



APPLICATION CUM DECLARATION FORM

For Health Check up at NM Medical Centre

I, Shri/Smt./Ms. _____
Staff /Membership No. _____ wish to avail the Health check up facility
provided by our Bank at NM Medical Centre.

I hereby declare that "I have read the terms & conditions of the "Medical checkup
scheme" and fully understood that The Greater Bombay Co-op. Bank Ltd is not
responsible for the services of the Center or for the results of the test".

This facility is extended to me as a Member / Employee of the Bank with a sole
objective of welfare of the Members / Employee and Bank has no statutory
obligation in implementation of the scheme.

1. Tel/Mobile No.: _____ 2. Date of Birth: _____

3. Email Address: _____

4. Sex : Male Female 5. Preferred Date of Appointment: _____

6. Please select any one of the following package:

- Standard CHC Package (40 years and above)
- Exclusive Male Package (Standard Package + PSA Test)
- Exclusive Female Package (Standard Package+ PAP Smear Test +
Mammography Test)

(Exclusive Packages are for Members who are 50 years and above)

7. Center where check up is to be done : _____

Signature of the Applicant : _____

** Note : Kindly enclose Copy of PAN Card or any Age Proof. Original documents
as stated above to be produced for verification at the Branch. All the tests are to
be done at one single Center only. Members/Employees are advised to carry the
Appointment Letter, ID Proof.

For Branch Purpose Only

Branch Stamp with Signature: _____ Branch Receipt Date : _____



GREATER BANK

The Greater Bombay Co-operative Bank Limited (Scheduled Bank)
Corporate Office: Churchgate Chambers, Ground Floor, Sir Vitthaladas Thackersey Marg, 5, New Marine Lines, Mumbai - 400 020.
Tel.: 91-22-61285900 | Fax.: 91-22-22076989, 22618530 | info@greaterbank.com | www.greaterbank.com

“TERMS AND CONDITIONS”

THINGS YOU NEED TO REMEMBER PRIOR TO HEALTH CHECK-UP

- Health Checks are done through prior appointments only.
- Shareholders are requested to kindly observe the appointment timings, to facilitate the smooth flow of their Health Check.
- Shareholders are requested to carry their appointment letter duly signed by the Authorized Signatory along with ID Proof bearing Date of Birth. No Health Check-Up will be done without the above mentioned documents.
- Shareholders are requested to visit the branch of NM Medical Centre originally opted by them at the time of application.
- The employee undergoing the health check-up should reach between 8.00 am – 9.00 am or as scheduled by the clinic.
- Minimum of 12 hours fasting is essential prior to the health check-up.
- Breakfast will be provided during the course of checkup.
- May drink water during fasting. Refrain from alcohol at least 48 hours prior to the health check-up.
- Men are requested to shave their chest to ensure a good ECG / Tread Mill Test.
- If you are wearing contact lenses, please remove those 2 days prior to health check-up.
- Wear loose clothing, no jewellery (Necklaces / Chains) and easily removable footwear.
- If you are diabetic, avoid taking your insulin injections / anti diabetic tablets on the morning of Health Check-up. Please carry your insulin / anti diabetic tablets which you can have before or after your breakfast. Other regular medication can be taken as instructed by the doctor. Please carry regular medication along.
- Please bring all your earlier (Within 1Year) medical records and medical accessories like glasses, hearing aid if you have any when you come for Health Check Up.
- In case of any additional Tests / Investigations / Procedures / Consultations at request or if required will be charged separately to the shareholders as per the standard rates by the Clinic.
- Please do not carry urine sample as the same will be collected at the centre on the day of checkup.

Annual Health Check Program for Greater Bank Employees & Members		Basic Package (40 - 49 Yrs.)	Excl. Package (50 Yrs & Above)	
		Male & Female	Male	Female
Key Vitals	Heart Rate	Yes	Yes	Yes
	Oxygen Saturation	Yes	Yes	Yes
	Blood Pressure	Yes	Yes	Yes
	Hip:Waist	Yes	Yes	Yes
	Height, Weight & Body Mass Index (BMI)	Yes	Yes	Yes
	Blood Group & Rh factor	Yes	Yes	Yes
Infection Screening	CBC (16 parameters include Total Leucocytes, Eosinophils, Basophils, Lymphocytes, Monocytes, Hematocrit (PCV), Total RBC Count, Hemoglobin, Mean Corpuscular Volume, Mean Corpuscular, Hemoglobin, MCH Concentration, Red Cell Distribution Width, Platelet Count, Platelet Distribution Width & Mean Platelet Volume)	Yes	Yes	Yes
	ESR	Yes	Yes	Yes
	Routine Urine Analysis	Yes	Yes	Yes
Diabetes Screening	Blood Sugar (Fasting)	Yes	Yes	Yes
	Blood Sugar (Post prandial)	Yes	Yes	Yes
Cardiovascular risk check	Comprehensive Lipid Profile (Total Cholesterol/ HDL Cholesterol/ LDL Cholesterol/ Chol: HDL ratio/ LDL: HDL ratio/ VLDL Cholesterol/ Triglyceride)	Yes	Yes	Yes
	ECG (Electro Cardio Gram)	Yes	Yes	Yes
	Chest X-ray	Yes	Yes	Yes
Liver Health	SGPT, SGOT, Bilirubin	Yes	Yes	Yes
Kidney Health	BUN, Creatinine, Uric Acid	Yes	Yes	Yes
Thyroid Screening	Thyroid Profile - T3 / T4 / TSH	Yes	Yes	Yes
Electrolytes Screening	Sodium, Potassium, Chloride, Phosphorous	No	Yes	Yes
Vitamin Checks	Vitamin D (25 Hydroxy)	No	Yes	Yes
	Vitamin B12	No	Yes	Yes
Cancer Check	PAP Smear for Female	No	No	Yes
	Mammography	No	No	Yes

	PSA for Male	No	Yes	No
Other Screenings	Routine Eye checkup - by Physician at Centre (Near, Far & Colour)	Yes	Yes	Yes
	Routine Dental checkup - by Physician at Centre	Yes	Yes	Yes
Consultations	Physician Consultations / Gynecologist Consultation (For Women) with review and roadmap to good health (30-45mins) after Health Check-up	Yes	Yes	Yes
	Additional Dietician Consultation to drive improved medical outcome	Yes	Yes	Yes
Healthspring Premium Services	Tele-Health: 24*7 High-quality, protocol-lead un-limited doctor consultations for routine health issues & Emergency Consultations. Saves patient time and ensures he/she gets timely, reliable and actionable medical advice.	Yes	Yes	Yes
	Home Collection - (Senior Citizen Services) - Enjoy peace of mind while giving samples at home as Healthspring brings you the complete assurance of hygiene anywhere, anytime.	Yes	Yes	Yes
Healthspring Rate for Greater Bombay Bank for FY 2018-19		₹ 1,440	₹ 2,050	₹ 3,600

Health checkups Centres (Google map links are available on www.nmmedical.com)

<p>NM Medical/Health 360, Marine Lines Darya Nagar House, Next to ICICI Bank MaharshiKarve Road (Queens Road) East Marine Lines, Mumbai – 400 002 Tel. No: 4342 9999 (Open from Monday – Saturday)</p>	<p>NM Medical, Chowpatty 36, Mehta House, PanditaRamabai Road, Chowpatty, Mumbai - 400 007 Tel. No: 4342 5555 (Open from Monday – Saturday)</p>
<p>NM Medical, Parel (West) Parel Premises, Gokhale Rd. South, Opposite MotilalOswal Tower, Lower Parel(West), Mumbai -25. Tel. No: 49662222 (Open From Monday - Saturday)</p>	<p>NM Medical, Khar (West) Junction of 14th & 33rd Road, Off Linking Road, Khar (West) Mumbai - 400 052. Tel. No: 4342 8888 (Open from Monday – Saturday)</p>
<p>NM Medical, Andheri (West) Aver Plaza, In lane Opp. Citi Mall Behind Maruti Showroom Off New Link Road Andheri (W), Mumbai – 400053 Tel. No: 4613 2222 (Open from Monday – Saturday)</p>	<p>NM Medical, Malad (West) Sez Plaza, NearNutanvidyaMandir School Marve road, Off S.V Road Malad (West), Mumbai - 400064 Tel. No: 4613 3333 (Open From Monday - Saturday)</p>
<p>NM Medical, Borivali (West) Swastik Bldg. 18/6,R C Patel Road, Chandavarkar Cr. Rd. no. 2, Next to ICICI Bank, Borivali (West) Mumbai – 400 092 Tel. No: 4342 4444 (Open From Monday - Sunday)</p>	<p>NM Medical Vikhroli Shusrusha Hospital, Ground Floor, Kannamwar Nagar 1, Vikhroli (E) Tel: no 91520 38469 (Open from Monday – Saturday)</p>
<p>NM Medical, Mulund (West) 8th Floor, Corporate Centre Nirmal Lifestyles Mall, LBS Road, Mulund (West), Mumbai - 400 080 Tel. No: 4342 7777 (Open from Tuesday – Sunday)</p>	<p>NM Medical Vashi 1st floor Palm Beach Galleria Mall Phase 2, Sector 19D, Palm Beach Road Vashi, Navi Mumbai Maharashtra 400703 Contact number 86574 14376 (Open From Monday - Sunday)</p>
<p>NM Medical, Pune 1 Pune Kalyani Nagar, Fortaleza, Pune – 411014. Tel. No: 020 2660 0505 (Open From Monday - Saturday)</p> <p>2 Pune – Shivaji Nagar Sancheti Hospital Shivaji Nagar, Pune – 411005 Tel: 020 6527 0505 (Open from Monday – Sunday)</p>	<p>NM Medical, Bangalore Tower A, Corporate Block, Diamond District, Airport Road, Bangalore – 560 080. Tel. No: 080 4046 6464 (Open from Monday – Saturday)</p>