



# ONE CARE CONNECT

Embrace 360° Care 24x7



## ADULT WELLNESS PROGRAM



Feel better, Live better

### What is Adult Wellness?

An Adult Wellness Program is a comprehensive health initiative designed to promote and maintain the overall well-being of adults. It typically includes healthcare services such as regular health screenings, fitness assessments, nutritional guidance, and mental health support. The program aims to detect early signs of health issues, encourage healthy lifestyle choices, and manage chronic conditions. By providing personalized care and proactive health management, an Adult Wellness Program helps individuals improve their quality of life and reduce the risk of serious health problems as they age.

Promoting Preventive Care and Delivering Personalized Care



Adult Wellness Plan (202)		Connect ₹ 1999 Annual	Care ₹ 2999 Annual	CarePlus ₹ 4999 Annual
Worth of INR		₹ 4000	₹ 8000	₹ 12000
1.	Health Card	✓	✓	✓
2.	Personal Health Profile	✓	✓	✓
3.	Personal Health Coach	✓	✓	✓
4.	<b>Master Health Checkup</b>			
	CBP	✓	✓	✓
	HBAIC	✓	✓	✓
	Thyroid Profile	✓	✓	✓
	Lipid Profile Test	✓	✓	✓
	Renal Profile	✓	✓	✓
	Liver function Test	✓	✓	✓
	Electrolytes	✓	✓	✓
	CA 125	✗	✗	✓
	Total Vitamin D	✗	✗	✓
	B12	✗	✗	✓
	Ultrasound whole abdomen	✗	✓	✓
	Chest X Ray	✗	✓	✓
	ECG	✗	✓	✓
5.	Tele Consultations	4	6	8
6.	Medications	✓ (up to 10% Discount)	✓ (up to 15% Discount)	✓ (up to 20% Discount)
7.	Other Lab Tests	✓ (up to 20% Discount)	✓ (up to 25% Discount)	✓ (up to 30% Discount)
8.	Specialty Doctors	✓ (up to 10% Discount)	✓ (up to 15% Discount)	✓ (up to 25% Discount)

**Note:**  
\*Tele Consultations include General Physician, Nutritionist, Therapist, Fitness or Yoga expert

Call us for Family Pack Specials

## Benefits:

- ▶ Get valuable insights into your health status with comprehensive screenings.
- ▶ Consult with experienced healthcare professionals on various health concerns.
- ▶ Enjoy the convenience of accessing healthcare services within your community.

## About Us:

One Care Connect is dedicated to providing accessible and high-quality healthcare services to communities. Our team of experienced healthcare professionals is committed to promoting health and wellness through comprehensive screenings and personalized care.

## In Compliance With

## Partners



## Contact Information :

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For More Info