



Women's
**WELLNESS
PROGRAM**

HOLISTIC HEALTH FOR WORKING WOMEN

Duration : 6 Months



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 & Dental 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	• Gynecologist	4
	• Dermatologist	2
	• Internal Medicine	2
	• Dietician	5
	• Dentist	2
	• Physiotherapist	2
	• Expert/Specialist well-being session	2
	• Psychologist	6

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