

Healthspring Women's Care (15 - 20 years)

When a young woman reaches puberty, there are many health related issues that she faces. Healthspring offers a program especially for women between 15 to 20 years of age. So, if you belong to this age group, our doctors will help you understand the concepts of growth, hormonal changes, and menstruation cycle. Our nutritionists will also guide you on proper diet, personal hygiene regime and lots more. This package also includes routine health assessment, and consultations with our in-house physicians, dieticians, gynaecologists who are ready to assist you and resolve all your doubts.



- **Growth**
- **Menstruation**
- **Hormonal factors**
- **Diet & physical activity to maintain ideal body weight**
- **Personal hygiene**
- **Immunization against HPV**

Consultation

Gynaecologist consultation	4
Physician consultation	4
Dietician consultation	1

Pathology

Blood Group	✓
Complete Blood Count & ESR	✓
Fasting Blood Sugar	✓

TSH	✓
Urine Routine	✓
Stool Routine	✓
Prolactin	✓
Leutinizing Hormone (If doc suggests)	✓
Follicle Stimulating Hormone (If doc suggests)	✓
Others	
USG Abdomen Pelvis	✓
Discounts	
Pathology	10%
Radiology	5%
Pharmacy & Vaccination	10%
24x7 Medical Emergency Response (1 Emergency Free)	✓
MEMBERSHIP FEE	3999

Are you ready for your health check?

- Please ensure you take an appointment before visiting our clinics as we want to give you the best service possible.
 - Please do bring all your previous medical records with you on the day of the test. This will help our doctors know you better and assist you accordingly.
 - Please carry your current medications on the day of your appointment in order to avoid any confusion.
 - Please make sure you follow all the instructions given to you before the test, so that the test is completed without any hindrance.
 - Please dress in comfortable clothing and avoid wearing jewelry, as this may interfere with the test results.
 - Urine samples will be collected at the center.
 - Please do not consume alcohol for at least 72 hours before the test, as it can interfere with your test results.
 - Important: Please make sure your appointment does not clash with your menses (monthly periods), as you will not be able to complete the urine sample test, or the PAP smear test
 - Finally, be relaxed! You are in good hands - our doctors are here to help, and will spend as much time as required to get all your health issues resolved and guide you to a road to complete wellness.
-