

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. – 5:00 p.m.**



KENYATTA UNIVERSITY TEACHING, REFERRAL & RESEARCH HOSPITAL (KUTRRH)

The Wellness Centre

Quality Patient-Centred Care

WE ACCEPT INSURANCES, CARDS & MPESA PAYMENTS.



For Booking:
Call: +254 111 138 271
Whatsapp: 0115696371
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)



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)	LIPID PROFILE	MICROALBUMIN	THYROID PROFILE	VITAMIN D	ECHOCARDIOGRAM
C-REACTIVE PROTEIN (CRP)	STOOL OCCULT BLOOD	URIC ACID	LIPID PROFILE	UPPER GIT ENDOSCOPY	
BLOOD GROUP	LIVER FUNCTION TESTS (LFT)	CALCIUM	LIVER TUMOR MARKER (AFP)	COLONOSCOPY	
GLUCOSE (FASTING OR RANDOM)	KIDNEY FUNCTION TESTS (UEC)	PHOSPHORUS	URINE ANALYSIS	TUMOR MARKER FOR PROSTATE (PSA)	
COLON CANCER MARKER (CEA)		HEART ELECTROCARDIOGRAM (ECG)			MAGNESIUM
BLOOD SUGAR TEST (HBA1C)		PANCREATIC TUMOR MARKER (CA 19-9)			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	COLON CANCER MARKER (CEA)
C-REACTIVE PROTEIN (CRP)	LIVER FUNCTION TESTS (LFT)	PHOSPHORUS	PANCREATIC TUMOR MARKER (CA 19-9)
BLOOD GROUP	KIDNEY FUNCTION TESTS (UEC)	MAGNESIUM	BREAST CANCER TEST (CA 15-3)
COLONOSCOPY	BLOOD SUGAR TEST (HBA1C)	VITAMIN D	PAP SMEAR
URINE ANALYSIS	THYROID PROFILE	ECHOCARDIOGRAM	HEART ELECTROCARDIOGRAM (ECG)
LIVER TUMOR MARKER (AFP)		GLUCOSE (FASTING OR RANDOM)	
URIC ACID	UPPER GIT ENDOSCOPY	CLINICAL BREAST EXAMINATION	KSH 45,000

GOLD PACKAGE

FULL BLOOD COUNT (FBC)	STOOL OCCULT BLOOD	LIPID PROFILE	VITAMIN D	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	PAP SMEAR	ECHOCARDIOGRAM	KSH 20,000	

BRONZE PACKAGE

FULL BLOOD COUNT (FBC)	STOOL OCCULT BLOOD	URINE ANALYSIS	KIDNEY FUNCTION TESTS (UEC)	LIVER FUNCTION TESTS (LFT)
BLOOD GROUP	KIDNEY FUNCTION TESTS (UEC)	GLUCOSE (FASTING OR RANDOM)	CLINICAL BREAST EXAMINATION	PAP SMEAR
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