

# New Plus Health Assessment



EN ALIANZA CON



In-Depth  
Tests

**\$100**<sub>IVI</sub>  
Regular price \$1600

## Includes:

### 1. Renal Function (Kidneys and Fluid Balance)

Exam	Importance
<b>Creatinine</b>	Measures how well the kidneys filter blood. High values may indicate kidney problems.
<b>Blood urea nitrogen</b>	Complements creatinine to evaluate kidney function and protein balance.
<b>Electrolytes (Sodium, Potassium, Chloride)</b>	Show hydration and acid-base balance. Changes may indicate dehydration or kidney/adrenal problems.
<b>Microalbumin / Creatinine ratio</b>	Detects early kidney damage, especially diabetes or hypertension.
<b>Calcium</b>	Abnormal levels may be linked to kidney, hormonal, or metabolic conditions.
<b>Magnesium</b>	Important for muscle and heart function; may change with kidney or metabolic issues.



## 2. Cardiovascular and Metabolic

Exam	Importance
<b>Lipid profile</b>	Fundamental to assess cardiovascular and metabolic risk.
<b>Apolipoprotein B</b>	More accurate than cholesterol for identifying the number of harmful lipid particles.
<b>Lipoprotein(a) – Lp(a)</b>	Independent risk factors for heart disease even when cholesterol levels are normal.
<b>High-sensitivity C-reactive protein</b>	Detects early inflammation related to blood vessel disease and atherosclerosis.
<b>Homocysteine</b>	High levels can damage blood vessels and increase the risk of heart attack or stroke.
<b>Uric acid</b>	High levels are associated with gout, metabolic syndrome, or hypertension.
<b>Electrocardiogram</b>	Detects arrhythmias, ischemia, or electrical conduction issues in the heart.

## 3. Hepatic (Liver Function)

Exam	Importance
<b>Liver function panel 1</b>	Evaluates liver damage, bile blockage, or metabolic problems.

#### 4. Endocrine and Metabolic (Glucose, Thyroid, Hormones)

Exam	Importance
<b>Fasting glucose</b>	Helps diagnose diabetes or low blood sugar.
<b>HbA1c</b>	It shows long-term blood sugar control or insulin resistance.
<b>Fasting insulin</b>	Measures insulin resistance and metabolic syndrome.
<b>TSH</b>	Detects high or low thyroid function.
<b>Total testosterone (male patients)</b>	Help evaluate low testosterone, fatigue, libido, and muscle mass.
<b>Homocysteine</b>	High levels may affect blood vessels and energy metabolism; related to folate and vitamin B12.

#### 5. Hematologic and Micronutrients

Exam	Importance
<b>Complete blood count</b>	Detect infections, anemia, or blood cell problems.
<b>Ferritin</b>	Measures iron stores in the body; help detect anemia or iron overload.
<b>Vitamin B12</b>	Important for the nervous system and blood cell production; deficiency can cause anemia.
<b>Vitamin D</b>	Essential for bone strength, immunity, and metabolism.

## 6. General, Digestive, and Metabolic

Exam	Importance
<b>General stool test</b>	Evaluates digestion and possible intestinal infection.
<b>Occult blood test</b>	It helps detect early bleeding or polyps in the intestines.
<b>General abdominal ultrasound</b>	Detects gallstones, cysts, masses, and overall organ health.

## 7. Male and Female Preventive Tests

Exam	Importance
<b>Thin Prep Pap smear (female)</b>	Detecting cervical changes that may lead to cancer, more accurate than traditional cytology.
<b>Total prostate-specific antigen – PSA (male)</b>	It helps to detect prostate enlargement or prostate cancer.

The patient chooses one based on their gender.

## 8. Elective Test (Based on Need)

Exam	Importance
<b>Coronary calcium CT – Smart Score</b>	Measures calcium buildup in heart arteries to evaluate cardiovascular risk.
<b>Exercise stress test</b>	Evaluates heart function during exercise to detect ischemia, arrhythmias, or reduced tolerance.

The patient chooses one depending on the need.



## **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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