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**FAQ‘s for your treatment**

Our long term vision at the Life and Wellness Co. is that more and more people move towards preventative healthcare and are able to understand the importance of creating a healthy lifestyle. We believe this is possible through the type of treatment you choose to go for: executive health check-up or a wellness program.



HOW DOES IT WORK?

After you contact us and tell us about your health issues, we set up a phone consultation between you and the Doctor to develop a treatment. After you confirm your treatment and travel dates, we help you organise your entire trip, from flights to airport transfers, local transport and where needed, sightseeing tours and accommodation.

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| **DATE** | **ACTIVITY** |
| **PLANNING STAGE** | You get in touch with us and share details of your health conditions. |
| We coordinate a phone consultation between you and the Doctor and develop a treatment plan. |
| You confirm treatment plan and finalise departure date. |
| We help you with your flight tickets & Visa, and any other issues. |
| **TRAVEL** | You fly to a destination that has been chosen by you. We arrange an airport pickup, and take you to the hospital directly, where we help you check in. |
| **HOSPITAL TIME** | Total Days specified by the health care provider. |
| **RETURN HOME** | Fly back home. We help you check out of the hospital and see you off at the airport. |

WHAT IS A TREAMENT PLAN?

Essentially, a treatment plan is a personalised plan. The health care providers request access to your medical records in order to make an assessment to prescribe a treatment best suited to your need.



HOW LONG IS THE TREATMENT?

This would depend entirely on you, your time constraints, your health conditions and the treatment plan prescribed. The health care providers are the best judge once your medical records are reviewed.

HOW MUCH DOES IT COST?

Once again, this would depend on your treatment plan. Get in touch with us, and based on your individual needs, we will develop a treatment plan with costs for you.

IS THERE A DAILY ROUTINE AT THE HOSPITAL?

Depending on the health condition you have, the no of days in hospital a routine would be recommended. It could be physiotherapy post a knee surgery for a few days or general bed rest.

WHERE IS THE CLINIC?

Through our portal we give you access to doctors that specialize in different fields of medicine. It allows you to further navigate where you wish to be treated by city & country.

WHEN IS THE BEST TIME TO GO?

We believe that the best time to go is NOW! Why wait – Health issues are best addressed at the earliest.

CAN I GO SIGHTSEEING WHILE I AM THERE?

We understand that while in India some of you may like to visit some sights of cultural or historical importance in the area. While this may be possible during your free time at the hospital, the doctors generally prefer that the patients do not exert themselves during their treatment period. However a journey can always be arranged post recovery from your medical treatment.

WHAT IS THE ACCOMODATION LIKE?

There are two options for accommodation:

Health Care Providers: Hospitals & Clinics have different categories of rooms. They cater to your budget & additional requirements. This is left to our client’s discretion completely as to which type of accommodation they choose from.

WHAT IS THE FOOD LIKE?

At different destinations health care providers have different foods. A lot depends on the daily dietary requirements that are prescribed by a nutritionist for you.

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CONTACT US

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We wish you a Life of Good Health and Wellness