



No. BSNL/Admn.I/15-1/07

Dated: May 28th, 2019

Office Memorandum

Sub: Executive Health Check-up Scheme for Sr. Executives of BSNL

Ref: OM No. BSNL/Admn.I/15-1/07 dated 11th May 2018

Approval of Competent Authority is hereby conveyed for extending Executive Health Check-up Schemes to senior officers vide OM of even No. dated 11th May 2018 referred above for a further period of one year i.e., from 1.04.2019 to 31.03.2020. The details of the Executive Health Check-up Schemes available are as under:

1. Executive Health Check-up:

- a) The Executive Health Check-up Scheme is admissible to officers of SAG level and above and their spouses once a year irrespective of their age.
- b) However, the officers above 55 years of age could avail this facility twice a year.
- c) The list of tests indicated in Annexure-I are only indicative. Officers can undertake any Preventive Health Check-up package best suitable for them within the cost prescribed i.e., not exceeding Rs. 3,500/-
- d) Reimbursement will be made as per actuals or Rs.3,500/- whichever is less.


2. Executive Cardiac & Health Screening Plus

- a) The Executive Cardiac & Health Screening Plus Scheme is admissible only to CMD, Board of Directors, CGMs/PGMs and their spouses.
- b) The scheme can be availed once in a year in lieu of one of the Executive Health Check-up (Rs. 3,500/-) allowed above as Sr. Executive (of 55 years and above age) indicated at S.No.1
- c) The approved list of tests and associated consultation under this scheme is given in Annexure II.
- d) The cost of this check-up for each occasion should not exceed Rs. 10,000/-

Contd...2/-

-: 2/N :-

The tests under both the schemes can be undertaken in any BSNL approved hospital at the same or actual rates whichever are lower. The scheme does not envisage seeking prior approval in individual cases once again. The eligible officers may avail the check ups based on this order and seek reimbursement, if the empanelled hospital does not extend cashless facility. If any eligible officer desires to avail the checkups from empanelled hospitals offering cashless facility, they may seek requisite authorization from the Competent Authority. Monitoring of the claims will be done through ERP.



(Zanal Zachariah)

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Copy to:

1. CMD & Directors of Board, BSNL
2. All PGMs/GMs Corporate Office
3. All CGMs/PGMs, BSNL
4. AGM(L&A), BSNL Corporate Office

EXECUTIVE HEALTH CHECK-UP SCHEME (RATE - ₹ 3,500/-)

HAEMOGRAM

- Haemoglobin
- MCHC, MCV, MCH
- Differential Count (DLC)
- Platelet Count
- ESR, PCV
- Total WBC (TLC)
- Peripheral smear

BIOCHEMICAL PARAMETERS

- Blood Sugar (Fasting & Post Prandial)
- Uric Acid
- Lipid Profile
- Total Cholesterol, HDL, LDL
- Triglycerides screening, Ratio of Cholesterol/HDL

KIDNEY ASSESSMENT

- S. Urea, S.Cretinine
- Complete Urine Analysis

LIVER FUNCTION TEST

- Total Protein
- Globulin
- SGOT & SGPT
- SGGTP
- Albumin
- A/G Ratio
- Alkaline Phosphate
- S. Bilirubin (Total & Direct)

GENERAL TESTS

- Blood Grouping & RH Grouping
- Complete Urine Analysis
- ECG (Resting)
- Pulmonary Function Test (PFT)
- Echocardiography

- (Stool) Faeces Examination
 - X-Ray Chest
 - Pap smear (for women)
 - Tread Mill Test (TMT)
 - Ultrasound screening of the whole abdomen
- ⇒ Clinical examination, medical summary and advice by senior consultant, internet medicine.
- ⇒ Genital/Rectal examination by a General Surgeon (for men)
- ⇒ Gynaecologist Consultation (for women)
- ⇒ Diet Counselling
- ⇒ Consultation with Senior Cardiologist
- ⇒ Post Check-up Consultation by senior Consultant, internet medicine.

EXECUTIVE CARDIAC & HEALTH SCREENING PLUS

- Doctor's Consultation and Full Medical Examination.
- Blood tests:
 - Complete Haemogram (Hb, TLC,DLC, ESR, Haematocrit, Peripheral smear)
 - Blood Group (ABO,RH)
 - Blood Sugar (Fasting & Post Prandial)
 - Blood Urea
 - Serum Uric Acid
 - Serum Creatinine
 - Lipid Profile
 - VDRL
 - Lpa
 - HbS Ag
 - G6PD
 - Serum Electrolytes
 - Liver Function Test
- Urine Examination
- Stool Examination
- X-Ray Chest PA
- ECG
- PSA Test*
- Gynae Consultation & Pap Smear**
- Eye Examination
- ENT Consultation
- Dental Consultation
- TMT
- PFT
- Ultrasound – Whole abdomen
- ECHO
- Calcium CT scoring
- Post Check-up Consultation

Rate for undertaking all these tests - ₹ 10,000/-

* For men

** For women