

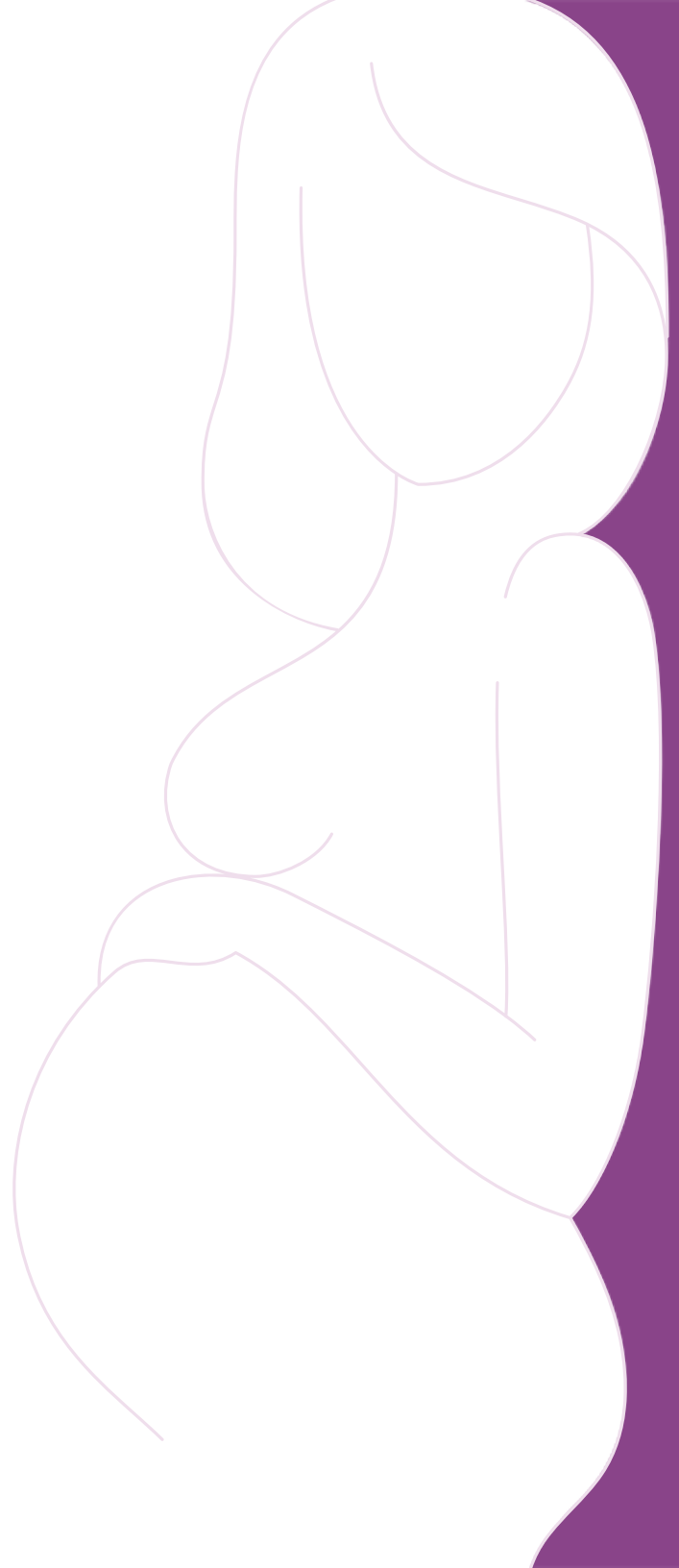




Crysta is a complete reproductive health platform which simplifies, navigates and provides fertility and pregnancy related diagnostics tests and services. The services include online Fertility specialist, Obstetrics and Gynaecologist and Fetal medicine specialist consultation.

Crysta have its own PCPNDT approved state-of-the-art lab where not only routine test but advance technology tests from miscarriage pregnancy test like Karotyping to Non- Invasive pre-natal and embryo screening pre-implantation tests (PGS) are done with leading scientific team working both in NCR and London.

Crysta's personalised platform also manages pregnancy records, calendar for easy and secure access.



## ***What does Crysta provide?***

Being a progressive platform, Crysta provides online consultations with renowned doctors regarding fertility and pregnancy related queries.



Crysta caters to diagnostic tests for fertility, pre-pregnancy and pregnancy in exclusive and affordable packages.



Helps track patient appointments and tests, automated report update with easy and secure access to the data.



Counselling services for couples seeking consultation regarding fertility or pregnancy.

## ***How does Crysta work?***

Crysta is an online platform which enables users to book online consultations with our panel of specialists. It also provides a range of diagnostic tests for fertility and pregnancy which can be booked through the online portal upon clinician referral. Individual clinician and client IDs are generated upon registration which allow easy access to the services provided.

## Single Platform

provides access to all digital consultation services for consulting with the patient and relevant testing during pregnancy with on time reports



## Cost-effective and Flexible Packages

For patients, packages can be customised as per clinician's requirement



## Patient Appointment Tracking

Provided by digital platform for both clinician and patient



# WHY crysta

## Genetic Evaluation

And consultation for every patient



## Convenient

Sample collection and report delivery



## Real-time

Resolving of queries regarding testing/report or support for the digital platform



Crysta  
Services



Pregnancy



Genetic



Fertility



# Pregnancy

## What is Pregnancy Counselling?

A positive pregnancy test is a joyous moment for every couple that also brings along with it anxiety and fear. Pregnancy counsellors at Crysta help the couple to understand and manage their pregnancy at every milestone.

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Pre-natal testing ensures that couples are in the healthiest state to conceive. Also to eliminate any potential health conditions for the baby.

### ***Pre - Conception***

- Complete Blood Count
- Blood group
- Thyroid function tests (T3, T4, TSH)
- Blood sugar levels (Fasting/Post Prandial)
- Serum Urea
- Serum Creatinine
- Complete Urine examination
- Whole abdomen ultrasound scan
- Tests for STD's (HIV, HCV, HbSAg, VDRL)  
Australia Antigen
- Hemoglobin HPLC (Thalassemia screening)
- Couple karyotype
- Complete pre-pregnancy package

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- To confirm for viable pregnancy and to determine the gestational age.
- Routine blood work done to check for STDs, blood type and Rh factor and other infections.
- Combined test to assess the risk of Down's syndrome and Edward's syndrome.

### ***First Trimester screening***

#### ***Up to 12 weeks***

- Urine Pregnancy Test
- Complete Blood Count
- Blood group
- Thyroid function tests (T3, T4, TSH)
- Blood sugar levels (Fasting/Post Prandial)
- Serum Urea
- Serum Creatinine
- Tests for STD's (HIV, HCV, HbSAg, VDRL)
- Complete Urine examination
- Ultrasound scan (pregnancy dating scan)
- Hemoglobin HPLC (Thalassemia screening)
- Combined Test (Double marker + NT Scan)
- Non-Invasive Prenatal Screening (NIPS)

## Is Pregnancy Counselling only for pregnant couples?

Pregnancy counselling can benefit both couples who are pregnant and those who are planning a pregnancy. As would-be parents, every couple intend to take the right measures to ensure their future baby is healthy. A session with a specialist will help the couple make necessary lifestyle changes and prepare for a pregnancy.

“Healthy baby comes from a healthy you”

## How do I book a Crysta Pregnancy Counselling session?

A counselling session can be booked through the online portal on the Crysta website at available time slots according to their convenience.

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- To assess for risk of common chromosomal abnormalities such as Down's syndrome, Edward's or Patau's syndrome and other sex anomalies.
- Ultrasounds done to determine any structural abnormalities and amniotic fluid levels.
- Glucose screening to check for gestational diabetes risk in the mother.

### ***Third Trimester screening***

***13 to 27 weeks***

- Glucose Tolerance Test
- Ultrasound scan (Growth scan)
- Complete blood count
- Thyroid function tests (T3, T4, TSH)
- Tests for STD's (HIV, HCV, HbSAg, VDRL)
- Tests for bleeding disorders

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- Final growth scan to check for baby's growth.
- Foetal Fibronectin testing is advised if woman has signs of preterm labour.
- If a woman participates in high-risk sexual / drug related activities that risk transmission of infections to the fetus then she is advised for serology tests in third trimester.

### ***Second Trimester screening***

***28 weeks to delivery***

- Quadruple Marker Test
- Ultrasound scan (Anomaly scan)
- Test for foetal anomalies (Amnio, NIPT)
- Glucose Tolerance Test
- Thyroid function tests (T3, T4, TSH)
- Complete Urine examination
- Electrocardiogram for mother
- Echocardiography for mother
- Echocardiography for foetus

# Genetic

## What is Genetic Counselling?

Genetic Counselling is the process of helping couples understand and adapt to the medical, psychological and familial implications of genetic diseases that run in a family. A genetic counsellor aims to promote informed choices of their patients, clarifying any doubts they may have regarding the tests and consequently reducing the burden of genetic diseases. It covers four main aspects like *diagnosis, risk estimation, preventive measures, management & support*.

### Process

#### Meeting a genetic counsellor

- Pre test counselling
- Family history
  - Medical history
  - Knowing about the genetic test appropriate for your condition
  - Making an informed decision

#### Family history of three generations

- History of diabetes/hypertension/cardiac issues
- History of any developmental disorder
- History of abortion
- History of any cancer
- History of muscular/skeletal disorder
- History of learning disability

#### DNA Test

- Your DNA is tested for any such mutation which can pass on to your baby

#### Post test Counselling





## Genetic Tests

### ***FISH***

Fluorescence in-situ hybridisation helps amplify specific regions of the chromosomes to check for any changes.

### ***Couple carrier screening***

To identify if the couple are carrying the same recessive gene. Carriers are usually healthy but together may pass on the genetic condition to their offspring.

### ***NIPS***

A non-invasive test screening free floating foetal DNA in mothers blood to check if baby has any chromosomal anomaly.

### ***MLPA***

Multiplex ligation dependant probe amplification is a DNA test which amplifies multiple regions and detects deletions and duplications in specific genes.

### ***Karyotype***

Karyotype is a blood test that examines the 23 pairs of chromosomes for extra or missing or abnormal copies of them in the baby.

### ***Thalassemia screening***

The hemoglobin HPLC test for thalassemia quantifies the different types of hemoglobin in the blood of the parents, to determine if they are at risk of having a baby with thalassemia.

### ***Clinical/Whole exome sequencing***

Next Generation Sequencing tests are used to identify mutations in specific genes of the individual which may cause a genetic disorder.

### ***qf-PCR***

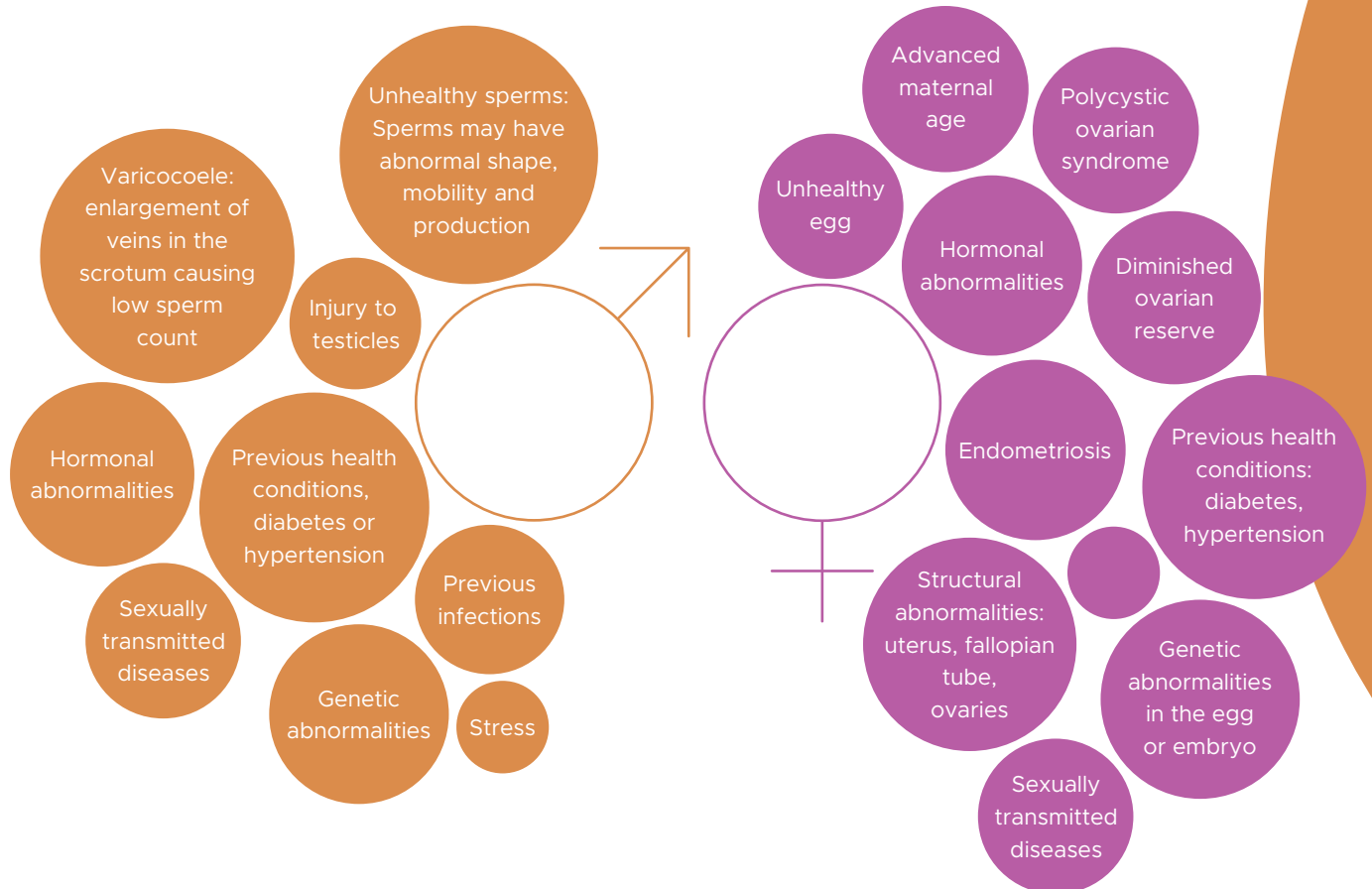
qf-PCR is a DNA test which quantifies the amount of DNA in the sample, and helps detects certain chromosomal anomalies.

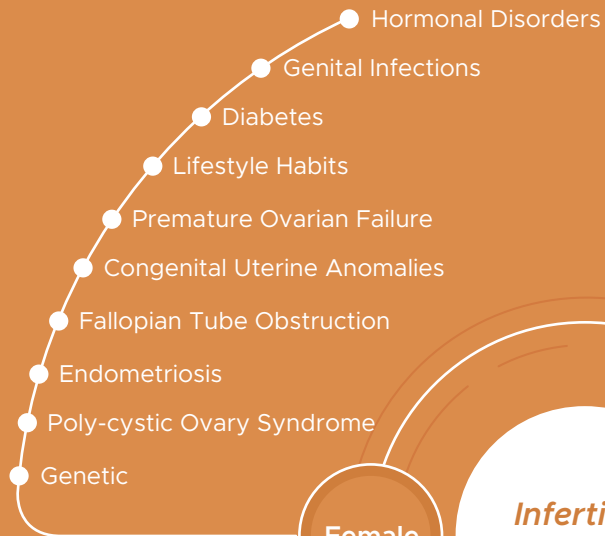
# Fertility

## Why can't I get pregnant?

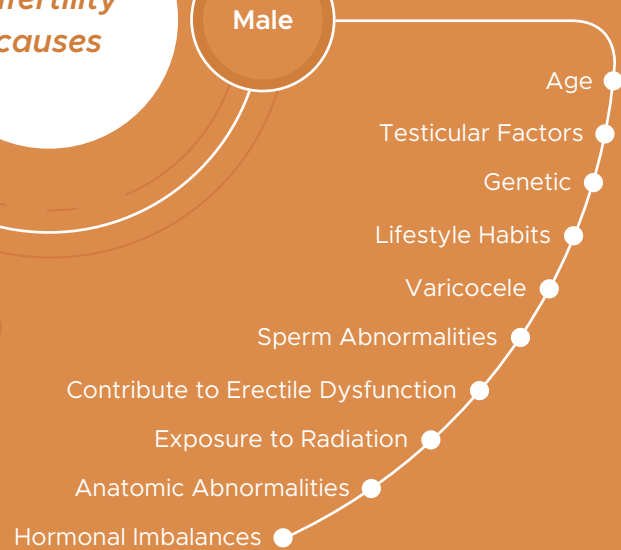
The inability to achieve a pregnancy is a difficult period and can impact the life of the couple. Infertility affects around 15% of reproductive age couples all over the world. It is defined as the inability to conceive after 1 year of unprotected intercourse.

*Infertility may be caused due to male or female factors:*





***Infertility  
causes***



# Fertility

## Fertility Testing



### *Biochemical Test*

#### **Male**

- Semen analysis
- Morphology & Cytology
- Motility & motion analysis
- Male reproductive hormones (FSH, LH, Testosterone)

#### **Female**

- Progesterone levels
- Thyroid function test
- Prolactin level
- Ovulation study
- Female reproductive hormones (FSH, LH, estradiol)

### *Genetic Tests*

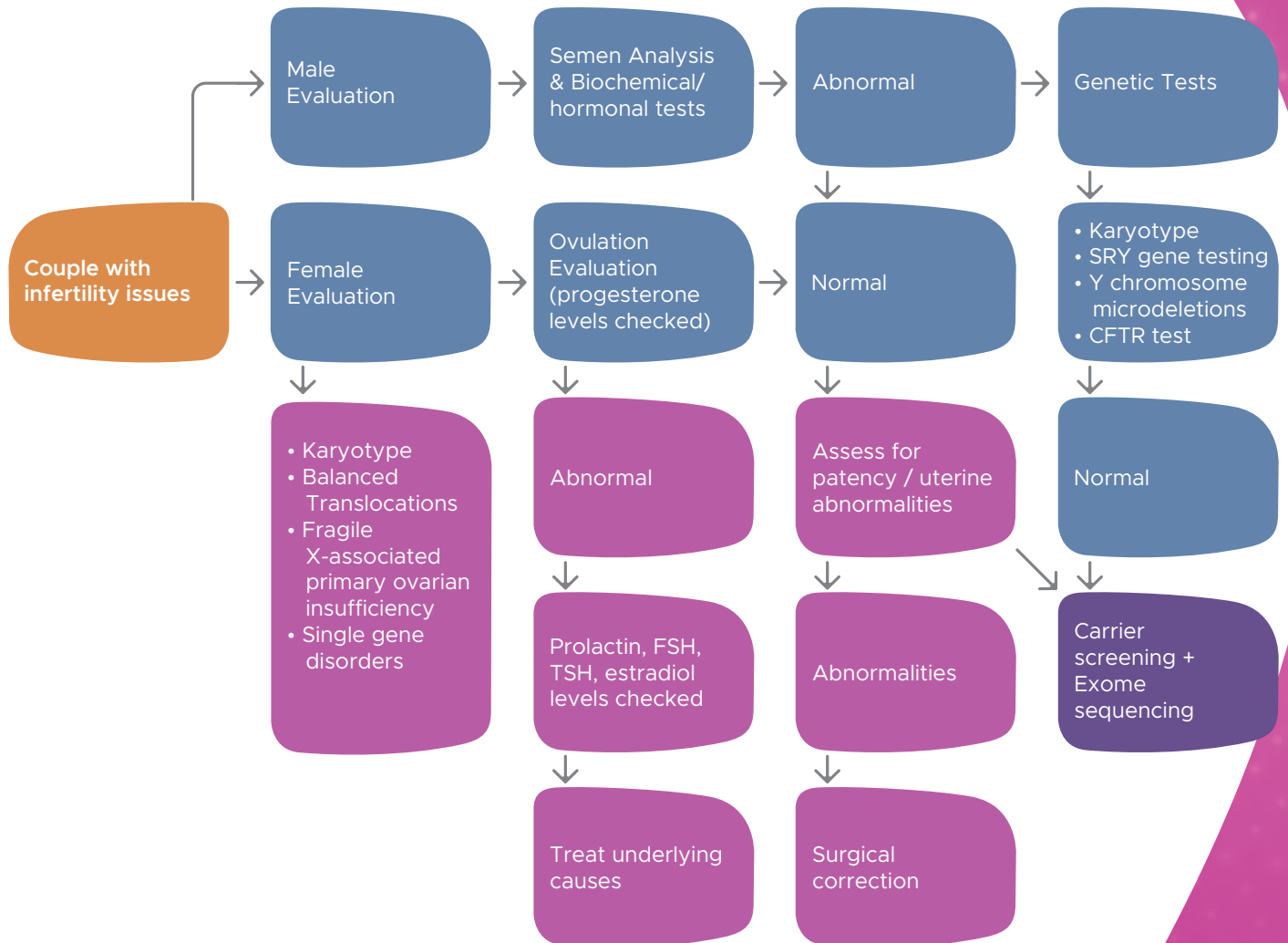
- Y chromosome microdeletions (AZF microdeletions) are identified in up to 6 to 13% of infertile men.
- SRY gene test
- CFTR test for males
- FMR1 mutation in females
- MTHFR test for females
- Couple Karyotyping
- Carrier Screening for 600 known autosomal recessive disorders can help in identifying the single gene disorder causing recurrent spontaneous abortions
- Chromosomal Microarray
- Clinical exome/whole exome

### ***Why should I do next?***

When successive attempts to achieve pregnancy fail, Crysta offers Fertility counselling with renowned Fertility specialists pan India to walk you through personalized treatment options.

### ***What happens in a Crysta Fertility Counselling?***

A Crysta Fertility Counselling session is a safe place for couples to voice their concerns and anxieties related to infertility. We believe that an open discussion with a Fertility specialist not only helps understand the medical reasons behind the infertility but also helps reassure a couple that they are not alone in this journey. The Crysta Fertility team will evaluate the couple and provide best personalized treatment suited to them for achieving a pregnancy.





## *Benefits of Crysta*

### Users

Activated User account on Crysta

Free Consultation after the activation within 3-5 days of membership

Gift hamper from PeeSafe for complete female hygiene

Personalised platform for managing test reports

Online Video Consultation facility at discounted pricing

Pregnancy calendar

Alerts on major screening appointments

Assistance on appointments and radiology services

Ability to participate monthly lucky draw for free Cord storage package

### Gynaecologists

New customer leads and footfall from Crysta

Crysta Video consultation for your own patients

Cord Storage package commercial benefits

Commercial benefit selling Crysta packages

One Free CME pass

Quarterly luck draw for foreign conference on Mother & Child

Personalised customer management platform

1 lifetime scientific publication participation after 1000 packages sold

Every 100 subscriber gift hamper

# Crysta Packages

Rs.4,900

## **Crysta SILVER** **Pre-Pregnancy Panel**

- Complete Blood Count
- Blood group
- Thyroid function tests (T3, T4, TSH)
- Blood sugar levels (Fasting/Post Prandial)
- Serum Urea
- Serum Creatinine
- Complete Urine examination
- Whole abdomen ultrasound scan
- Tests for STD's (HIV, HCV, HbSAg, VDRL)  
Australia Antigen
- Hemoglobin HPLC (Thalassemia screening)
- Couple karyotype
- Complete pre-pregnancy package

Rs.13,398

## **Crysta GOLD** **Pre-Pregnancy Panel**

- PAP smear
- Complete Blood Count test
- Blood group(Husband &Wife)
- Thyroid function tests (T3, T4, TSH)
- Blood sugar levels (Fasting/Post Prandial)  
and (HBA1C)
- Serum Urea
- Serum Creatinine
- Complete Urine examination
- Whole abdomen ultrasound scan
- Australia Antigen test (HBsAg)
- Hb electrophoresis (Thalassemia screening)
- Couple karyotype/ Y-Chromosome  
Microdeletion
- Liver function test
- Vitamin D3 test
- Rubella IgG test

Rs.12,880

### **Crysta SILVER**

#### ***1<sup>st</sup> Trimester Package (Natural Conception)***

- Urine Pregnancy Test
- B hcg test
- Complete Blood Count test
- Blood group (Husband & Wife)
- Thyroid function tests (T3, T4, TSH)
- Blood sugar levels (Fasting/Post Prandial) and HBA1C
- Serum Urea
- Serum Creatinine
- Complete Urine examination
- Ultrasound scan (pregnancy dating scan 6<sup>th</sup> week)
- Hb Electrophoresis (Thalassemia screening)
- Combined Test (Double marker + NT Scan) (11 weeks to 12+6weeks )
- Liver Function Test

Rs.33,880

### **Crysta GOLD**

#### ***1<sup>st</sup> Trimester Package (Natural Conception)***

- Urine Pregnancy Test
- B hcg test
- Complete Blood Count test
- Blood group (Husband & Wife)
- Thyroid function tests (T3, T4, TSH)
- Blood sugar levels (Fasting/Post Prandial) and HBA1C
- Serum Urea
- Serum Creatinine
- Complete Urine examination
- Ultrasound scan (pregnancy dating scan 6<sup>th</sup> week)
- Hb Electrophoresis (Thalassemia screening)
- Combined Test (Double marker + NT Scan) (11 weeks to 12+6weeks )
- Non-Invasive Prenatal Screening (NIPS)
- Liver Function Test

Rs.10,360

**Crysta SILVER**  
**2<sup>nd</sup> Trimester Package**

- Glucose Tolerance Test
- Thyroid function tests (T3, T4, TSH)
- Complete Urine examination
- Urine culture & sensitivity
- Echocardiography for foetus ( Foetal echo)

Rs.37,660

**Crysta GOLD**  
**2<sup>nd</sup> Trimester Package**

- Ultrasound scan (Anomaly scan)
- Quadruple Marker Test or NIPT Screening
- Glucose Tolerance Test
- Thyroid function tests (T3, T4, TSH)
- Complete Urine examination
- Urine culture & sensitivity
- Echocardiography for foetus ( Foetal echo)

Rs.6,860

**Crysta SILVER**  
**3<sup>rd</sup> Trimester Package**

- Tests for bleeding disorders (bleeding time)
- Blood sugar levels (Fasting/Post Prandial)
- Ultrasound scan (Growth scan)
- Complete blood count
- Thyroid function tests (T3, T4, TSH)
- Serum creatinine
- Liver Function Test

Rs.16,240

**Crysta GOLD**  
**3<sup>rd</sup> Trimester Package**

- Blood sugar levels (Fasting/Post Prandial)
- Ultrasound scan (Growth scan)
- Ultrasound with Colour doppler
- Echo for Mother
- Complete blood count test
- Thyroid function tests (T3, T4, TSH)
- Tests for bleeding disorders (bleeding time)
- Serum creatinine
- Liver Function Test
- New Born Screening

## Comprehensive Packages

Rs.42,000

*Crysta Diamond Comprehensive Package  
with 3 major scan, No NIPT*

*Crysta SILVER  
Pre-Pregnancy Panel*

*Crysta SILVER  
1<sup>st</sup> Trimester Package (Natural Conception)*

*Crysta SILVER  
2<sup>nd</sup> Trimester Package*

*Crysta SILVER  
3<sup>rd</sup> Trimester Package*

### Ultrasound scans

- 6-8 weeks | Dating Scan
- 10-13 weeks | NT Scan
- 28-32 weeks | Growth Scan

Rs.70,000

*Crysta PLATINUM Comprehensive Package  
with 6 scan and NIPT*

*Crysta GOLD  
Pre-Pregnancy Panel*

*Crysta GOLD  
1<sup>st</sup> Trimester Package (Natural Conception)*

*Crysta GOLD  
2<sup>nd</sup> Trimester Package*

*Crysta GOLD  
3<sup>rd</sup> Trimester Package*

### Ultrasound scans

- 6-8 weeks | Dating Scan
- 10-13 weeks | NT Scan
- 18-20 weeks | Anomaly Scan
- 18-24 weeks | Fetal Echocardiography
- 28-32 weeks | Growth Scan
- 36-40 weeks | Growth Scan & Colour Doppler

