



**KENYATTA UNIVERSITY, TEACHING, REFERRAL &
RESEARCH HOSPITAL (KUTRRH)**

The Wellness Centre

Quality Patient-Centred Care



Now Offering the Well Gentleman & the Well Lady Packages



Wellness centre

Preventive health check-up is very useful in the early detection of various illnesses and risk factors. The wellness centre at Kenyatta University Teaching Referral and Research Hospital offers a one-stop solution to health-screening needs and early detection and management of diseases.

Our team of highly qualified doctors will perform the initial workup and evaluation during the follow-up. Our Hospital offers a wide variety of health screening packages that have been carefully designed keeping your health in mind.



The Well Gentleman Package



PLATINUM PACKAGE

FULL BLOOD COUNT (FBC)	MICROALBUMIN	LIPID PROFILE	THYROID PROFILE	VITAMIN D	ECHOCARDIOGRAM
C-REACTIVE PROTEIN (CRP)	STOOL OCCULT BLOOD		URIC ACID	PANCREATIC TUMOR MARKER (CA 19-9)	UPPER GIT ENDOSCOPY
BLOOD GROUP	LIVER FUNCTION TESTS (LFT)		CALCIUM	LIVER TUMOR MARKER (AFP)	COLONOSCOPY
GLUCOSE (FASTING OR RANDOM)	KIDNEY FUNCTION TESTS (UEC)		PHOSPHORUS	COLON CANCER MARKER (CEA)	TUMOR MARKER FOR PROSTATE (PSA)
URINE ANALYSIS	BLOOD SUGAR TEST (HBA1C)		MAGNESIUM	HEART ELECTROCARDIOGRAM (ECG)	KSH 45,000

GOLD PACKAGE

(FBC) FULL BLOOD COUNT	THYROID STIMULATING HORMONE (TSH)	LIPID PROFILE	VITAMIN D	ECHOCARDIOGRAM
C-REACTIVE PROTEIN (CRP)	LIVER FUNCTION TESTS (LFT)	BLOOD SUGAR TEST (HBA1C)	URIC ACID	HEART ELECTROCARDIOGRAM (ECG)
BLOOD GROUP	STOOL OCCULT BLOOD		TUMOR MARKER FOR PROSTATE (PSA)	KIDNEY FUNCTION TESTS (UEC)
URINE ANALYSIS	GLUCOSE (FASTING OR RANDOM)		CALCIUM	KSH 20,000

BRONZE PACKAGE

(FBC) FULL BLOOD COUNT	STOOL OCCULT BLOOD	GLUCOSE (FASTING OR RANDOM)		
URINE ANALYSIS	LIVER FUNCTION TESTS (LFT)	KIDNEY FUNCTION TESTS (UEC)	HEART ELECTROCARDIOGRAM (ECG)	
THYROID STIMULATING HORMONE (TSH)	LIPID PROFILE	TUMOR MARKER FOR PROSTATE (PSA)	KSH 10,000	

It is recommended that men above 50 years of age undertake a Prostate Ultrasound (@ Ksh. 3,000)

The Well Lady Package



PLATINUM PACKAGE

FULL BLOOD COUNT (FBC)	STOOL OCCULT BLOOD	CALCIUM	OVARIAN CANCER MARKER (CA 125)	COLON CANCER MARKER (CEA)
C-REACTIVE PROTEIN (CRP)	LIVER FUNCTION TESTS (LFT)	PHOSPHORUS	PANCREATIC TUMOR MARKER (CA 19-9)	LIPID PROFILE
BLOOD GROUP	KIDNEY FUNCTION TESTS (UEC)	MAGNESIUM	BREAST CANCER MARKER (CA 15-3)	MAMMOGRAM (age>40)
COLONOSCOPY	BLOOD SUGAR TEST (HBA1C)	VITAMIN D	PAPSMEAR	BREAST ULTRASOUND (age<40)
URINE ANALYSIS	THYROID PROFILE	ECHOCARDIOGRAM	HEART ELECTROCARDIOGRAM (ECG)	MICROALBUMIN
UPPER GIT ENDOSCOPY		GLUCOSE (FASTING OR RANDOM)		
URIC ACID		CLINICAL BREAST EXAMINATION		
				KSH 45,000

GOLD PACKAGE

FULL BLOOD COUNT (FBC)	STOOL OCCULT BLOOD	VITAMIN D	LIPID PROFILE	GLUCOSE (FASTING OR RANDOM)	MAMMOGRAM (age>40)
C-REACTIVE PROTEIN (CRP)	LIVER FUNCTION TESTS (LFT)	BLOOD SUGAR TEST (HBA1C)		URIC ACID	BREAST ULTRASOUND (age<40)
BLOOD GROUP	KIDNEY FUNCTION TESTS (UEC)	THYROID STIMULATING HORMONE (TSH)	HEART ELECTROCARDIOGRAM (ECG)	CLINICAL BREAST EXAMINATION	
URINE ANALYSIS	CALCIUM	PAPSMEAR	ECHOCARDIOGRAM	KSH 20,000	

BRONZE PACKAGE

FULL BLOOD COUNT (FBC)		URINE ANALYSIS		KIDNEY FUNCTION TESTS (UEC)	LIVER FUNCTION TESTS (LFT)
BLOOD GROUP	KIDNEY FUNCTION TESTS (UEC)	GLUCOSE (FASTING OR RANDOM)	CLINICAL BREAST EXAMINATION		PAPSMEAR
HEART ELECTROCARDIOGRAM (ECG)	LIPID PROFILE		THYROID STIMULATING HORMONE (TSH)		KSH 10,000

FREE

✓ Doctor's Consultation

✓ BMI

✓ Body Composition Assessment

✓ Dental Review

✓ Nutritional & Wellness Advice

Kenya Women's Hospital

Pre-Check Guidelines:

- All health check-ups require a prior appointment.
- You are requested to arrive promptly at the appointed time.
- Observe the instructions provided on the appointment, prior to the check-up.
- For insurance clients, ensure you have the necessary approvals (where applicable) from your insurance provider.
- If you have a pre-existing medical condition, kindly inform us before the check-up.
- Bring previous medical records, if any.
- If you are on any medication, please provide a list of the medicines.
- Additional tests, investigations or consultations will be conducted upon request or requirement; however, these will be billed in addition to the cost of the package.

The Centre is open from: Mon – Fri: 8:00 a.m. – 4:00 p.m.

Sat 8:00 a.m. - 12:00 noon



**WE ACCEPT
INSURANCE, CARD &
MPESA PAYMENTS.**

For Booking:

Call: +254 111 138 271

Email: wellness@kutrrh.go.ke

Online: www.kutrrh.go.ke/wellness

📍 Along Northern Bypass, Kahawa West, Nairobi
Inquiries: 1558 or +254 800 721 038 (Toll free)

