

## Healthspring Women's Care (20 - 30 years)

This package is intended for young women who are about to get married, or newly-married women who are planning a family. Our doctors will provide comprehensive consultation on menstruation, proper contraception, and preconception advice. Various health checks will be conducted as a part of medical screening for early detection of ailments or disorders, if any. Additionally, consultation sessions will be conducted with our certified GPs, Gynaecologists and Dieticians for overall health and fitness.



**Focus Areas**

**Menstruation**

**Contraceptive counseling**

**Preconception advice**

**Screening for medical disorders**

**Diet & physical activity to maintain ideal body weight**

Consultation	
Gynaecologist consultation	4
Physician consultation	6
Dietician consultation	2
Pathology	
Blood Group	✓
Complete Blood Count & ESR	✓
Fasting Blood Sugar	✓
Post Prandial Blood Sugar	✓
SGOT/ SGPT/ S. Bilirubin	✓

BUN/S.Creatinine/S.Calcium	✓
Total Cholesterol	✓
Vit D	✓
Thyroid Profile	✓
Urine Routine	✓
Stool Routine	✓
PAP Smear	✓
<b>Others</b>	
ECG	✓
Breast Examination	✓
USG Abdomen Pelvis	✓
<b>Discounts</b>	
Pathology	10%
Radiology	5%
Pharmacy & Vaccination	10%
24x7 Medical Emergency Response (1 Emergency Free)	✓
<b>MEMBERSHIP FEE</b>	<b>4999</b>

## 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.