



ONE CARE CONNECT

Embrace 360° Care 24x7



HYPERTENSION CARE

MONITOR AND MANAGE HYPERTENSION SAFEGUARD YOUR HEALTH

WHAT IS HYPERTENSION?

Hypertension or high blood pressure, is a common condition where the force of the blood against the artery walls is too high. Over time, this can lead to serious health issues such as cardio vascular disease, brain stroke and kidney problems.

BENEFITS OF JOINING ONE CARE CONNECT HYPERTENSION CARE PROGRAM

- Receive tailored hypertension management plans based on your unique health profile, ensuring the most effective & personalized care.
- Connect with doctors & specialists anytime through telemedicine for ongoing support and adjustments to your treatment.
- Scheduled check-ins and reminders helps you to track your health status there by preventing complications and promoting long-term health.



WhatsApp support / Call us for a Free Consultation: +91 905 954 8787



Monthly Hypertension Care Plans		Care ₹ 1000 Monthly	Care+ ₹ 1300 Monthly	Care++ ₹ 1800 Monthly
Worth of INR		₹ 1500	₹ 1800	₹ 2500
1	Digital ABHA ID	✓	✓	✓
2	Personal Health Profile	✓	✓	✓
3	Personal Health Coach	✓	✓	✓
4 Tele Consultations				
	General Physician	4/Per Year	6/Per Year	8/Per Year
	Nutritionist	4/Per Year	6/Per Year	8/Per Year
	Fitness/Yoga	4/Per Year	6/Per Year	8/Per Year
	Psychologist/Therapist	4/Per Year	6/Per Year	8/Per Year
	WhatsApp Support	Unlimited	Unlimited	Unlimited
5 Hypertension Tests				
	Lipid Profile	2/Per Year	4/Per Year	4/Per Year
	Creatinine	2/Per Year	4/Per Year	4/Per Year
	Cardiac Profile	✗	✗	✓
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)

★ Initial Assessment fee is 1200/- ★ Initial Assessment fee will be waived if paid in full

How to Manage Hypertension

- **Monitor Your Blood Pressure Regularly:** Check it at home and at your doctor's office.
- **Adopt a Heart-Healthy Diet:** Reduce sodium, increase fruits and vegetables, and limit alcohol.
- **Exercise Regularly:** Aim for at least 150 minutes of moderate exercise per week.
- **Reduce Stress:** Practice relaxation techniques such as meditation or deep breathing.

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 :

- +91 905 954 8787
- support@onecareconnect.com
- www.onecareconnect.com
- Modern Profound Tech Park, Unispace, 3rd Floor, North Block,
Suite: 302, Whitefield, Kondapur, Hyderabad, 500032



For More Info