



# **Wellness Packages 360°**



Terms and Conditions Apply



**Hospital**

## **Female Packages**

**Femme Care**

**Luna Bloom**

**She Radiates**

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**She Glow**

**Queens Retreat**

**The Bliss Bundle**

**Amani Retreat**

**Uzima Mama**

## **Male Packages**

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**Vitality Bost**

**Steel and Soul**

**Serenity Escape**

**Recharge Pack**

**Alpha Recharge**

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## **Children's Package**

**Little Steps**



# Wellness Packages for the Modern Woman!

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Terms and Conditions Apply

# Femme Care

**Basic Female Package**

- ▶ **General Physician Examination, Body Mass Index (Medical Officer Consultation)**
- ▶ **Nutrition Therapy Consult**
- ▶ **Fasting Blood Sugar**
- ▶ **Urine Analysis**
- ▶ **Occult Blood**
- ▶ **Total Blood Count**
- ▶ **Total Cholesterol Level**
- ▶ **Creatinine**
- ▶ **Gamma GT (GGT)**
- ▶ **Thyroid Stimulating Hormone**
- ▶ **Pap Smear**
- ▶ **Breakfast**

Ksh.  
**10,000**



Terms and Conditions Apply

# Luna Bloom

**Basic Female Package**

- **General Physician Examination, Body Mass Index (Medical Officer Consultation)**
- **Nutrition Therapy Consult**
- **Fasting Blood Sugar**
- **Urine Analysis**
- **Occult Blood**
- **ECG**
- **Total Blood Count**
- **Total Cholesterol Level**
- **Creatinine**
- **Thyroid Stimulating Hormone**
- **Pap Smear**
- **Gamma GT (GGT)**
- **Breakfast**

Ksh.  
**15,000**



Terms and Conditions Apply

# She Radiates

## Standard Female Package

- ▶ **General Physician Examination, Body Mass Index (Medical Officer Consultation)**
- ▶ **Nutrition Therapy Consult**
- ▶ **Fasting Blood Sugar**
- ▶ **Urine Analysis**
- ▶ **Occult Blood**
- ▶ **Total Blood Count**
- ▶ **Total Cholesterol Level**
- ▶ **Creatinine**
- ▶ **Thyroid Stimulating Hormone**
- ▶ **Pap Smear**
- ▶ **Gamma GT (GGT)**
- ▶ **ECG**
- ▶ **Glycated Haemoglobin**
- ▶ **Mammogram**
- ▶ **Breakfast**

Ksh.  
**20,000**



Terms and Conditions Apply

# Tranquility Treat

**Well Woman Normal Package**

- **General Physician Examination, Body Mass Index (Medical Officer Consultation)**
- **Total Blood Count**
- **Fasting Blood Sugar**
- **Urine Analysis**
- **Lipid Profile**
- **Liver Function Test**
- **U/E/C**
- **Thyroid Stimulating Hormone**
- **Glycated Haemoglobin (HBA1C)**
- **Occult Blood**
- **ECG**
- **Vitamin D**
- **Breast Ultrasound**
- **Pap Smear**
- **Nutrition Therapy Consult**
- **Dental General Consultation**
- **Breakfast**

**Ksh.**  
**35,000**



# She Glow

**Well Woman Normal Package**

- ▶ **General Physician Examination, Body Mass Index (Medical Officer Consultation)**
- ▶ **Total Blood Count**
- ▶ **Fasting Blood Sugar**
- ▶ **Urine Analysis**
- ▶ **Lipid Profile**
- ▶ **Liver Function Test**
- ▶ **U/E/C**
- ▶ **Thyroid Stimulating Hormone**
- ▶ **Glycated Haemoglobin (HBA1C)**
- ▶ **Occult Blood**
- ▶ **ECG**
- ▶ **Vitamin D**
- ▶ **Breast Ultrasound**
- ▶ **Pap Smear**
- ▶ **Nutrition Therapy Consult**
- ▶ **Dental General Consultation**
- ▶ **Consultation by Physician**
- ▶ **Mammogram**
- ▶ **Breakfast**

Ksh.  
**40,000**



Terms and Conditions Apply

# Queens Retreat

**Well Woman Normal Package**

- ▶ **General Physician Examination, Body Mass Index (Medical Officer Consultation)**
- ▶ **Total Blood Count**
- ▶ **Fasting Blood Sugar**
- ▶ **Urine Analysis**
- ▶ **Lipid Profile**
- ▶ **Liver Function Test**
- ▶ **U/E/C**
- ▶ **Thyroid Stimulating Hormone**
- ▶ **Glycated Haemoglobin (HBA1C)**
- ▶ **Occult Blood**
- ▶ **ECG**
- ▶ **Vitamin D**
- ▶ **Breast Ultrasound**
- ▶ **Pap Smear**
- ▶ **Nutrition Therapy Consult**
- ▶ **Dental General Consultation**
- ▶ **Consultation by Physician**
- ▶ **Mammogram**
- ▶ **Hearing Screening**
- ▶ **Breakfast**

Ksh.  
**50,000**



Terms and Conditions Apply

# The Bliss Bundle

**Well Woman Comprehensive Package**

- ▶ **General Physician Examination, Body Mass Index (Medical Officer Consultation)**
- ▶ **Total Blood Count**
- ▶ **Lipid Profile**
- ▶ **Fasting Blood Sugar**
- ▶ **Occult Blood**
- ▶ **Pap Smear**
- ▶ **Vitamin D**
- ▶ **Glycated Haemoglobin (HBA1C)**
- ▶ **Urine Analysis**
- ▶ **Liver Function Test**
- ▶ **U/E/C**
- ▶ **Thyroid Stimulating Hormone**
- ▶ **Breast Ultrasound**
- ▶ **ECG**
- ▶ **Consultation by Physician**
- ▶ **Nutrition Therapy Consult**
- ▶ **Dental General Consultation**
- ▶ **Breakfast**
- ▶ **CEA (Lung, Breast, GIT)**
- ▶ **CA- 125 (Ovary)**
- ▶ **Influenza Vaccine**
- ▶ **Gynae Consultation**

Ksh.  
**55,000**



Terms and Conditions Apply

# Amani Retreat

## Well Woman Comprehensive Package

- **General Physician Examination, Body Mass Index (Medical Officer Consultation)**
- **Total Blood Count**
- **Lipid Profile**
- **Fasting Blood Sugar**
- **Pap Smear**
- **Vitamin D**
- **Occult Blood**
- **Urine Analysis**
- **Liver Function Test**
- **U/E/C**
- **Thyroid Stimulating Hormone**
- **Breast Ultrasound**
- **ECG**
- **Consultation by Physician**
- **Nutrition Therapy Consult**
- **Dental General Consultation**
- **Glycated Haemoglobin (HBA1C)**
- **CEA (Lung, Breast, GIT)**
- **CA- 125 (Ovary)**
- **Influenza Vaccine**
- **Gynae Consultation**
- **Mammogram**
- **Breakfast**



Ksh.  
**60,000**



# Uzima Mama

## Well Woman Comprehensive Package

- **General Physician Examination, Body Mass Index (Medical Officer Consultation)**
- **Total Blood Count**
- **Lipid Profile**
- **Fasting Blood Sugar**
- **Occult Blood**
- **Vitamin D**
- **Urine Analysis**
- **Liver Function Test**
- **U/E/C**
- **Consultation by Physician**
- **Thyroid Stimulating Hormone**
- **Mammogram**
- **Breast Ultrasound**
- **ECG**
- **Consultation by Cardiologist**
- **Nutrition Therapy Consult**
- **Dental General Consultation**
- **Pap Smear**
- **CEA (Lung, Breast, GIT)**
- **CA- 125 (Ovary)**
- **Influenza Vaccine**
- **Glycated Haemoglobin (HBA1C)**
- **Ultrasound Echocardiogram**
- **Hearing Screening**
- **Pneumococcal Vaccine**
- **Gynae Consultation**
- **Breakfast**

Ksh.  
**85,000**



# **Wellness Packages for the *Modern Man!***



Terms and Conditions Apply

# Vital Man Basic

**Basic Package Male**

- **General Physician Examination, Body Mass Index (Medical Officer Consultation)**
- **Nutrition Therapy Consult**
- **Fasting Blood Sugar**
- **Urine Analysis**
- **Occult Blood**
- **Total Blood Count**
- **Total Cholesterol Level**
- **Gamma GT (CGT)**
- **Creatinine**
- **PSA Total (Prostate)**
- **Breakfast**

Ksh.  
**10,000**



Terms and Conditions Apply

# Vitality Boost

**Basic Package Male**

- **General Physician Examination, Body Mass Index (Medical Officer Consultation)**
- **Nutrition Therapy Consult**
- **Fasting Blood Sugar**
- **Urine Analysis**
- **Occult Blood**
- **ECG**
- **Total Blood Count**
- **Total Cholesterol Level**
- **Uric Acid**
- **Gamma GT (GGT)**
- **Creatinine**
- **PSA Total (Prostate)**
- **Breakfast**

Ksh.  
**15,000**



# Steel and Soul

## Standard Male Package

- **General Physician Examination, Body Mass Index (Medical Officer Consultation)**
- **Nutrition Therapy Consult**
- **Fasting Blood Sugar**
- **Urine Analysis**
- **Occult Blood**
- **Total Blood Count**
- **Lipid Profile**
- **Uric Acid**
- **Gamma GT (CGT)**
- **Creatinine**
- **Thyroid Stimulating Hormone**
- **PSA Total (Prostate)**
- **ECG**
- **Glycated Haemoglobin (HBA1C)**
- **Ultra-sound Renal, Bladder, & Prostate**
- **Breakfast**

Ksh.  
**20,000**



Terms and Conditions Apply

# Serenity Escape

**Well Man Normal Package**

- ▶ **General Physical Examination, Body Mass Index (Medical Officer Consultation)**
- ▶ **Total Blood Count**
- ▶ **Fasting Blood Sugar**
- ▶ **Urine Analysis**
- ▶ **Lipid Profile**
- ▶ **Liver Function Test**
- ▶ **E/U/C**
- ▶ **Thyroid Stimulating Hormone**
- ▶ **Glycated Haemoglobin (HBA1C)**
- ▶ **Occult Blood**
- ▶ **ECG**
- ▶ **Vitamin D**
- ▶ **Nutrition Therapy Consult**
- ▶ **Dental General Consultation**
- ▶ **PSA**
- ▶ **Uric Acid**
- ▶ **Consultation by Physician**
- ▶ **Breakfast**

**Ksh.  
30,000**



Terms and Conditions Apply

# Recharge Pack

**Well Man Normal Package**

- **General Physical Examination, Body Mass Index (Medical Officer Consultation)**
- **Total Blood Count**
- **Fasting Blood Sugar**
- **Urine Analysis**
- **Lipid Profile**
- **Liver Function Test**
- **E/U/C**
- **Thyroid Stimulating Hormone**
- **Glycated Haemoglobin (HBA1C)**
- **Occult Blood**
- **ECG**
- **Vitamin D**
- **Nutrition Therapy Consult**
- **Dental General Consultation**
- **Uric Acid**
- **Consultation by Physician**
- **PSA Total (Prostate)**
- **Breakfast**

Ksh.  
**35,000**



Terms and Conditions Apply

# Alpha Recharge

**Well Man Normal Package**



- ▶ **General Physical Examination, Body Mass Index (Medical Officer Consultation)**
- ▶ **Total Blood Count**
- ▶ **Fasting Blood Sugar**
- ▶ **Urine Analysis**
- ▶ **Lipid Profile**
- ▶ **Liver Function Test**
- ▶ **E/U/C**
- ▶ **Thyroid Stimulating Hormone**
- ▶ **Glycated Haemoglobin (HBA1C)**
- ▶ **Occult Blood**
- ▶ **ECG**
- ▶ **Vitamin D**
- ▶ **Nutrition Therapy Consult**
- ▶ **Dental General Consultation**
- ▶ **Uric Acid**
- ▶ **Consultation by Physician**
- ▶ **PSA Total (Prostate)**
- ▶ **Ultrasound full Abdomen and Pelvis**
- ▶ **Hearing Screening**
- ▶ **Breakfast**

Ksh.  
**45,000**



Terms and Conditions Apply

# Rafiki Retreat

## Well Man Comprehensive Package



- **General Physician Examination, Body Mass Index (Medical Officer Consultation)**
- **Total Blood Count**
- **Fasting Blood Sugar**
- **Lipid Profile**
- **Vitamin D**
- **Urine Analysis**
- **Liver Function Test**
- **E/U/C**
- **Uric Acid**
- **Thyroid Stimulating Hormone**
- **ECG**
- **Consultation by Physician**
- **Nutrition Therapy Consult**
- **Dental General Consultation**
- **Occult Blood**
- **CEA (Lung, Breast, GIT)**
- **CA-19-9 (Pancreas)**
- **Glycated Haemoglobin (HBA1C)**
- **Influenza Vaccine**
- **Breakfast**

Ksh.  
**45,000**



# Uzima Deluxe

## Well Man Comprehensive Package

- **General Physician Examination, Body Mass Index (Medical Officer Consultation)**
- **Total Blood Count**
- **Fasting Blood Sugar**
- **Lipid Profile**
- **Occult Blood**
- **PSA Total (Prostate)**
- **Vitamin D**
- **Urine Analysis**
- **Liver Function Test**
- **E/U/C**
- **Uric Acid**
- **Thyroid Stimulating Hormone**
- **Ultrasound Full Abdomen and Pelvis**
- **ECG**
- **Consultation by Physician**
- **Nutrition Therapy Consult**
- **Dental General Consultation**
- **Hearing Screening**
- **CEA (Lung, Breast, GIT)**
- **CA-19-9 (Pancreas)**
- **Urologist Consultation**
- **Influenza Vaccine**
- **Glycated Haemoglobin (HBA1C)**
- **Ultrasound Echocardiogram**
- **Consultation by Cardiologist**
- **Hearing Screening**
- **Pneumococcal Vaccine**
- **Breakfast**

Ksh.  
**85,000**



# Little Steps

**Wellness Package for your Little One**

- ▶ **Paeditrician Consult**
- ▶ **Nutrition Therapy Consult**
- ▶ **Vaxigrip**
- ▶ **Total Blood Count**
- ▶ **Urine Analysis**
- ▶ **ESR**






Ksh.  
**10,000**



Terms and Conditions Apply

# General Information



-  *Do not eat or drink anything except plain water at least 8 hours before your wellness check-up*
-  *Please inform the nurse prior to your check up in case of any pre-existing condition.*
-  *Please carry a list of all the medication you are currently taking.*
-  *These wellness packages are available to both cash payers and insured people.*
-  *Please ensure that you have a letter of undertaking from your insurance provider beforehand.*



# CONTACT

PAGE



0111 049 900



customercare@aarhospital.com



www.aarhospital.com



Kiambu Road, Opposite Karura Forest

Find Us



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