



WOMEN CARE

CARING FOR YOU, EVERY STEP OF THE WAY.

What is Women Care?

Women's health care encompasses a range of services designed to address the unique health needs of women at every stage of life. It focuses on preventive care, reproductive health, and overall wellness to ensure women maintain their health and well-being. This includes routine screenings, managing chronic conditions, and addressing both physical and mental health needs.

Importance of Women Care

Women's care is vital to the overall well-being and health of society, as women play a central role in families and communities. Focusing on women's health ensures that they receive the specialized care needed for their unique biological and life stages, from reproductive health to menopause and beyond. By prioritizing women's care, we not only improve their quality of life but also contribute to healthier families and stronger communities.

Benefits of Joining One Care Connect Women Care

1. Detailed evaluations to identify and manage health issues specific to women, including breast and cervical health.
2. Access to a network of specialists, including gynaecologists, endocrinologists, and mental health professionals.
3. Customized advice on nutrition, exercise, and lifestyle modifications to support overall health and prevent disease.
4. Convenient virtual appointments with healthcare providers for routine check-ups, follow-ups, and health advice.
5. Strategies for managing chronic conditions, preventive care, and early detection of potential health concerns.



+91 905 954 8787

Comprehensive Health Considerations for Women Aged 40 and Over

- 1. Cardiovascular Health:** The risk of heart disease increases due to factors such as high blood pressure and cholesterol. Regular screenings and a heart-healthy lifestyle are vital. American Heart Association
- 2. Menopause Management:** Menopause, typically starting in the late 40s, brings hormonal changes leading to symptoms like hot flashes, mood swings, and vaginal dryness. Hormone replacement therapy (HRT) and lifestyle adjustments can help manage these symptoms.
- 3. Bone Health:** Reduced bone density increases the risk of osteoporosis and fractures. Engaging in weight-bearing exercises and maintaining a diet rich in calcium and vitamin D are essential.
- 4. Mental Health:** Women may experience heightened depression and anxiety due to hormonal shifts and life changes. Mental health support and stress management strategies are beneficial.
- 5. Breast Health:** Regular mammograms are crucial for early detection of breast cancer, which is increasingly important with age.
- 6. Thyroid Function:** Age-related thyroid disorders, such as hypothyroidism, can cause symptoms like fatigue and weight changes, necessitating regular evaluations.
- 7. Urinary Health:** Issues such as urinary incontinence and frequent UTIs can arise due to hormonal changes & weakened pelvic muscles. Pelvic floor exercises and professional consultation can aid in management.

Key statistics

- 1. Chronic Diseases:** About 12.2% of women have diabetes, and cardiovascular disease is the leading cause of death for 1 in 5 women.
- 2. Reproductive Health Issues:** PCOS affects 6-12% of women, and endometriosis impacts about 10% of women during their reproductive years.
- 3. Mental Health Challenges:** Women are twice as likely as men to experience major depression, and 60% more likely to experience anxiety disorders.
- 4. Physical Health Problems:** Approximately 1 in 2 women over 50 will suffer a fracture due to osteoporosis.

Annual Wellness Plans		Connect	Care	CarePlus
	Worth of INR			
1	Digital ABHA ID	✓	✓	✓
2	Personal Health Profile	✓	✓	✓
3	Personal Health Coach	✓	✓	✓
4	Tele Consultations*			
5	Medications			
6	Lab Tests			
7	Specialty Doctors			

In Compliance With



Partners

