



*Women's*  
**WELLNESS  
PROGRAM**

HOLISTIC HEALTH FOR WORKING WOMEN



Personalized and transformational health and wellness services for corporate women employees enabling physical, mental, and emotional well-being.

Scan QR code  
to Subscribe Now!



## FOCUSED CARE FOR WOMEN



### Personalized Gynecological Care and Specialist Consults

Our experienced gynaecologists & specialists ensure comprehensive monitoring of female health to prevent & protect them against infections and diseases.

The care include treatment for hormonal imbalance, UTI, PCOS, anaemia, routine care, and age-driven issues.

**Essential Labs & Diagnostics**

**Physical Gynae Consultations**

**IM, Physiotherapist & Derma Consultations**



### Physical Well-Being and Fitness Coaching

We ensure a holistic well-being for you to maintain a healthy quality of life and promote work life integration in the right way. We are your personal health cheerleader, guide, and partner.

**Fitness Sessions**

**In-person Consults with Coaches**

**Body Toning by Fitness Experts**



### Individualized Nutrition and Weight Management

Our expert dieticians design personalized diet plans according to your health needs. Balanced nutrition and a healthy diet can support your body in many ways to improve your energy and mood, combat stress, or boost fertility. What you fuel your body with can make an impact.

**Personal Diet & Nutrition Plans**

**Weight Management**

**Lifestyle Enhancement & Corrections**



### Emotional and Mental Well-Being

Get inspired to change the way you lead your day-to-day life and get closer to a holistic healthier self. Our experts are here to guide your way to improved mental, and emotional health.

**Individual/Couple Counselling**

**Work-Life Integration**

**Happiness at Home**

## WHAT YOU GET

CATEGORY	OFFERINGS	CONSULTS
Specialist Consults/ Wellness Sessions	<ul style="list-style-type: none"> <li>Gynaecology</li> <li>Dermatology</li> <li>Internal Medicine</li> <li>Dietician</li> <li>Dentist</li> <li>Physiotherapist</li> <li>Expert/Specialist well-being session</li> <li>Life Coach</li> </ul>	<p>4</p> <p>2</p> <p>2</p> <p>5</p> <p>2</p> <p>2</p> <p>2</p> <p>6</p>

CATEGORY	OFFERINGS	CHOICE OF TESTS
Lab Services	<ul style="list-style-type: none"> <li>HbA1c, Lipid Profile, FBS</li> <li>CBC with Iron Profile</li> <li>Vitamin Profile (Vit D and Vit B12)</li> <li>Thyroid Profile (FT3, FT4, TSH)</li> </ul>	Select Any 2
Diagnostic Services	<ul style="list-style-type: none"> <li>Ultrasonography (Pelvis/Lower Abdomen/ Whole Abdomen/TVS)</li> <li>Mammogram</li> </ul>	Select Any 1

### Additional Benefits

Kitty Budget of Rs. 2000  
(After taking into HCL discount)

\*can be availed for any lab or diagnostic services within our network, as prescribed by the doctor

Online  
Fitness  
Sessions

Specialist Speaker  
Sessions  
(Monthly)

Individual Diagnostics  
@ 30% Discount  
(excluding package  
Diagnostics)  
\*(\* On select  
Networks only)

## PRICE & TAX IMPLICATIONS

The price of the Women's Wellness Program is

**Rs. 5,999/-**

which is funded by your organization and you shall have no bearing to the above cost, except tax implications that will be displayed in your monthly statements.

## SPREADING HEALTH AND HAPPINESS





I joined the Care Plan in October. I initially joined the Pre-Diabetes Care Plan and my weight was 94 kgs at that time. In November, I had dietician consultation, and they gave me a food chart. Looking into the food chart,

I felt it was not very difficult to follow, but still I did not follow it fully. For 3 months, I followed only the diet (no exercises or physical activities) and I reduced 10 kgs. I just started walking within my house (10000 steps) a day. Got motivated by HCL health challenge 1.0 and I am following that still. So, this has now become my regular routine and I am now 57 Kgs. I totally avoided tea, coffee, junk foods, aerated drinks and sweets.

Special thanks to Suganya S (my previous health coach), Selva Abbirami (my current dietician).


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 (Monday to Saturday - 9:30 AM to 5:30 PM)