



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

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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



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

CATEGORY	OFFERINGS	CHOICE OF TESTS
Lab Services	 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	 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/-



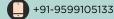


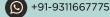
SPREADING HEALTH AND HAPPINESS



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 Kqs. 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).

Contact us:





Email us at:



