



Exterior Clinics
& Diagnostics Ltd

— *Expertise with superior services* —

**MEDICAL
SCREENING
PACKAGES**

HEMOCARE WELLNESS CHECK

Domestic Staff Health Screening



Protect Your Family. Ensure a Healthy Home.

Domestic staff work closely with your family, children, food, and living spaces. A proper medical screening helps detect hidden infections and ensures your household remains safe.

- ✓ Pre-employment screening
- ✓ Food handler safety
- ✓ Protection for children & elderly
- ✓ Peace of mind for employers

GOLD PACKAGE

Essential Health Protection

- ♥ Hepatitis B Screening
- ♥ HIV 1&2 Screening
- ♥ TB Serum Test
- ♥ Stool Microscopy
- ♥ Widal Test

Basic
Pre-Employment
Tests

GOLD PLUS PACKAGE

Advanced Household Protection

- ♥ Hepatitis B Screening
- ♥ HIV 1&2 Screening
- ♥ TB Serum Test
- ♥ Stool Microscopy
- ♥ Widal Test
- ♥ VDRL (Syphilis Test)
- ♥ Urine Microscopy
- ♥ Hepatitis C screening
- ♥ Hepatitis A Screening

Expanded
Infection
Screening

PLATINUM PACKAGE

Complete Health Check

- ♥ Hepatitis B Screening
- ♥ HIV 1&2 Screening
- ♥ TB Serum Test
- ♥ Stool Microscopy
- ♥ Widal Test
- ♥ VDRL (Syphilis Test)
- ♥ Urine Microscopy
- ♥ Hepatitis C screening
- ♥ Hepatitis A Screening
- ♥ Urinalysis & Full Health Panel

Female Staff Additional
Test • Pregnancy Test

Why Domestic Staff Screening is Important?

- ✓ Prevent spread of infectious diseases
- ✓ Protects children & elderly
- ✓ Ensure Food safety in the home
- ✓ Gives employers Peace of Mind

TRAVEL READY HEALTH CHECK

Travel Smart • Travel Healthy • Travel Ready



Before traveling abroad for work, study, relocation, or vacation, it is important to ensure your health status meets international travel requirements.

Our Travel Ready Screening Packages help detect infectious diseases, evaluate overall health, and ensure you are medically prepared for travel.

GOLD PACKAGE

Essential Travel Health Screening

- ♥ BMI / Blood Pressure
- ♥ Urinalysis
- ♥ Fasting Blood Sugar
- ♥ HIV Screening
- ♥ Hepatitis B Test
- ♥ VDRL Test

This package provides the basic healthy checks commonly required for travel and visa processing.

GOLD PLUS PACKAGE

Enhanced Travel Medical Screening

- ♥ BMI / Blood Pressure
- ♥ Urinalysis
- ♥ Fasting Blood Sugar
- ♥ HIV Screening
- ♥ Hepatitis B Test
- ♥ VDRL Test
- ♥ Hepatitis C Test
- ♥ Malaria Test
- ♥ Full Blood Count
- ♥ Blood Group Test

Includes all Gold Package tests plus additional screening to ensure broader health protection.

PLATINUM PACKAGE

Comprehensive International Travel Screening

- ♥ BMI / Blood Pressure
- ♥ Urinalysis
- ♥ Fasting Blood Sugar
- ♥ HIV Screening
- ♥ Hepatitis B Test
- ♥ VDRL Test
- ♥ Hepatitis C Test
- ♥ Malaria Test
- ♥ Full Blood Count
- ♥ Blood Group Test
- ♥ Renal function test
- ♥ LFT
- ♥ urine mcs
- ♥ ECG

Our most complete health evaluation package designed for travelers seeking full assurance.

Why Travel Health Screening is Important?

- ✔ Required for many visa and immigration processes
- ✔ Helps detect infectious diseases early
- ✔ Protects your health during travel
- ✔ Provides peace of mind before departure
- ✔ Ensures medical readiness for international relocation

TEACHFIT MEDICAL SCREENING

Healthy Teachers • Healthy Classrooms.

Teachers interact with many students daily, making regular health screening essential to ensure a safe learning environment.

Our TeachFit Medical Screening Packages help detect infectious diseases and monitor overall health so educators can perform their duties with confidence.

GOLD PACKAGE

*Essential Health
Screening for Teachers*

- ♥ BMI / Blood Pressure
- ♥ Fasting Blood Sugar
- ♥ HIV Screening
- ♥ Hepatitis B Test
- ♥ Urinalysis
- ♥ Full Blood Count

This package provides basic medical tests that help ensure teachers are healthy and fit to work in a school environment.

GOLD PLUS PACKAGE

*Comprehensive Teacher
Health Screening*

- ♥ BMI / Blood Pressure
- ♥ Fasting Blood Sugar
- ♥ HIV Screening
- ♥ Hepatitis B Test
- ♥ Urinalysis
- ♥ Full Blood Count
- ♥ Hepatitis C Test
- ♥ VDRL Test

Includes all Gold Package tests plus additional screening to ensure broader health protection.

Why Health Screening is Important for Teachers?

- ✓ Protects students and school communities from infectious diseases
- ✓ Ensures teachers remain healthy and productive
- ✓ Helps detect health conditions early
- ✓ Supports safe school environments
- ✓ Promotes long-term wellbeing for educators

PROMISE CARE PREMARITAL SCREENING

Start Your Marriage with Confidence and Good Health

Marriage is a lifelong commitment, and health transparency is an important foundation for a happy family.

Our Promise Care Premarital Screening Packages help couples understand their health status, detect genetic conditions, and prevent infectious diseases before starting a family.

GOLD PACKAGE

*Essential Premarital
Health Screening*

- ♥ BMI / Blood Pressure
- ♥ Blood Group Test
- ♥ Full Blood Count
- ♥ Genotype Test
- ♥ HIV Screening
- ♥ Hepatitis B Test
- ♥ VDRL Test
- ♥ Urinalysis

This package provides key medical tests recommended for couples before marriage.



GOLD PLUS PACKAGE

*Expanded Couple
Health Screening*

Additional tests include:

- ♥ Fasting Blood Sugar
- ♥ Hepatitis C Test
- ♥ Pregnancy Test (Female)
- ♥ High Vaginal Swab (HVS)
- ♥ Urine MCS

Includes all Gold Package tests plus additional screening for broader reproductive and health evaluation.



PLATINUM PACKAGE

*Comprehensive Premarital
Health Evaluation*

Additional tests include:

For Women

- ♥ Pelvic Ultrasound Scan
- ♥ Pap Smear
- ♥ Stool MCS

For Men

- ♥ Lipid Profile
- ♥ Herpes Simplex Virus II Test
- ♥ Semen Analysis
- ♥ Prostate Specific Antigen (PSA)
- ♥ Renal Function Test

Our most advanced screening package for couples seeking a full health evaluation before marriage.



Why Premarital Screening is Important?

- ✔ Helps couples understand their health status
- ✔ Detects genetic conditions such as sickle cell disease
- ✔ Prevents transmission of infectious diseases
- ✔ Supports healthy family planning
- ✔ Promotes long-term wellbeing in marriages

ANNUAL MEN'S WELLNESS CHECK

Stay Strong • Stay Healthy • Check Every Year.



Your health is your greatest asset. Many serious health conditions in men develop silently without symptoms. Our Annual Men's Wellness Screening Package helps detect early signs of disease so you can take control of your health and live confidently.

PRIMESTART WELLNESS

(Men Ages 19 – 29)

- ♥ Full Blood Count (FBC)
- ♥ Fasting Blood Sugar (FBS)
- ♥ Lipid Profile
- ♥ Liver Function Test
- ♥ Kidney Function Test
- ♥ MP
- ♥ WIDAL
- ♥ H-PYLORI
- ♥ HIV
- ♥ HEP B
- ♥ HEP C
- ♥ VDRL
- ♥ URINALYSIS
- ♥ URINE MCS
- ♥ ESR

Build a strong health foundation early in life. This screening helps detect hidden infections and lifestyle-related risks before they become serious.

POWERYEAR WELLNESS

(Men Ages 30 – 39)

*Included all test in **PRIME***

START and

- ♥ STOOL MCS
- ♥ TFT
- ♥ CORTISOL
- ♥ ECG

As responsibilities grow, so do health risks. This package helps monitor metabolic health, infections, and organ function.



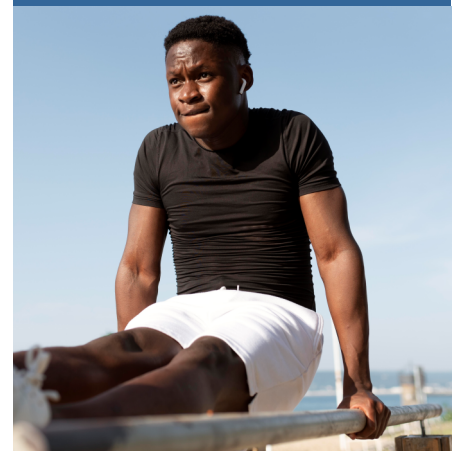
STRONGLIFE WELLNESS

(Men 40 YEARS AND ABOVE)

*Included **POWER YEAR WELLNESS** and*

- ♥ FOB
- ♥ PSA
- ♥ CEA
- ♥ AMYLASE
- ♥ POSTRATE USS

After 40, the risk of heart disease, diabetes, and prostate problems increases. This comprehensive screening helps detect conditions early when treatment is most effective.



Why Men Need An Annual Health Check?

- ✔ Monitor heart, liver, kidney, and metabolic health
- ✔ Maintain peak performance and productivity
- ✔ Prevent serious health complications
- ✔ Stay informed about your health status
- ✔ Detect hidden diseases early

ANNUAL FEMALE WELLNESS CHECK

Stay Healthy • Detect Early • Live Better



Regular health screening helps detect diseases early and keeps women healthy at every stage of life. Our Annual Female Wellness Packages provide comprehensive laboratory and diagnostic tests to support preventive healthcare.

PRIMESTART WELLNESS

Essential Women's Health Screening

- ♥ Full Blood Count
- ♥ Fasting Blood Sugar
- ♥ Malaria Test
- ♥ Widal Test
- ♥ HIV Screen
- ♥ Hepatitis B Screening
- ♥ Hepatitis C Screening
- ♥ VDRL Test
- ♥ Urinalysis
- ♥ H-Pylori Stool Test
- ♥ Urine MCS
- ♥ Stool MCS

Build a strong health foundation early in life. This screening helps detect hidden infections and lifestyle-related risks before they become serious.

STRONGLIFE WELLNESS

Advanced Health Assessment

- Included all test in **PRIME START WELLNESS** and*
- ♥ Lipid Profile
 - ♥ Renal Function Test
 - ♥ Liver Function Test
 - ♥ Thyroid Function Test
 - ♥ Uric Acid
 - ♥ ESR
 - ♥ Breast Ultrasound
 - ♥ Pap Smear
 - ♥ Abdominal & Pelvic Ultrasound
 - ♥ ECG

Recommended for complete yearly medical check

STRONGLIFE WELLNESS

Comprehensive Women's Health Screening

*Included **STRONGLIFE WELLNESS** and*

- ♥ CEA (Cancer Marker Screening)
- ♥ Amylase
- ♥ Cortisol
- ♥ FOB (Fecal Occult Blood Test)

Ideal for full preventive health screening



Why Women Need An Annual Health Check?

- ✔ Monitor heart, liver, kidney, and metabolic health
- ✔ Maintain peak performance and productivity
- ✔ Prevent serious health complications
- ✔ Stay informed about your health status
- ✔ Detect hidden diseases early

FEMALE REPRODUCTIVE WELLNESS PACKAGE

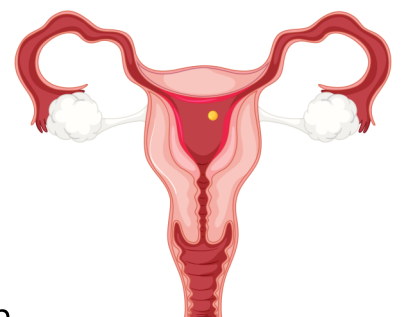
Comprehensive hormonal & fertility screening tailored for women, empowering you with the knowledge to take charge of your reproductive health.

Your fertility is shaped by a delicate balance of hormones and physical health. These carefully selected tests give you a complete picture of your reproductive status, so you can plan, prepare, and protect your future.

GOLD PACKAGE	GOLD PLUS PACKAGE
<i>Core Panel</i>	<i>Most Comprehensive</i>
♥ FSH ♥ LH ♥ Estradiol ♥ Progesterone ♥ Prolactin ♥ Pelvic Scan (Ultrasound)	♥ FSH ♥ LH ♥ Estradiol ♥ Progesterone ♥ Prolactin ♥ AMH (Ovarian Reserve) ♥ Thyroid Stimulating Hormone ♥ Pelvic Scan (Ultrasound)
Essential 6-test panel key hormone check	Complete 8-test panel full fertility insight

Why Every Woman Should Get Screened

- ✓ Identify hormonal imbalances before they affect fertility
- ✓ Understand your ovarian reserve & reproductive timeline
- ✓ Detect silent conditions like PCOS or thyroid issues
- ✓ Get clarity before planning or starting a family
- ✓ Monitor and manage existing reproductive conditions
- ✓ Empower informed decisions about your reproductive health



MALE REPRODUCTIVE WELLNESS PACKAGE

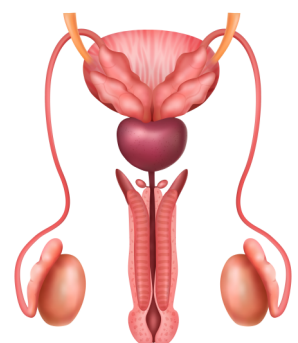
A targeted panel of hormonal, seminal & glandular tests designed for men, giving you clarity, confidence, and control over your fertility health.

Male fertility contributes to nearly half of all conception challenges. These scientifically selected tests evaluate every critical dimension of male reproductive health, from hormone levels to sperm quality and prostate function.

GOLD PACKAGE	GOLD PLUS PACKAGE
<i>Core Panel</i>	<i>Most Comprehensive</i>
♥ FSH ♥ LH ♥ Total Testosterone ♥ Prolactin ♥ Semen Analysis	♥ FSH ♥ LH ♥ Total Testosterone ♥ Prolactin ♥ Semen Analysis ♥ Semen Culture ♥ PSA (Prostate Health)
Essential 5-test panel, key hormone & sperm check	Complete 7-test panel, full male fertility insight

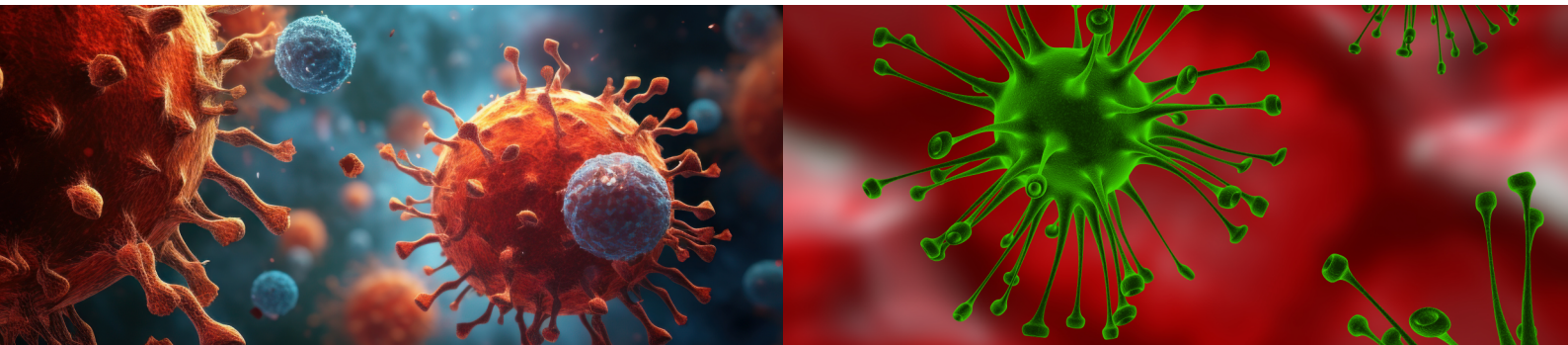
Why Every Man Should Get Screened

- ✓ Male infertility accounts for ~50% of conception difficulties
- ✓ Detect low testosterone before symptoms worsen
- ✓ Identify treatable infections affecting sperm quality
- ✓ Assess sperm health before trying to conceive
- ✓ Early PSA screening can be life-saving
- ✓ Gain confidence with a comprehensive fertility report



STD WELLNESS PROFILE

Protect Your Health. Know Your Status.



Sexually transmitted infections (STIs) often show little or no symptoms, yet they can cause serious long-term health complications if left untreated.

Our STD Wellness Profile provides a confidential and comprehensive screening designed to help you detect infections early, protect your partner, and maintain your overall health.

CONFIDENTIAL • PROFESSIONAL • RELIABLE

Take control of your sexual health with our STD Wellness Profile — a simple step toward protecting yourself and those you care about.

OUR STD WELLNESS TEST PANEL

- ♥ Gonorrhea Test (Swab)
- ♥ Chlamydia Test (Swab)
- ♥ Herpes Simplex Virus Type II (HSV-2) IgG & IgM Screening
- ♥ HIV 1 & 2 Screening
- ♥ Hepatitis B Screening
- ♥ Hepatitis C Screening
- ♥ VDRL
- ♥ Urine MCS

Why Std Screening Is Important?

- ✓ Many sexually transmitted infections show no early symptoms
- ✓ Early detection helps prevent long-term health complications
- ✓ Protects your partner and family
- ✓ Enables early treatment and better health outcomes
- ✓ Provides peace of mind and confidential care

YOUNGSTAR WELLNESS

Healthy Kids • Healthy Future.



Children grow fast, and their health needs careful monitoring. Many childhood infections and nutritional problems can develop without obvious symptoms.

Our YoungStar Wellness Screening is designed to assess your child's health, detect infections early, and ensure they are growing strong and healthy. Early screening helps parents take the right steps to protect their child's wellbeing and development.

GOLD PACKAGE

*Basic Health Screening
for Young Stars*

- ♥ BMI / BP
- ♥ Urinalysis
- ♥ Full Blood Count
- ♥ Malaria Test
- ♥ Widal Test

Ideal for routine health monitoring and early detection of common infections in children.

GOLD PLUS PACKAGE

*Essential Child
Health Screening*

- ♥ BMI / BP
- ♥ Urinalysis
- ♥ Full Blood Count
- ♥ Malaria Test
- ♥ Widal Test
- ♥ Stool Analysis
- ♥ Fasting Blood Sugar

This package focuses on common childhood infections, nutritional health, and growth monitoring. Includes all key tests needed to evaluate your child's general health and detect common infections.

PLATINUM PACKAGE

*Complete Child
Health Screening*

- ♥ BMI / Blood Pressure (BP)
- ♥ Urinalysis
- ♥ Full Blood Count (FBC)
- ♥ Malaria Test
- ♥ Widal Test
- ♥ Stool Analysis
- ♥ Fasting Blood Sugar (FBS)
- ♥ Hepatitis B Screening
- ♥ Hepatitis C Screening

Our Platinum Package provides the most comprehensive evaluation for growing children.

Why Youngstar Wellness Screening Is Important?

- ✓ Detect hidden infections early
- ✓ Monitor healthy growth and development
- ✓ Identify anemia and nutritional problems
- ✓ Protect children from preventable illnesses
- ✓ Support better academic performance and overall wellbeing

**GIVE YOUR CHILD
A HEALTHY START**

OUR SMART STAR PACKAGES

Give Your Child A Smart Start

Start the school year with confidence by ensuring your child is healthy, active, and ready to learn.



GOLD PACKAGE

*Basic School
Health Screening*

An affordable screening option for routine school medical requirements.

- ♥ Medical Review
- ♥ Physical Examination
- ♥ BMI / BP
- ♥ Urinalysis
- ♥ Fasting Blood Sugar

Ideal for basic health clearance before returning to school.

GOLD PLUS PACKAGE

*Essential School
Health Screening*

A comprehensive screening designed to detect common childhood infections and general health conditions.

- ♥ Medical Review
- ♥ Physical Examination
- ♥ BMI / BP
- ♥ Urinalysis
- ♥ Full Blood Count
- ♥ Fasting Blood Sugar
- ♥ Blood Group
- ♥ Hepatitis B
- ♥ VDRL
- ♥ Stool Microscopy

This package focuses on core health assessments needed for school readiness.

PLATINUM PACKAGE

*Complete Back-to-School
Health Screening*

- ♥ Medical Review
- ♥ Physical Examination
- ♥ BMI / Blood Pressure (BP)
- ♥ Urinalysis
- ♥ Full Blood Count (FBC)
- ♥ Fasting Blood Sugar (FBS)
- ♥ Blood Group Test
- ♥ Hepatitis B Screening
- ♥ Hepatitis C Screening
- ♥ VDRL Test
- ♥ Stool Microscopy
- ♥ Malaria Test
- ♥ Chest X-Ray
- ♥ ECG

Our Platinum Package provides the most comprehensive medical evaluation for school age children.

Why Smart Star Wellness Is Important?

- ✓ Detect hidden infections early
- ✓ Monitor healthy growth and development
- ✓ Identify anemia and nutritional problems
- ✓ Ensure children are physically ready for school activities
- ✓ Promote better concentration and academic performance



OUR HYGIENE HEROES PACKAGES

Be A True Hygiene Hero

Regular screening helps ensure that those responsible for hygiene remain healthy, safe, and trusted.

GOLD PACKAGE

*Basic Hygiene
Safety Screening*

A cost-effective screening package suitable for routine occupational health checks.

- ♥ BMI / BP
- ♥ Urinalysis
- ♥ TB Serum
- ♥ Widal Test
- ♥ Fasting Blood Sugar
- ♥ HIV Screening

This package provides basic health and infection screening for hygiene-sensitive jobs.

GOLD PLUS PACKAGE

*Advanced Hygiene
Health Screening*

- ♥ BMI / BP
- ♥ Urinalysis
- ♥ TB Serum
- ♥ Widal Test
- ♥ Fasting Blood Sugar
- ♥ HIV Screening
- ♥ Full Blood Count
- ♥ Hepatitis B
- ♥ Hepatitis C
- ♥ VDRL
- ♥ Stool Analysis
- ♥ Urine Microscopy

This package focuses on detecting infectious diseases and monitoring general health.

PLATINUM PACKAGE

*Complete Occupational
Health Screening*

- ♥ BMI / Blood Pressure (BP)
- ♥ Urinalysis
- ♥ Full Blood Count (FBC)
- ♥ Malaria / Infection Screening
- ♥ Widal Test
- ♥ Stool Analysis
- ♥ Urine Microscopy
- ♥ TB Serum Test
- ♥ HIV Screening
- ♥ Hepatitis A Screening
- ♥ Hepatitis B Screening
- ♥ Hepatitis C Screening
- ♥ VDRL (Syphilis Screening)
- ♥ Fasting Blood Sugar (FBS)
- ♥ Liver Function Test (LFT)
- ♥ Renal Function Test (RFT).
- ♥ ECG (Electrocardiogram)

This is the most comprehensive health evaluation for hygiene professionals.

Why Hygiene Heroes Need Regular Health Screening?

- ✓ Prevent the spread of food-borne infections
- ✓ Protect homes, schools, and workplaces
- ✓ Detect silent infections early
- ✓ Ensure fitness for hygiene-sensitive work
- ✓ Promote a healthy workforce and safer community



BLOOD DONATION & BLOOD COMPONENT SERVICES

Give Blood • Save Lives

Blood Components Available



Whole Blood

For patients needed infection which can spread through body fluids.



Fresh Frozen Plasma (FFP)

Used to treat bleeding disorders and clotting deficiencies.



Blood Grouping & Compatibility Testing



Why Choose Our Blood Bank?

- ✓ Strict screening procedures
- ✓ Safe blood storage systems
- ✓ Qualified laboratory professionals
- ✓ Fast and reliable service

SCAN TO BOOK AN APPOINTMENT.



 0913 935 0850 | 0913 935 0853 | 0816 228 5104

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