

New Essential Health Assessment



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Do you really know how healthy you are?

The Sana Sana Health Assessment goes beyond a routine check-up: it combines preventive medicine, lifestyle factors, and advanced biomarkers to understand your biology from the root. Designed for people who want to **prevent, optimize, and live with real energy.**

In-Depth
Tests

\$60 IVI
Regular price \$650

Includes:

1. Renal Function (Kidneys and Fluid Balance)

Exam	Importance
Creatinine	Measures how well the kidneys filter blood. High levels may indicate impaired kidney function.
Electrolytes (Sodium, Potassium, Chloride)	Show hydration and acid-base balance. Changes may indicate dehydration or kidney/adrenal problems.
Calcium	Abnormal levels may be related to kidney, hormonal, or metabolic issues.
Magnesium	Important for muscle and heart function; levels may change in metabolic or kidney conditions.
General urine test	Shows kidney function and may detect infections or loss of proteins.



2. Cardiovascular and Metabolic

Exam	Importance
Lipid profile	Helps assess cardiovascular and metabolic risk.
Apolipoprotein B	Provides a more accurate measurement of harmful cholesterol particles than total cholesterol.
Electrocardiogram	Detects arrhythmias, reduced blood flow to the heart, or conducting abnormalities.

3. Endocrine and Metabolic (Glucose, Thyroid, Hormones)

Exam	Importance
Fasting glucose	Help identify diabetes or low blood sugar.
TSH	Measures thyroid function.

4. Hematologic and Micronutrients

Exam	Importance
Complete blood count	Detects anemia, infections, or blood disorders.
Vitamin D	Essential for bones, immune health, and metabolism.

5. General, Digestive and Metabolic

Exam	Importance
General stool test	Evaluates digestion, nutrient absorption, and potential intestinal infections.
General abdominal ultrasound	Provides an overview of abdominal organs and detects abnormalities like cysts or stones.

6. Hepatic (Liver Function)

Exam	Importance
Liver function panel 1	Detects liver inflammation, bile blockage, or metabolic problems.



Comprehensive Health and Wellness Guide

A personalized health roadmap with clear, motivating, and achievable goals to help you feel better, live healthier, and move forward with purpose.

Includes consultations with your Sana Sana medical team to:

- Understand your clinical history
- Detect risk factors
- Define the ideal exercise and lifestyle plan

We finalize with a Personalized Health Guide, with concrete objectives to improve your overall health and how you feel.

Additionally, we provide continuous support throughout the process to guide you step by step, adjust when needed, and ensure you achieve your wellness goals.

Schedule your appointment now

*Restrictions apply



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