

Subject Appointment Confirmation
From Wellness <Wellness@iho.in>
To: urvishsheth_mca@yahoo.com <urvishsheth_mca@yahoo.com>
Cc: Chaitanya Badwe <chaitanya.badwe_ext@michelin.com>
Date Thu, 30 May 2019 at 12:48 PM

Dear Urvishkumar Girishkumar Sheth,

Greeting from vHealth !!

Your appointment for health checkup has been fixed at center for 01st Jun'19 at 8:30 AM. Package list attached for your reference.

Center Name:- Express Clinics Private Limited

Address: Office No-205, 2nd Floor, Rainbow Plaza, Pimple Saudagar

Contact Number:- 020-46781915

Contact Person:- Mr. Rakesh

Note:- Kindly visit center with one ID proof and mail printout

Please follow the following instructions.

- Get sufficient rest one day prior to the health check-up. Complete process will take minimum 02-04 hours. 10-12 hour fasting is essential .
- Please take care of your belongings. Wear loose clothing, no jewelry and easily removable footwear. Please do not wear contact lens on the day of health-check-up
- Avoid Exercising before coming for check-up
- Please carry your medical accessories if you have any like glasses, hearing aids, etc. when you come for health check-up

If you are diabetic, avoid taking your insulin injections / anti-diabetic tablets which you can have

- If you are diabetic, avoid taking your insulin injections/ anti-diabetic tablets which you can have before or after your breakfast. If you are having thyroid, please take the medication as per your prescription.
- For any queries or instructions related to medicine compliance, please inform the service provider and also check with your family doctor
- Please carry other regular medication along with you, which can be taken as per instruction by the consultant at the diagnostic center.

Thanks & Regards

Team vHealth