



GOVT. OF NATIONAL CAPITAL TERRITORY OF DELHI
DIRECTORATE GENERAL OF HEALTH SERVICES
F-17, KARKARDOOMA, DELHI-110032
(DELHI GOVT. EMPLOYEES HEALTH SCHEME)

File.No.1(12)/H&FW/DGHS/ 4436-4686

Date: 5/11/19

OFFICE MEMORANDUM

The Hon'ble Lieutenant Governor, Delhi has approved mandatory "Annual Health Check-up Scheme" in respect to all serving employees of GNCT of Delhi aged forty years and above; and summary of Health Report shall be a part of the Annual Performance Appraisal Report (APAR).

Directorate General of Health Services has empanelled private/govt hospitals, as listed in Annexure-I, to provide Annual Health Check-up facilities, as per following package rates :-

- | | | |
|---|---|------------|
| 1. Annual Health Check-up of male employees | : | Rs.2000/-. |
| 2. Annual Health Check-up of female employees | : | Rs.2200/-. |

The regime of examination and investigations included in Annual Health Check-up are enumerated in Annexure-II.

The hospital will prepare the Health Report as per enclosed proforma (Annexure-II) and hand over complete Health Report along with Summary, in-original, to the employee concerned. The employee will attach the summary of the Health Report with his Annual Performance Appraisal Report (APAR).

All departments under Govt. of NCT of Delhi are required to make necessary provisions in their budget under relevant Head "Medical Treatment" to meet the expenses with immediate effect.

This is issued with prior approval of Competent Authority.

(Dr. Ashok Kumar)
Director General Health Services

File.No.1(12)/H&FW/DGHS/

Date:

Copy for information and necessary action to:

1. Chief Secretary, Govt. of NCT of Delhi.
2. Pr. Secy. to Hon'ble Lt. Governor, Govt. of NCT of Delhi.
3. Pr. Secy. (Finance), Govt. of NCT of Delhi.
4. Pr. Secy. (GAD), Govt. of NCT of Delhi.
5. Pr Secy. (Services), Govt. of NCT of Delhi.
6. Pr. Secy. (Law), Govt. of NCT of Delhi.
7. Pr. Secy. (Planning), Govt. of NCT of Delhi.
8. Pr. Secy. (AR), Govt. of NCT of Delhi.
9. Secretary (I.T.), Govt. of NCT of Delhi.
10. Pr. Secretary (Health), Govt. of NCT of Delhi.
11. Principal Accounts Officer, Govt. of NCT of Delhi, "A", Vikas Bhawan, New Delhi.
12. All HODs, Govt. of NCT of Delhi.
13. Registrar, Delhi High Court.
14. Controller of Accounts, GNCT of Delhi.
15. Guard File.

(Dr. Ashok Kumar)
Director General Health Services

List of hospitals who have given their consent for conducting annual health check-up for all Delhi Govt. employees age 40 years and above.

Private Hospitals in Delhi

S.No.	Name of hospitals
1.	Moolchand hospital, Lajpat Nagar, III, New Delhi.
2.	Tirath Ram Shah Charitable Hospital, Rajpur Road, Delhi-54.
3.	Nazar Kanwar Surana Hospital, 2019-20, Gulabi Bagh, Delhi.
4.	R.L.K. Hospital Metro Heart Institute, Naraina Road Opposite Shadipur Depot, New Delhi
5.	Sanjeevan Medical Centre (P) Ltd, 24, Ansari Road, Daryaganj, New Delhi-110002.
6.	Park Hospital, 12, Chow Khandi, New Delhi-08.
7.	Dr. B.L. Kapoor Memorial Hospital, Pusa Road, New Delhi.
8.	Primus Super Speciality Hospital, Chankya Puri, New Delhi.
9.	Indraprastha Apollo Hospital, Mathura Road, Sarita Vihar, Delhi-44.
10.	Maharaja Agrasen Hospital, Rohtak Road, Punjabi Bagh, New Delhi-26.
11.	Maharaja Agrasen Hospital, Sec-1, Dwarka, New Delhi-75.
12.	Sri Balaji Action Medical Institute, FC-34, A-4, Paschim Vihar, Delhi-63.
13.	Metro Group of Hospital, X-1, Sector-12, Noida- 201301, UP.
14.	Gandhi Hospital, C-50 & 51, Om Vihar, Uttam Nagar, New Delhi-110059.
15.	RJ Super Specialty Hospital, Delhi Rohtak Road, Metro Pillar No.808, Bahadurgarh, Delhi NCR, Haryana-124507.
16.	Kalra Hospital SRCNC Pvt. Ltd., Tulsi Dass Kalra Marg, Kirti Nagar, New Delhi-15.

Delhi Govt. Hospitals

S.No.	Name of hospitals
1.	Baba Sahab Ambedkar Hospital, Sector-6, Rohini, Delhi.
2.	Jag Pravesh Chandra Hospital, Near Northern Engineering College, Panduk Shila Marg, Shastri Park, Shahdara, New Delhi, Delhi 110053.

Private Hospitals in NCR

S.No.	Name of hospitals
1.	Kailash Hospital & Heart Institute, H-33, Sect.-27, Noida-201301.
2.	Jaypee Hospital, Jaypee Healthcare Pvt. Ltd. Wish Town, Sector-128, Noida.
3.	Max Super Speciality Hospital (A unit of Crosslay Remedies Ltd.) W-3, Sect-1, Vaishali, Gzb.
4.	Metro Heart Institute, Sect. 16-A, Faridabad.
5.	Felix Hospital (Felix Healthcare Pvt. Ltd.) NH-1, Sector-137, Expressway, Noida-201305.
6.	Artemis Hospital, Sector-51, Gurgaon, Haryana-122001.
7.	Yashoda Super Speciality Hospital, H-1, Koushambi, Gzb.
8.	Yashoda Hospital & Research Centre Ltd. III-M, Nehru Nagar, Gzb.

ANNEXURE-II

ANNUAL HEALTH CHECK-UP FOR DELHI GOVT. EMPLOYEES AGED 40 YEARS AND ABOVE

Name : Mr./Mrs./Miss

Sex : M ☐ F ☐

Age:

Marital status : Married ☐ Unmarried ☐ Widow/Widower ☐ Divorcee ☐

Residential address :

Contact No. (R) (O) (M)

E-mail ID

Office address :

Medical Card No.

Blood group

History of known conditions (Tick appropriate box)

Raised BP Yes ☐ No ☐ If yes, on Regular treatment Yes ☐ No ☐

DM Yes ☐ No ☐ If yes, on Regular treatment Yes ☐ No ☐

IHD Yes ☐ No ☐ If yes, on Regular treatment Yes ☐ No ☐

Stroke Yes ☐ No ☐ If yes, on Regular treatment Yes ☐ No ☐

CRF Yes ☐ No ☐ If yes, on Regular Dialysis Yes ☐ No ☐

Family history of DM ☐ HT ☐ Obesity ☐

Life-style:

Smoker Yes ☐ No ☐ If yes, No. per day

Ex-smoker ☐ Years of smoking

Alcohol Yes ☐ No ☐

If yes, how many pegs per day

Any alcoholic hepatitis in past Yes ☐ No ☐

Regular exercise Yes ☐ No ☐

For more than 20 mts., at least 03 times a week

General physical examination:

Weight Kg. Height mtrs. BMI

Pulse /mt BP / mmHg Temp. °F

Systemic examination finding :

RESP. SYSTEM

CVS

ABDOMEN

CNS

LOCOMOTOR SYSTEM

DENTAL EXAMINATION

--

EYE EXAMINATION

Distant vision R

--

 L

--

Near vision R

--

 L

--

Color vision

--

Tonometry

--

Fundus examination

--

Local finding

--

Diagnosis & advice

--

ENT EXAMINATION

Oral cavity

--

Nose

--

Throat

--

Larynx

--

Diagnosis & advice

--

GYNECOLOGICAL EXAMINATION

HISTORY

Periods Regular ☐ Irregular ☐ since days
Delayed ☐ Polymenorrhea ☐ L.M.P. days ago
Menstrual flow Normal ☐ Scanty ☐ Excessive ☐
Discharge P/V None ☐ Mucoid ☐ Purulent ☐ Haemorrhagic ☐
Mass protruding P/V None ☐ Present ☐
Urinary complaints None ☐ Present ☐
No. of pregnancies No. of deliveries
No. of abortions No. of LSCS

PELVIC EXAMINATION (if indicated)

Local examination

Per vaginum P/V

Per speculum P/S

SURGICAL EXAMINATION

BREAST EXAMINATION Right Left

Presence of any lump

UROLOGICAL EXAMINATION (for men only)

RECTAL EXAMINATION (for men only)

INVESTIGATION REPORTS
REPORT

INVESTIGATION

HAEMOGRAM

Haemoglobin

T.L.C.

D.L.C.

Polymorphs

Lymphocytes

Eosinophils

Basophils

Monocytes

Peripheral smear

URINE EXAMINATION

Colour

Albumin Absent ☐ Traces ☐ + ++ +++

Sugar Absent ☐ Traces ☐ + ++ +++

Microscopic examination

BLOOD SUGAR Fasting mg%

Post-prandial mg%

LIPID PROFILE

Total cholesterol

HDL cholesterol

LDL cholesterol

VLDL cholesterol

Triglycerides

LIVER FUNCTION TEST

S. Bilirubin (Total)

S. Bilirubin (Direct)

S.G.O.T.

S.G.P.T.

KIDNEY FUNCTION TEST

Blood Urea

S. Creatinine

S. Uric Acid

For men

PSA

For women

PAP smear

X-RAY CHEST PA view Report

ECG Report

TMT Report

USG Abdomen Report

Mammoraphy Report (women only)

LIVER FUNCTION TEST

S. Bilirubin (Total)

S. Bilirubin (Direct)

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Mammoraphy Report (women only)

SUMMARY OF HEALTH REPORT

1	Overall health of the employee	
2	Any other remarks based on the Health Check-up	
3	Health profile grading	

Date

Place

Signature of Physician with seal