



No. BSNL/Admn.I/15-22/16

Dated: January 3, 2016

Office Memorandum

Sub: Preventive Health Care

The Competent Authority has approved that all the employees below the rank of GM are permitted to undertake annual health check-ups as per individual requirement as a preventive care measure from the various health checkup packages offered by the hospitals not exceeding ₹ 3,500/- per individual within the annual ceiling of the employee.

List of check-ups suggested for Executive Health Check-up Scheme is enclosed. It is only indicative, however, depending upon the need among various packages available in the hospital, employees may undertake any package required/suitable for them, within the annual ceiling prescribed.

The tests can be undertaken in any hospital however reimbursement will be made as per actual rates subject to a ceiling of ₹ 3,500/-, whichever is lower.


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1. CMD & Directors of Board, BSNL
2. All CGMs BSNL
3. All Notice Boards/intranet website of BSNL.

EXECUTIVE HEALTH CHECK-UP SCHEME (RATE - ₹ 3,500/-)HAEMOGRAM

- Haemoglobin
- MCHC, MCV, MCH
- Differential Count (DLC)
- Platelet Count
- ESR, PCV
- Total WBC (TLC)
- Peripheral smear

BIOCHEMICAL PARAMETERS

- Blood Sugar (Fasting & Post Prandial)
- Uric Acid
- Lipid Profile
- Total Cholesterol, HDL, LDL
- Triglycerides screening, Ratio of Cholesterol/HDL

KIDNEY ASSESSMENT

- S. Urea, S.Cretinine
- Complete Urine Analysis

LIVER FUNCTION TEST

- Total Protein
- Globulin
- SGOT & SGPT
- SGGTP
- Albumin
- A/G Ratio
- Alkaline Phosphate
- S. Bilirubin (Total & Direct)

GENERAL TESTS

- Blood Grouping & RH Grouping
- Complete Urine Analysis
- ECG (Resting)
- Pulmonary Function Test (PFT)
- Echocardiography
- (Stool) Faeces Examination
- X-Ray Chest
- Pap smear (for women)
- Tread Mill Test (TMT)
- Ultrasound screening of the whole abdomen
- ⇒ Clinical examination, medical summary and advice by senior consultant, internet medicine.
- ⇒ Genital/Rectal examination by a General Surgeon (for men)
- ⇒ Gynaecologist Consultation (for women)
- ⇒ Diet Counselling
- ⇒ Consultation with Senior Cardiologist
- ⇒ Post Check-up Consultation by senior Consultant, internet medicine.