

## ESSENTIAL WELLNESS PACKAGE - MEN

- **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.
- **PSA** - blood test used to screen for prostate cancer.
- **FBC and PLATELETS** – check your haemoglobin, 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 health check-ups at periodic intervals\*\* are all important for good health.

### Note:

*\*PSA test intended for men who are 40 years and above.*

*\*\*Interval –The time between health check-ups 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  
Tell: 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, Karagania 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)

