



# WHOLE HEALTH STARTS WITH PROACTIVE CARE

Tailored medical assessments to optimize productivity, longevity, and peace of mind.



**Montego Bay, Jamaica**

[www.sekhmetmedical.com](http://www.sekhmetmedical.com)

## Why **Sekhmet Medical**?

Preventive Screening for Locals, Overseas Visitors and Busy Executives

Sekhmet Medical (Shop 14, Bogue City Center, Montego Bay) is purpose-built to deliver prevention-first care that fits every life: rooted in local knowledge, engineered for international visitors, and designed for time-pressed executives who need clinical confidence fast. Here's why patients choose Sekhmet for meaningful, efficient preventive screening.

## What You'll Get **at Sekhmet Medical**?

- ✓ Clinician-led plans: Experienced GPs coordinate with consultant specialists (cardiology, endocrinology, gastroenterology and more) for instant specialist input when needed.
- ✓ Practical diagnostics: Targeted blood panels, ECGs, blood-pressure profiling, noninvasive body-composition (BIA), and linked labs and imaging as indicated.
- ✓ Clear next steps: Every screening ends with an actionable plan—what to change, what to re-test, and who will follow you up.
- ✓ Telehealth continuity: Remote review and follow-up visits so care continues after you leave Montego Bay.

## How To Plan **Your Visit**

- ✓ Book a telehealth pre-assessment to tailor your package and timing.
- ✓ Arrive for consolidated testing—we aim to minimize repeat visits.
- ✓ Receive rapid results, clinician review, and a written plan to take home or send to your physician.
- ✓ Use our telehealth service for follow-up and coordination with your local providers.

Sekhmet Medical combines local care with international standards and executive-grade convenience—making preventive medicine practical, efficient and deeply personal. To schedule a screening, request an international package, or arrange corporate health days, contact Sekhmet Medical at the Hormone Studio line or visit us at Shop 14, Bogue City Center, Montego Bay. Take the proactive step—preventive care that works with your life.

## For **Local Patients**

- ✓ Personalized, practical screening: We start with your history and risk profile—not a pre-set checklist—so testing is targeted, affordable and clinically useful.
- ✓ Continuity of care: Your results stay with us; we coordinate follow-up plans with local specialists and support ongoing management.
- ✓ Community access and convenience: Local hours, same-week appointments for many tests, and culturally informed counseling make screening easy to schedule and act on.
- ✓ Cost transparency: Clear package pricing and help navigating payment/insurance where applicable.

## For International **Visitors & Medical Tourists**

- ✓ One-visit efficiency: Consolidated screening packages (labs, imaging, physician consults) that can usually be completed in 1-2 days—ideal for short trips.
- ✓ Concierge logistics: We help coordinate appointments, travel timing, couriered results, accommodation options and local transport so your visit is smooth.
- ✓ Rapid reporting & secure follow-up: Electronic reports formatted for easy sharing with your home physician and telehealth follow-ups after you return.
- ✓ High value, international standards: Modern diagnostics, verified labs and specialist oversight at competitive pricing—quality care without long waits.

## For **Business Executives & Corporate Partners**

- ✓ Executive health packages: High-impact, evidence-based panels focused on cardiometabolic risk, cardiovascular screening, hormone profiling, and performance-relevant biomarkers.
- ✓ Time-first scheduling: Early-morning, late-day and consolidated appointments to minimize disruption—complete visits in a single half-day where possible.
- ✓ Confidentiality & VIP treatment: Private suites, discreet check-in, and secure handling of sensitive results. We can provide anonymized corporate reporting and group screenings for teams.
- ✓ Actionable outcomes: Clear, prioritized recommendations you can act on immediately—lifestyle prescriptions, and specialist referrals if needed.

## Benefits of a Health **Check-Up Package**

A Health Check-Up Package is all about preventive medicine before symptoms appear. By choosing a comprehensive preventive health check-up, you enjoy several important benefits.

### Benefits

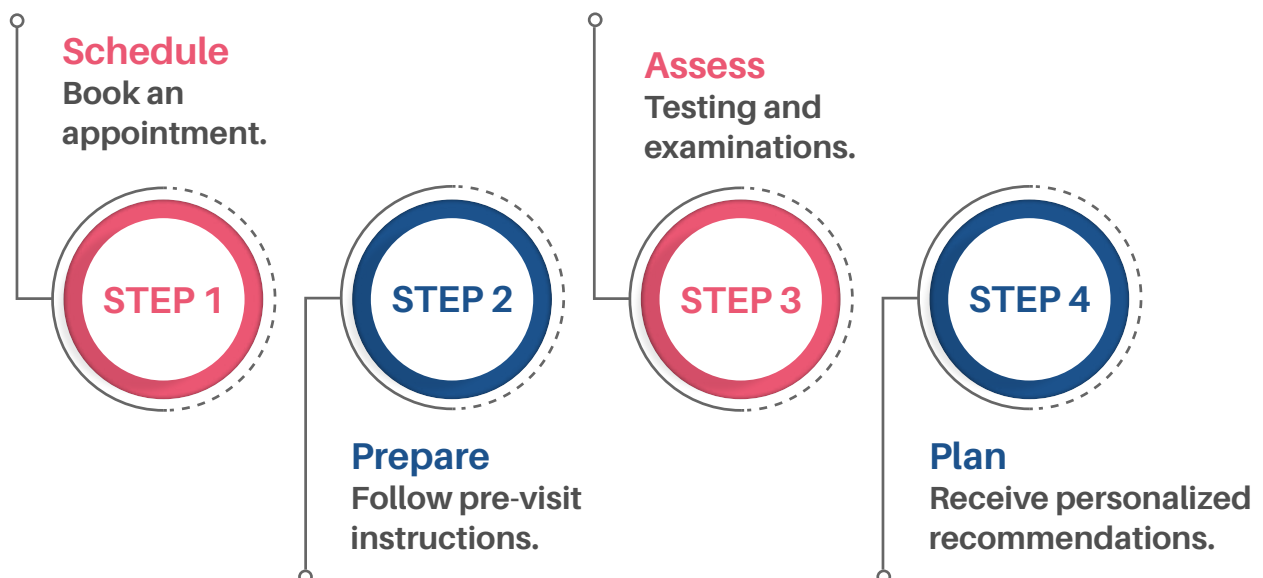
- ✓ Early detection of serious conditions, making treatment more effective.
- ✓ A cost-effective solution compared to paying for separate tests individually.
- ✓ Convenience of getting multiple tests done in a single visit without repeated blood draws.
- ✓ Peace of mind knowing you are proactively managing your health.
- ✓ Customized screenings tailored to your age, gender, and specific health needs.
- ✓ Patients with chronic illnesses need to monitor their condition and ensure your treatment plan remains optimal.

## When Should You **Get a Health Check-Up?**

Generally, adults under 40 in good health should get a full medical check-up every 3-5 years, while those 40 and over should have one annually. Those with a family history of chronic diseases like diabetes, heart disease, or cancer, or with unhealthy habits may need more frequent evaluations. For younger adults in their 20s and 30s who are generally healthy, a full body check-up every 5 years may be sufficient.

Also, patients experiencing symptoms such as unexplained fatigue, sudden weight changes, persistent pain, or unusual symptoms that don't go away should get a check-up.

## How Our Check-Up **Process Works**



## What is Included in Our **Health Check-Up Packages**

A Health Check-Up Package usually includes a combination of lab tests, physical exams, and imaging studies that reflect your current health status.

Most packages start with a basic health check-up list which includes blood sugar, liver and kidney function, cholesterol levels, and complete blood count. As you move toward more advanced options, you'll find general health check-up tests covering vitamin levels, infection markers, and organ-specific diagnostics.

If you're looking for a complete check-up health solution, Sekhmet Clinics offer bundled packages that assess multiple systems (digestive, cardiovascular, hormonal) in a single visit—all under medical supervision.



### **Medical History Review**

A detailed assessment of chronic diseases, past illnesses, allergies, family history, and current medications to determine the right tests for you.



### **Blood Tests**

Standard laboratory tests such as Complete Blood Count (CBC), lipid profile, blood glucose, liver and kidney function tests, and thyroid panels to uncover hidden or early-stage conditions.



### **Cancer Screening**

May include a combination of blood tests, imaging, and physical exams designed for early detection of certain cancers.



### **Physical Examination**

A full-body evaluation, including vital signs (blood pressure, heart rate, temperature, respiratory rate), skin checks, and nervous system reflex assessments. The doctor may also listen for unusual joint or organ sounds to detect potential issues.



### **Urine Analysis**

Evaluates kidney function and can identify infections or other abnormalities.



### **Imaging and Screenings**

Non-invasive imaging tests are included to support lab findings, such as X-rays for bones and lungs, ultrasounds for organs and blood flow, CT or MRI scans for detailed views of the brain, heart, or tumors, and ECG/EKG to assess heart function.



## Types of Health Check-Up Packages at Sekhmet

Medical check-up packages at Sekhmet are thoughtfully designed to suit different needs, age groups, and budgets. Whether you are looking for a quick basic screening or an in-depth diagnostic plan, you will find flexible options tailored to your health priorities, all backed by advanced technology and expert care.

### Basic Health Check-Up

Ideal for college students, young professionals, and individuals seeking a basic health screening.

### General Health Check-Up

General health check-up would be ideal for individuals seeking comprehensive health screening with some advanced and specialized tests.

### Comprehensive Health Check-Up

Comprehensive Health Check-Up at Sekhmet in Jamaica is a test that goes beyond just a general check-up, expanding from the general examinations to more detailed full body screening which typically includes physical examinations, blood and urine tests, ECGs, and X-rays. This package also includes cancer screenings and detailed imaging such as CT or MRI.

### Targeted Or Specialized Health Check-Up

Focused on specific health concerns or risk factors, this package is often recommended by doctors. It's ideal if you have a family history of conditions like heart disease, thyroid problems, or cancers (colon, breast, or prostate).

### Age And Gender-Specific Health Check-Ups

Age and gender-specific packages are tailored to meet the unique health needs of men's health check-ups and women's health check-ups at different life stages. These packages are typically divided by age groups, such as under or over 40, ensuring that the most relevant screenings and preventive tests are included for each category.

## Customized Health Check-Up Packages

Sekhmet offers a wide variety of health check-up packages tailored to different needs, age groups, and medical goals—from basic screenings to advanced diagnostics. Health risks and medical priorities vary among men, women, and children, and Sekhmet's Check-Up Packages are designed with that in mind.

### General Health Check-Up Packages

#### Basic Health Screen - JMD\$30,000 (USD\$200)

- ✓ Executive Blood Panel
- ✓ Physical Check-Up

#### General Check-Up Female Under 40 Package JMD\$82,500 (USD\$550)

- ✓ Physical Examination by a Doctor
- ✓ Gynecological Examination
- ✓ Abdominal and Pelvic Ultrasonography
- ✓ Bilateral Breast Ultrasonography
- ✓ Executive Blood Panel (CBC, Glucose, Cholesterol, Kidney & Liver Function, Thyroid, Vitamin D, Inflammatory Markers, HbA1C)
- ✓ Urine and Stool Analysis

### General Check-Up Male Package JMD\$78,000 (USD\$520)

- ✓ Physical Examination by a Doctor
- ✓ ECG (Electrocardiogram)
- ✓ Chest X-Ray
- ✓ Abdominal and Pelvic Ultrasound
- ✓ Executive Blood Panel (CBC, Cholesterol, Glucose, Kidney & Liver Function, Thyroid, Vitamin D, HbA1C)
- ✓ Urine and Stool Analysis

### General Check-Up Female Over 40 Package JMD\$90,000 (USD\$600)

- ✓ Physical Examination
- ✓ Gynecology Examination
- ✓ Mammography & Breast Ultrasound
- ✓ Pelvic & Abdominal Ultrasonography
- ✓ Executive Blood Panel (CBC, Glucose, Cholesterol, Kidney & Liver Function, Thyroid, Vitamin D, Inflammatory Markers, HbA1C)
- ✓ Urine & Stool Analysis

## Comprehensive Health Check-Up Packages for Men

Sekhmet offers specialized men's health check-up packages tailored to detect common male-specific conditions at early stages. These programs often include a male health check-up profile, focusing on areas such as heart health, liver and kidney function, cholesterol, and diabetes. We also incorporate a sexual health check to evaluate testosterone levels, fertility, and related hormones—vital for men over 40 or those experiencing symptoms. In addition, a prostate screening (including PSA testing and ultrasound, if needed) is usually recommended as part of these preventive packages for middle-aged and senior men.

### Male Health Check-Up Under 40 Package JMD\$105,000 (USD\$700)

- ✓ Physical Examination by a Doctor
- ✓ ECG (Electrocardiogram) & Stress ECG
- ✓ Chest X-Ray
- ✓ Abdominal and Pelvic Ultrasonography
- ✓ PSA (Prostate Specific Antigen)
- ✓ Executive Blood Panel (CBC, HBA1C, Kidney & Liver Function, Lipid Profile, Thyroid, Vitamins, Enzymes)
- ✓ Urine & Stool Analysis

### Male Health Check-Up Over 40 Package JMD\$112,500 (USD\$750)

- ✓ Physical Examination by a Doctor
- ✓ ECG (Electrocardiogram) & Stress ECG
- ✓ Chest X-Ray
- ✓ Abdominal and Pelvic Ultrasonography
- ✓ Carotid Doppler Ultrasound
- ✓ PSA (Prostate Specific Antigen) Total & Free
- ✓ Executive Blood Panel (CBC, HBA1C, Kidney & Liver Function, Lipid Profile, Thyroid, Vitamins, Enzymes)
- ✓ Urine & Stool Analysis



## Comprehensive Health **Check-Up Packages for Women**

Designed with women's unique needs in mind, female health check-up packages at Sekhmet covers a broad range of screenings, from hormonal balance and reproductive health to thyroid and breast cancer detection. A typical women health check-up includes tests for anemia, bone density, breast ultrasound or mammography, and Pap smear, among others. Clinics may also provide a women's health check-up list so patients can review every included test beforehand. For those seeking the most comprehensive care, best women's health check-up packages often come as part of master health check-up bundles, offering top-tier screenings and consultations.

### Female Health Check-Up Under 40 Package JMD\$96,000 (USD\$640)

- ✓ Physical Examination by a Doctor
- ✓ Gynecological Examination
- ✓ ECG (Electrocardiogram)
- ✓ Breast Ultrasonography
- ✓ Pelvic Ultrasonography
- ✓ Abdominal Ultrasonography
- ✓ Executive Blood Panel (CBC, HBA1C, Kidney & Liver Function, Lipid Profile, Thyroid, Vitamins, Enzymes)
- ✓ Urine & Stool Analysis

### Female Health Check-Up Over 40 Package JMD\$127,500 (USD\$850)

- ✓ Physical Examination by a Doctor
- ✓ Gynecology Examination
- ✓ ECG (Electrocardiogram) & Stress ECG
- ✓ Mammography & Breast Ultrasound
- ✓ Pelvic Ultrasonography
- ✓ Abdominal Ultrasound
- ✓ Executive Blood Panel (CBC, HBA1C, Kidney & Liver Function, Lipid Profile, Thyroid, Vitamins, Enzymes)
- ✓ Urine & Stool Analysis

## Pediatric Health **Check-Up Package**

A Children's Check-Up monitors growth and development, detecting health or nutritional issues early, especially with a family history of chronic conditions.

### Healthy Generation Package JMD\$82,500 (USD\$550)

- ✓ Pediatrician Examination
- ✓ Behavioral & Psychological Assessment (if needed)
- ✓ Chest X-ray
- ✓ Abdominal ultrasound (optional)
- ✓ Executive Blood Panel (CBC, Glucose, Vitamin D, Vitamin B12, Iron, Kidney & Liver Function)
- ✓ Urine & Stool Analysis
- ✓ Vision & Hearing Tests
- ✓ Nutrition Consultation

## Executive Health **Check-Up Packages**

### Executive Check-Up Male Package JMD\$165,000 (USD\$1,100)

- ✓ Physical Examination by a Doctor
- ✓ ECG (Electrocardiogram) & Stress ECG
- ✓ Chest X-Ray
- ✓ Abdominal and Pelvic Ultrasound
- ✓ Carotid Doppler Ultrasound
- ✓ PSA Total & Free
- ✓ Advanced Blood Tests (CBC, HBA1C, Cholesterol, Glucose, Kidney & Liver Function, Thyroid, Tumor Markers, Vitamins)
- ✓ Urine and Stool Analysis
- ✓ Nutrition, Cardiology & Urology Consultation

### Executive Check-Up Female Package JMD\$180,000 (USD\$1,200)

- ✓ Physical Examination by a Doctor
- ✓ Gynecological Examination & Pelvic Ultrasound
- ✓ ECG (Electrocardiogram) & Stress ECG
- ✓ Bilateral Breast Ultrasonography
- ✓ Abdominal and Pelvic Ultrasound
- ✓ Advanced Blood Tests (CBC, Cholesterol, Glucose, Kidney & Liver Function, Thyroid, Tumor Markers, Vitamins)
- ✓ Urine and Stool Analysis
- ✓ Nutrition & Cardiology Consultation

## Premium Health **Check-Up Packages**

### Premium Check-Up Male Package JMD\$225,000 (USD\$1,500)

- ✓ Physical Examination by a Doctor
- ✓ ECG (Electrocardiogram) & Stress ECG • Chest X-Ray
- ✓ Abdominal and Pelvic Ultrasound
- ✓ Carotid Doppler Ultrasound
- ✓ PSA Total & Free
- ✓ Advanced Blood Tests (CBC, HBA1C, Cholesterol, Glucose, Kidney & Liver Function, Thyroid, Tumor Markers, Vitamins, Male Hormones)
- ✓ Bone Densitometry (DEXA)
- ✓ Urine and Stool Analysis
- ✓ Nutrition, Cardiology & Urology Consultation

### Premium Check-Up Female Package JMD\$225,000 (USD\$1,500)

- ✓ Physical Examination by a Doctor
- ✓ Gynecological Examination + Pap Smear
- ✓ ECG (Electrocardiogram) & Stress ECG
- ✓ Chest X-Ray
- ✓ Abdominal and Pelvic Ultrasound
- ✓ Mammography and Breast Ultrasound
- ✓ Advanced Blood Tests (CBC, Cholesterol, Glucose, Kidney & Liver Function, Thyroid, Tumor Markers, Vitamins)
- ✓ Bone Densitometry (DEXA)
- ✓ Urine and Stool Analysis
- ✓ Nutrition, Cardiology & Gynecology Consultation

## Cancer Screening Health **Check-Up Packages**

### Cancer Screening Male Package JMD\$105,000 (USD\$700)

- ✓ Physical Examination & Risk Assessment
- ✓ Chest X-Ray & Abdominal Ultrasonography
- ✓ Tumor Markers (AFP-Liver, CEA-Colon, hCG-Genitals, PSA Total & Free-Prostate)
- ✓ Executive Blood Panel (CBC, Cholesterol, Glucose, Liver & Kidney Function, Inflammatory Markers, Vitamins, HbA1C)

### Cancer Screening Female Under 40 Package JMD\$112,500 (USD\$750)

- ✓ Gynecological Examination & Pap Smear
- ✓ Breast & Pelvic Ultrasound
- ✓ Tumor Markers (AFP-Liver, CA125-Ovaries, CEA-Colon, CA15-3-Breast, hCG-Genitals)
- ✓ Executive Blood Panel (CBC, Glucose, Liver & Kidney Function, Thyroid, Vitamins, HbA1C)

### Cancer Screening Female Over 40 Package JMD\$120,000 (USD\$800)

- ✓ Gynecological Examination & Pap Smear
- ✓ Breast & Pelvic Ultrasound
- ✓ Tumor Markers (AFP-Liver, CA125-Ovaries, CEA-Colon, CA15-3-Breast, hCG-Genitals)
- ✓ Executive Blood Panel (CBC, Cholesterol, Glucose, Liver & Kidney Function, Inflammatory Markers, Vitamins, HbA1C)

## Cardiology Health **Check-Up Packages**

### Health Of My Heart Package JMD\$187,500 (USD\$1,250)

- ✓ Cardiology Consultation
- ✓ ECG (Electrocardiogram) & Stress ECG
- ✓ Echocardiography
- ✓ Carotid Doppler US
- ✓ Calcium Score (optional)
- ✓ Heart-related Blood Tests:
  - Lipid Panel
  - Lipoprotein Fractionation
  - sd LDL
  - CRP, HS
  - Lipoprotein(a)
  - Apolipoprotein A-1 (Apo-A)
  - Apolipoprotein B (Apo-B)
  - Insulin, Fasting
  - PLAC (Lp-PLA2)
  - Vitamin D, 25-Hydroxy, Total
  - CMP w/eGFR
  - CBC w/Diff
  - Thyroid Panel (Free T3, Free T4, TSH)
  - Reverse T3
  - Vitamin B12
  - Testosterone, Free & Total w/SHBG

# Pricing

## ✔ General Health Check-Up Packages

- Basic Health Screen – **JMD\$30,000 (USD\$200)**
- General Check-Up Female Under 40 Package **JMD\$82,500 (USD\$550)**
- General Check-Up Male Package **JMD\$78,000 (USD\$520)**
- General Check-Up Female Over 40 Package **JMD\$90,000 (USD\$600)**

## ✔ Comprehensive Health Check-Up Packages for Men

- Male Health Check-Up Under 40 Package **JMD\$105,000 (USD\$700)**
- Male Health Check-Up Over 40 Package **JMD\$112,500 (USD\$750)**

## ✔ Comprehensive Health Check-Up Packages for Women

- Female Health Check-Up Under 40 Package **JMD\$96,000 (USD\$640)**
- Female Health Check-Up Over 40 Package **JMD\$127,500 (USD\$850)**

## ✔ Pediatric Health Check-Up Package

- Healthy Generation Package **JMD\$82,500 (USD\$550)**

## ✔ Executive Health Check-Up Packages

- Executive Check-Up Male Package **JMD\$165,000 (USD\$1,100)**
- Executive Check-Up Female Package **JMD\$180,000 (USD\$1,200)**

## ✔ Premium Health Check-Up Packages

- Premium Check-Up Male Package **JMD\$225,000 (USD\$1,500)**
- Premium Check-Up Female Package **JMD\$225,000 (USD\$1,500)**

## ✔ Cancer Screening Health Check-Up Packages

- Cancer Screening Male Package **JMD\$105,000 (USD\$700)**
- Cancer Screening Female Under 40 Package **JMD\$112,500 (USD\$750)**
- Cancer Screening Female Over 40 Package **JMD\$120,000 (USD\$800)**

## ✔ Cardiology Health Check-Up Packages

- Health Of My Heart Package **JMD\$187,500 (USD\$1,250)**

## FAQs

### How Long Does A Typical Visit Take?

Depends on the package, but approximately 2 days.

### Do You Accept My Insurance?

Yes.

### Can Tests Be Done Remotely?

No.

### What If I Have Existing Conditions?

That is absolutely fine, this is when Health Check-Ups become even more important

## Our Expert

### Dr. Jodine Jackto-Tafari

Dr. Jodine Jackto-tafari is a physician-scientist whose work bridges clinical medicine and translational research, with a focus on leveraging data-driven approaches to improve patient outcomes. Her career is characterized by a commitment to innovation, interdisciplinary collaboration, and equitable access to advancing diagnostics and therapies.

**CLINICAL PRACTICE**—Board-certified Family Physician with a passion for prevention and longevity, integrating primary care with digital health tools to enhance continuity of care.

**RESEARCH AND INNOVATION**—Leader in translational medicine, developing novel diagnostic platforms and biomarkers that streamline early detection and personalized treatment strategies.

**IMPACT AND LEADERSHIP**—Established multidisciplinary programs that bring together clinicians, information technologists, and data scientists to accelerate bench- to-bedside innovation; advocate for patient inclusivity and empowerment.

**RECOGNITION**—Recipient of the GlaxoSmithKline women in science award recognizing her research and academic excellence and the Montego Bay Chamber of Commerce Award recognizing her laboratory: Acculab, as best start up business.



***“Medicine advances when science meets compassion, and every patient’s story informs the next discovery.”***

## How to Book a **Health Check-Up**

Booking a health check-up appointment at Sekhmet is simple, convenient, and can often be done entirely online whether you are a local resident or an international visitor.

Visit our website where you will find detailed online Health Check-Up Packages, prices, and information about what's included. Follow the instructions there.

You are precious and important, and so is your health! Don't wait any longer. Get tested today! Reach out to Sekhmet Medical for a free consultation.

**call:** 8765087535 or **email:** [executive@sekhmetmedical.com](mailto:executive@sekhmetmedical.com)

## How to Prepare for your **Health Check-Up**

It is important to prepare for the full medical check-up to guarantee a smooth experience and accurate results, and these preparations include following certain instructions like:

- ✓ Fasting, except for water, may be required for certain tests.
- ✓ You should fast for about 8-12 hours, which is usually recommended for glucose and cholesterol tests.
- ✓ Avoid smoking or drinking alcohol before your tests, as they may affect the results.
- ✓ List any unusual symptoms, noting when they started, how often they occur, and what affects them.
- ✓ List all medications or supplements you take.
- ✓ Wear comfortable clothes and avoid jewelry or cosmetics for imaging tests.
- ✓ For urine tests, arrive with a full bladder and avoid scheduling check-ups during menstruation, as it may affect results.
- ✓ Avoiding sexual intercourse 24 hours before a urological or gynecological examination.

# What the Health Check-Up Process Involves

## DAY 1

**ARRIVE FASTING**

**BLOOD WORK BY ACCULAB**  
DIAGNOSTICS LIMITED  
"Accuracy you can Trust"

**LIGHT BITE TO EAT**

**PATIENT ASSESSMENTS**

**HOME TO RECOVER**

## DAY 2

**FULL EXAMINATION**

**REPORTING WITH PLAN & RISK ASSESSMENT**

*Jamaican Company Enrollment Plans Available  
Most Insurance Accepted*



## SEKHMET MEDICAL CENTER

Shop 14 | Bogue City Center  
Montego Bay | St James  
**Call:** 876-508-7535 | **Email:** [executive@sekhmetmedical.com](mailto:executive@sekhmetmedical.com)

HOURS TAILORED FOR EXECUTIVES  
Early Mornings, Late Evenings, Weekends



visit our website for more information