

Your appointment for Health Check has been confirmed.

Dear Jahnvi Nischinth ,

Appointment ID: 5404524

We are happy to confirm your appointment for health check. Thank you for choosing MediBuddy, (Jahnvi Nischinth)!

Here are the details of your appointment:

Employee	727777 Cognizant Technology Solutions
Beneficiary	Jahnvi Nischinth
Healthcare Centre	Aarthi Scans No. 4/10, Arcot Road,Near Lakshmi Nagar Bus Stop,Porur,Chennai
Centre SPOC	Mr. PAL PANDIAN
Date and Time	21-Jun-2021 8:00 AM
Test Details	Package 1- Up to 35 years Female Fasting Blood Sugar Post Prandial Blood Sugar ECG Physician Consultation Physical Examination Gynec Consultation (including breast examination) Blood Grouping & Rh Typing Complete Haemogram Routine Urine Analysis (RUA) Serum Uric Acid Blood Urea Nitrogen(BUN) Total Cholesterol GGT (Gamma Glutamyl Transpeptidase) ALT AST Chest X - Ray Ultrasound Abdomen TSH

This confirmation letter is valid only for the above mentioned appointment date. Should you like to **reschedule**, you will receive a revised confirmation letter for the next preferred date.

Do note these important points in preparation for your health check:

- Please carry a copy of your "National photo ID card" along with this confirmation email for your appointment. This confirmation letter is valid only for the above mentioned appointment date. Should you like to **reschedule**, you will receive a revised confirmation letter for the next preferred date.
- The beneficiary must fast overnight for 12 hours before the appointment. Only water can be consumed.
- Avoid smoking or consuming alcohol for a minimum of 24 hours before the check-up.
- Women are not advised to undergo health check at the time of menstruation.
- X-rays are not recommended for pregnant women.
- You may carry urine and stool sample in a sterilized container that can be obtained from your nearest pharmacy (If Applicable - Please check above test details).
- You are not required to make any payment at the medical centre if package is sponsored by your company and unless you undergo additional tests at your own discretion or as per recommendation by consulting physician.
- Registration is mandatory at the medical centre; this may take 15-20 minutes.
- Health checks at your medical centre may take 4-5 hours on weekdays and 5 - 6 hours on Saturdays. Please do plan accordingly.

Before you go, here's some quick reading on general wellness:

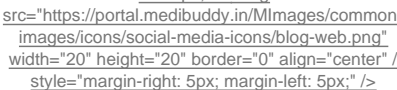
- Hypertension worries? Here's [what you should know](#).
- Make a resolution to [make health your priority](#).

Warm Regards,
Team MediBuddy
Email: customerhealthcheck@medibuddy.in
Grievances: grievances@mahs.in
Call: 080-68239354 (Monday to Saturday: 8:00 AM to 8:00 PM)

App 
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