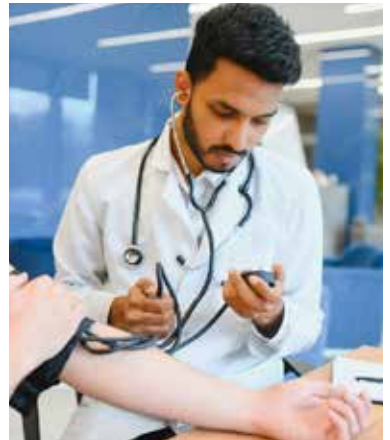


# Prophylaxis program

The future of preventive care.



# About Medanta Health Checks



Prophylaxis - Medanta's comprehensive health check program is designed to help you track your health and hence reduce your chances of falling 'ill'. Our health checks include detailed pathological and radiological investigations as well as lifestyle and mental health screenings to assist in understanding your health and adopt pro-active measures to ensure your physical, emotional and physiological wellbeing

## Defining Health Check-ups and Needs

### What is a health check-up?

Regular health exams and tests are AMC (annual maintenance checks) for your body. It can help identify problems before they start as well as detect diseases early on, when your chances for cure and recovery are better. Type of exams and screenings you need, depends on your age, health and family history, as well as lifestyle choices such as what you eat, how active you are, and whether you smoke or consume alcohol.

The following are suggested to do before any health check-up to make the most of the opportunity:

- Reviewing family medical history.
- Collating previous medical records.
- Finding out if any general screenings or vaccinations are due.
- Writing down a list of health issues and concerns.

### Why do you need a health check-up?

Medanta understands that in this fast paced world, your health is of prime importance. Hence we bring to you first-of-its-kind customized and prompt health checks done by highly qualified and experienced medical team.

### Getting a regular health check up helps:



Detect health problems before they become threats.



Avoid risks of hereditary health issues.



Prevent past health issues from recurring.



Monitor and track chronic conditions.



Be aware and prepared for age-related health issues.

# How to Approach Health Check-Ups?



## How frequent should health check-ups be?

The recommended frequency for undergoing a health check would vary from one person to another, depending upon their current health status. According to globally accepted recommendations, healthy individuals below 40 years should be getting a health check done once a year, whereas people above the age of 40 should get it done once in 6 months.

## What type of health check-up package to choose?

Your past medical history, present health concerns, family medical history and risk factors help to determine the health check-up that would best assess your health status. At Medanta, we have developed an AI-based tool that can help you design your own unique health check package by answering a few simple questions about your health.

# What Do Our Health Packages Offer?

## What sets our health check programs apart?

At Medanta, we have transformed the traditional 'Executive Physical-Exam' from a mere data-gathering checklist into a fully integrated, comprehensive 360° evaluation, including physical, mental and lifestyle assessments by some of the best medical experts in the world.

Unlike other health checks available in the market that only focus on physical well-being, our health assessment takes a holistic approach to all aspects, including lifestyle, nutrition, physical posture, stress, genetics, as well as mental and social wellness.

The highly-qualified team helps people understand medical reports, explaining the underlying risks and working along with them to formulate a health plan based on gender, age, lifestyle, previous medical history and current health check results.



Medanta's Preventive Health & Wellness Program - *Prophylaxis* is designed to provide you with customized comprehensive full body checks by experienced medical experts at our world class facilities backed by excellent infrastructure and latest equipment. The Prophylaxis program offers tailor made health checks to screen you for health issue from head to toe.



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