

ESSENTIAL WELLNESS PACKAGE - WOMEN

- **UEC** – assess your kidney health.
- **GAMMA GT, serum** – a test of your liver health.
- **GLUCOSE random** – check your blood sugar.
- **CHOLESTEROL,(ONLY) serum** – check for harmful cholesterol that can clog arteries.
- **PAP SMEAR*** – For cervical screening to detect potentially pre-cancerous and cancerous processes on the cervix.
- **FBC and PLATELETS** – check your hemoglobin, white cells and platelets.
- **URINE ROUTINE EXAMINATION** – assess kidney health and detects any infections (UTI).

For wellness groups

Terms and Conditions Apply.

For corporate and organized groups of 10 persons and above.



Check-ups are not a preserve for the sick but are for those who feel healthy as well. Regular check-ups keep you and your doctor apprised of your health status. They allow for early identification of silent health abnormalities in a seemingly healthy adult, enabling one's doctor to institute timely early treatment interventions with better health outcomes.

Our basic wellness check is recommended for adults of all ages. It assesses kidney health, liver function, screens for diabetes and any signs of urine infection and blood anomalies. Last but not least, with the rising global cancer burden, our wellness check provides for screening and early detection of cancers that may arise from the large intestines and the prostate for men, and cervical cancer for women.

We are responsible for our own health and wellbeing. Regular exercise, a balanced diet, a healthy lifestyle, and wellness checks at periodic intervals** are all important for good health.

Note:

**HPV PCR is intended for women who are 30 years and above. Pap smear option is available for women younger than 30 years.*

***Interval –The time between wellness checks depends on factors such as one's age, gender, risk factors for health problems, etc and although annual interval is generally advised, it is important to discuss with your doctor about the frequency of wellness check laboratory tests to best fit your individual health needs.*

NAIROBI COUNTY

Upperhill - Lab

Main Laboratory/ Headquarters
5th Avenue Office Suites, Upperhill
5th Ngong Avenue
Tel: 0703061000
Email: info@lancet.co.ke
(1.2958 S, 36.8082 E)

General Accident House - lab

Next to Nairobi Hospital
3rd Floor
Tel: 0703061050
Email: ga@lancet.co.ke
(-1.3618S, 36.6566E)

Fortis - Depot

Fortis Office Suites 4th Floor
Opposite Kenyatta National Hospital
Tel: 0703061043/0795598400
Email: info@lancet.co.ke
(1.3015° S, 36.8007° E)

Parklands - Lab

Park Place Office Suites
2nd Parklands Avenue
Tel: 0703061101/0729909409
Email: parklands@lancet.co.ke
(1.2677° S, 36.8220° E)

Eastleigh - Lab

Daaus Plaza,
Next to Ismariot Restaurant & Resort
Tel: 0703061090/91
Email: eastleigh@lancet.co.ke
(1.2794° S, 36.8501° E)

Buruburu - Depot

Acacia Place Building
Off Ol donyo Sabuk Road
Tel: 0717414708
Email: buruburu@lancet.co.ke
(-1.284386, 36.879780)

Lote Tree Medical Center

South C, Muhoho Avenue
opposite Ruby Flats
Tel: 0713705379
Email: lote@lancet.co.ke
(-1.3245190, 36.8253630)

KIAMBU COUNTY

Thika - Lab

Zuri centre, Kenyatta Highway
Tel: 0703061160
Email: thika@lancet.co.ke
(1.0385° S, 37.0774° E)

EABL - Lab

EABL HQ off Thika Road
Tel: 0722357748
Email: eabl@lancet.co.ke
(1.2374° S, 36.8822° E)

NYERI COUNTY

Nyeri – Lab

Lymo Plaza, 1st Floor
Room 13 along Gakere Road,
Tel: 0703 061 000/0741 467 758
Email: nyeri@cerbalancetafrica.com
(-0.426167, 36.955605)

MERU COUNTY

Meru - Lab

Kirukuri Road, Karania House
Two blocks from Nchege Plaza
Tel: 0741467762
Email: meru@lancet.co.ke
(0.0463S, 37.6559E)

NAKURU COUNTY

Nakuru - Lab

Westside Mall, 2nd Floor
Tel: 0703061130/31/0703928969
Email: nakuru@lancet.co.ke
(0.2871° S, 36.0638° E)

KISUMU COUNTY

Kisumu - Lab

Tuffoam Mall, 1st
Tel: 0703061170/71/72/0722134244
Email: kisumu@lancet.co.ke
(0.1060° S, 34.7530° E)

KISII COUNTY

Kisii - Lab

Nyakongo Towers, 1st floor
Tel: 0703061140/41/42/0707657232
Email: kisii@lancet.co.ke
(-0.6716446, 34.7717674)

KAKAMEGA COUNTY

Kakamega - Lab

Mega Mall, 2nd Floor
Tel: 0703061080/81/82/0726838773
Email: kakamega@lancet.co.ke
(14.5848° N, 121.0568° E)

BUNGOMA COUNTY

Bungoma - Lab

Sharifs Center
Tel: 0703061190/91/0769213889
Email: bungoma@lancet.co.ke
(0.5619576° S, 34.5607148° E)

KERICHO COUNTY

Kericho - Lab

Sinendet Towers, 3rd Floor
Tel: 0703061175/76/0724658439
Email: kericho@lancet.co.ke
(0.3724° S, 35.2829° E)

UASIN-GISHU COUNTY

Eldoret - Lab

Sagaas Centre
Tel: 0714403655/0703061120
Email: eldoret@lancet.co.ke
(0.52036, 35.26993)

KAJIADO COUNTY

Ongata Rongai –Depot

Kins Arcade, Magadi Road
Tel: 0703 061060/0700167295
Email: rongai@lancet.co.ke
(1.3967° S, 36.7601° E)

GARISSA COUNTY

Garissa - Lab

Garissa Express Building
Tel: 0703061112
Email: garissa@lancet.co.ke
(0.1769 S, 37.9083E)

MACHAKOS COUNTY

Machakos - Lab

UTISI Building, 1st Floor
Opposite Machakos Level 5 Hospital
Tel: 0703 061 000/0748 600 714
Email: machakos@cerbalancetafrica.com
(-0.426167, 36.955605)

LAIKIPIA COUNTY

Nanyuki - Lab

Nanyuki mall
Along Nanyuki - Nyeri highway road.
Tel: 0741866861
Email: nanyuki@cerbalancetafrica.com
(0.01078, 37.07577)

TAITA TAVETA COUNTY

Voi - Lab

Voi Town Centre
Tel: 0705636690
Email: voi@lancet.co.ke
(3.3973° S, 38.5559° E)

MOMBASA COUNTY

Mombasa Main - Lab

Biashara Building, Ground Floor
Tel: 0721143766
Email: mombasa@lancet.co.ke
(4.0650° S, 39.6705° E)

Nyali - Lab

At Total Energies
Nyali Links Road
Tel: 0722 355796
Email: mombasa@lancet.co.ke
(-4.0339466° S, 39.7076707° E)

KILIFI COUNTY

Malindi - Lab

Ruby Plaza
Tel: 0703061075/74
Email: malindi@lancet.co.ke
(3.2235° S, 40.1250° E)

Kilifi - Depot

Baobab Plaza
Tel: 0794895676
Email: kilifi@cerbalancetafrica.com
(-3.6318955° S, 39.8546112° E)

