shuttle service to Mall of Asia
- Complimentary parking for 1 vehicle (subject to availability)
- Hotel Voucher Promo until December 31, 2023
- Not applicable on these days (Dec. 30-31 and January 1)



119 Barangay, Lipa, 4217 Batangas

- Sulu Terrace/Banana Deluxe
- Overnight Accommodation Nutrient-rich vegan plant-based breakfast
- Holistic Health Consultation with Cellular Health Screening
- Participation in Mindful Movements & Functional Fitness activities:
- Yoga, Mandala Flower Meditation, Guided Nature Walks, Interactive Wellness Workshops, HIIT & Circuit Training, Sound Healing, Kids activities and more
- Complimentary Wi-Fi throughout the resort
- Use of swimming pools, meditation pavilions and Pure Energy Gym
- 20% off medical, spa and aqua treatments
- Hotel Voucher Promo until March 31, 2024
- Not applicable on these days (Holy Week (April 6-10), Dec. 21 to Jan. 6, Christmas and New Year)

EXECUTIVE HEALTH CHECK PACKAGES

GOLD PACKAGES

FEMALE { OUTPATIENT, PHP17,800
INPATIENT, PHP26,000 } MALE { OUTPATIENT, PHP17,400
INPATIENT, PHP26,000 }
(excluding supplies, PPE, and medications)

- Complete History and Physical Examination
- Laboratory Tests
 - Alkaline Phosphatase, BUN, Creatinine, FBS, HBA1C, Lipid Profile, SGOT/AST, SGPT/ALT, Uric Acid, Complete Blood Count with Platelet Count
 - Urinalysis
 - Fecalysis
- X-Ray Examinations
 - Chest X-Ray (PA/AP View)
- Resting Electrocardiogram
- Treadmill Exercise Test (once cleared by Cardiologist)
- Whole Abdomen Ultrasound
- Pap Smear (for Female only)
- Nutrition Counseling
- OB-Gyne Consultation (for Female only)
- Cardiologist Consultation
- Post Breakfast
- Free Parking

	FEMALE	MALE
Complete History and Physical Examination	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Laboratory Tests		
◦ Alkaline Phosphatase, BUN, Creatinine, FBS, HBA1C, Lipid Profile, SGOT/AST, SGPT/ALT, Uric Acid, Complete Blood Count with Platelet Count	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
◦ Urinalysis	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
◦ Fecalysis	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
X-Ray Examinations		
◦ Chest X-Ray (PA/AP View)	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Resting Electrocardiogram	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Treadmill Exercise Test (once cleared by Cardiologist)	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Whole Abdomen Ultrasound	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Pap Smear (for Female only)	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Nutrition Counseling	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
OB-Gyne Consultation (for Female only)	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Cardiologist Consultation	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Post Breakfast	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Free Parking	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

SILVER PACKAGES

FEMALE { OUTPATIENT, PHP15,500
INPATIENT, PHP23,000 } MALE { OUTPATIENT, PHP15,100
INPATIENT, PHP22,000 }

- Complete History and Physical Examination
- Laboratory Tests
 - Alkaline Phosphatase, BUN, Creatinine, FBS, HBA1C, Lipid Profile, SGOT/AST, SGPT/ALT, Uric Acid, Complete Blood Count with Platelet Count
 - Urinalysis
 - Fecalysis
- X-Ray Examinations
 - Chest X-Ray (PA/AP View)
- Resting Electrocardiogram
- Whole Abdomen Ultrasound
- Pap Smear (for Female only)
- Nutrition Counseling
- OB-Gyne Consultation (for Female only)
- Cardiologist Consultation
- Post Breakfast
- Free Parking

	FEMALE	MALE
Complete History and Physical Examination	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Laboratory Tests		
◦ Alkaline Phosphatase, BUN, Creatinine, FBS, HBA1C, Lipid Profile, SGOT/AST, SGPT/ALT, Uric Acid, Complete Blood Count with Platelet Count	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
◦ Urinalysis	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
◦ Fecalysis	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
X-Ray Examinations		
◦ Chest X-Ray (PA/AP View)	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Resting Electrocardiogram	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Whole Abdomen Ultrasound	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Pap Smear (for Female only)	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Nutrition Counseling	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
OB-Gyne Consultation (for Female only)	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Cardiologist Consultation	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Post Breakfast	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Free Parking	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

EXECUTIVE HEALTH CHECK PACKAGES

FEMALE BALANCE(20 - 39Y.O.)

- OUTPATIENT, PHP25,000
- INPATIENT, PHP33,500

(excluding supplies and medications)

- Laboratory Tests
 - Bilirubin (Total), BUN, Calcium (Total), Creatinine, FBS, HBA1C, Lipid Profile, SGOT/AST, SGPT/ALT, TP-A/G, Uric Acid, Complete Blood Count with Platelet Count
 - Urinalysis
 - Fecalalysis
- Pap Smear
- Nutrition Counseling
- Resting Electrocardiogram
- Bone Density Scan
 - DXA ROUTINE LUMBAR, FEMUR, L and F
- TSH IRMA
- Ultrasound
 - Pelvis (Gyne)
 - Breast or Sonomammogram
- X-Ray Examination
 - Chest X-Ray (PA/AP View)
- OB-Gyne Consultation
- Cardiologist Consultation
- Post Breakfast
- Free Parking

FEMALE BALANCE(40 - 59Y.O.)

- OUTPATIENT, PHP25,300
- INPATIENT, PHP35,000

(excluding supplies and medications)

- Laboratory Tests
 - Bilirubin (Total), BUN, Calcium (Total), Creatinine, FBS, HBA1C, Lipid Profile, SGOT/AST, SGPT/ALT, TP-A/G, Uric Acid, Complete Blood Count with Platelet Count
 - Urinalysis
 - Fecalalysis
- Pap Smear
- Nutrition Counseling
- Resting Electrocardiogram
- Bone Density Scan
 - DXA ROUTINE LUMBAR, FEMUR, L and F
- TSH IRMA
- Ultrasound
 - Pelvis (Gyne)
- Mammogram w/ Tomosynthesis
- X-Ray Examination
 - Chest X-Ray (PA/AP View)
- OB-Gyne Consultation
- Cardiologist Consultation
- Post Breakfast
- Free Parking

MALE BALANCE

- OUTPATIENT, PHP17,200
- INPATIENT, PHP26,000

(excluding supplies and medications)

- Complete History and Physical Examination
- Laboratory Tests
 - Bilirubin, BUN, Creatinine, FBS, HBA1C, Lipid Profile, SGOT/AST, SGPT/ALT, TP-A/G, Uric Acid, Complete Blood Count with Platelet Count
 - Urinalysis
 - Fecalalysis
- X-Ray Examination
 - Chest X-Ray (PA View)
- Resting Electrocardiogram
- Ultrasound
 - Kidneys, Urinary Bladder and Prostate
- PSA IRMA
- Nutrition Counseling
- Urologist Consult
- Post Breakfast
- Free Parking

PRIME BALANCE PACKAGES

(excluding supplies, PPE, and medications)

- Laboratory Tests
 - BUN, Creatinine, FBS, Lipid Profile, Potassium, SGOT/AST, SGPT/ALT, Sodium, TP-A/G, Uric Acid, Complete Blood Count with Platelet Count
- Urinalysis
- Fecalalysis
- Occult Blood
- Bone Density Scan
 - DXA ROUTINE LUMBAR, FEMUR, L and F
- TSH IRMA
- PSA IRMA
- Mammogram w/ Tomosynthesis
- X-Ray Examinations
 - Chest X-Ray (PA/AP View)
- Resting Electrocardiogram
- Nutrition Counseling
- Cardiologist Consultation
- Post Breakfast
- Free Parking

[illegible]

- Laboratory Tests
 - Lipid Profile, Bilirubin, Complete Blood Count with Platelet Count
 - Urinalysis
- Nutrition Counseling
- Vaccine
 - ADACEL (TDAP) 0.5ML PFS
- Pure Tone Audiometry/SP
- Consultation
- Post Breakfast
- Free Parking

- Laboratory Tests
 - BUN, Creatinine, FBS, HBA1C, Lipid Profile, SGOT/AST, SGPT/ALT, TP-A/G, Uric Acid, Complete Blood Count with Platelet Count
 - Urinalysis
 - Fecalalysis
- X-Ray Examination
 - Chest X-Ray (PA/AP View)
- Resting Electrocardiogram
- Nutrition Counseling
- Cardiologist Consultation
- Post Breakfast
- Free Parking



EXECUTIVE HEALTH CHECK PACKAGES

PULMONARY PACKAGE

OUTPATIENT, PHP16,000

INPATIENT, PHP24,500

(Superior Private)

(excluding supplies, PPE, and medications)

- Laboratory Tests
 - BUN, Creatinine, FBS, Lipid Profile, SGOT/AST, SGPT/ALT, Uric Acid, Complete Blood Count with Platelet Count
- Urinalysis
- Fecalysis
- PFT Spirometry with IOS
- X-Ray Examinations
 - Chest X-Ray (PA/AP View)
- Resting Electrocardiogram
- Nutrition Counseling
- Pulmonologist Consultation
- Post Breakfast
- Free Parking

ENDOCRINE PACKAGE

OUTPATIENT, PHP23,200

INPATIENT, PHP32,500

(Superior Private)

(excluding supplies, PPE, and medications)

- Laboratory Tests
 - Bilirubin (Total), BUN, Creatinine, FBS, Glucose Challenge Test, HBA1C, Lipid Profile, SGOT/AST, SGPT/ALT, TP-A/G, Uric Acid, Complete Blood Count with Platelet Count, FT3 RIA, FT4, TSH IRMA
- Urinalysis
- Fecalysis
- X-Ray Examinations
 - Chest X-Ray (PA/AP View)
- Color Photo with Reading
- Resting Electrocardiogram
- Nutrition Counseling
- Endocrinologist Consultation
- Post Breakfast
- Free Parking

RENAL PACKAGE

OUTPATIENT, PHP20,100

INPATIENT, PHP28,500

(Superior Private)

(excluding supplies, PPE, and medications)

- Laboratory Tests
 - Bilirubin (Total), BUN, Creatinine, FBS, Glucose Challenge Test, HBA1C, Lipid Profile, Micral Test (24 hr. Urine), SGOT/AST, SGPT/ALT, TP-A/G, Uric Acid, Complete Blood Count with Platelet Count
- Urinalysis
- Fecalysis
- Ultrasound
 - Kidney, Ureter, and Urinary Bladder
- X-Ray Examinations
 - Chest X-Ray (PA/AP View)
- Resting Electrocardiogram
- Nutrition Counseling
- Nephrologist Consultation
- Post Breakfast
- Free Parking

CARDIAC PACKAGE

OUTPATIENT, PHP22,000

INPATIENT, PHP31,000

(Superior Private)

(excluding supplies, PPE, and medications)

- Laboratory Tests
 - BUN, Creatinine, FBS, HBA1C, Lipid Profile, SGOT/AST, SGPT/ALT, TP-A/G, Uric Acid, Complete Blood Count with Platelet Count
- Urinalysis
- Fecalysis
- 2-D Echo (Plain)
- Treadmill Stress Test (TET)
- X-Ray Examinations
 - Chest X-Ray (PA/AP View)
- Color Photo with Reading
- Resting Electrocardiogram
- Nutrition Counseling
- Cardiologist Consultation
- Post Breakfast
- Free Parking

GASTRO-INTESTINAL PACKAGE

OUTPATIENT, PHP17,500

INPATIENT, PHP25,000

(Superior Private)

(excluding supplies, PPE, and medications)

- Laboratory Tests
 - Bilirubin (Total), BUN, Creatinine, FBS, Glucose Challenge Test, HBA1C, Lipid Profile, SGOT/AST, SGPT/ALT, TP-A/G, Uric Acid, Complete Blood Count with Platelet Count
- Urinalysis
- Fecalysis
- Resting Electrocardiogram
- X-Ray Examinations
 - Chest X-Ray (PA/AP View)
- Hepatobiliary Tree (Liver, Gallbladder and Pancreas)
- Nutrition Counseling
- Gastrologist Consultation
- Post Breakfast
- Free Parking

