



The Holistic Wellness



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ABOUT US...

The Holistic Wellness is corporate health and wellness service provider. No matter the size of your organisation, we can provide customised service that will help you to deliver better wellness programs to your employees.

Our mission is to help people live healthy & work well across india. We have worked with many public & private sector clients. We help employees create workforce, that are happier, healthier & ultimately more productive.

Our Primary focus is an increasing “HEALTH AWARENESS” and reinforcing “LIFE SKILLS”

Our service includes biometric screening, health check up, full circle wellness programs, Ambulance services, flue vaccination, health care staff services providers for corporate, hospital, school, etc.



CORPORATE HEALTH SERVICE

Corporate services are designed to sustain good health of employees irrespective of their work environment. Corporate services include programs like pre-employment check-ups, annual health check-ups, corporate camps, vaccination, wellness programs like health talks, in-house medical room management, etc. Our services can be custom designed for employees as per their work environment & specific industry requirements.

A - Preventive Health Check-up

- Annual & Pre-employment health Check-up
- Health Cards
- Health Check-up Camps
- Health Education Talk and Medical Counseling

B - Diagnostics Services

- All pathology test
- Audiometry
- Digital X Ray
- Bone Mineral Density
- ECG
- Body Fat Analysis
- Stress Test
- Pulmonary Function Test
- BMI
- Vision Test

C - OPD Services

- Physicians
- Diabetologists
- Radiologist
- ENT
- Pathologists
- Cardiologists
- Dentists
- Orthopaedics
- Ophthalmologists
- Dieticians
- Pediatricians
- Gynecologist
- Psychologists
- Physiotherapists
- Surgeon

D - Onesite Services

- Worker Health Check-up
- Executive Health Check-up
- Pre-Employment Check-up
- Vaccination
- First Aid & Safety Training
- Wellness Program
- Health Talks
- BMI, BP, ECG, BMD, X-RAY
- Audiometry
- Physician Check-up
- Eye, ENT & Dental Check-up
- Report Analytics

E - OHC (Medical Room Services)

- General Physician
- Nurses Male/Female-GNM
- Physiotherapist
- Dentist
- Basic Ambulance 24x7
- Cardiac Ambulance 24x7
- Ambulance Driver 24X7
- Medical Equipments
Supplies
- Medical Consumables
Supplies
- Pharmacy

F - Onesite Services

- Health Talk & Camps
- Disease & Stress
Management
- Nutrition, Yoga, Zumba
- Health Risk Assessment
- First Aid Training &
Medical Emergency
Camps

G - First Aid Training

We help organizations empower their employees towards more Healthier lifestyles and choices. We have worked with organizations in the areas of Employee Health Screening, Health Risk analysis, First Aid and Emergency Response and Counseling and Awareness.

The Emergency Response / First Aid Training (ERT) program will constitute a workshop comprising of Theory and Practical demonstration.

We endeavor to make organization a Safer place by providing Emergency Response and First Aid Training. Providing effective First Aid can make the difference between life and death, rapid v/s prolonged recovery and temporary v/s permanent disability.



Our First Aid Training program comprises of the following

Basics of First Aid

Understanding and using a First Aid Box

How to handle the following conditions

- Minor Burns
- Injuries like Fracture, Sprains, Cuts and abrasions
- Nose-bleeds
- Fainting
- Choking
- Cramps
- Drowning

Learn how to perform the following activities :

- Application of bandages and splints
- Heimlich Maneuver
- Cardio Pulmonary Resuscitation (CPR)
- Recovery Position

Notes :

- Each participant will be presented with a Certificate of Participation.

Our workshop duration ranges from 2 hrs to 4 days.

- All participating organizations will be presented with a pocket size manual, a specialty designed First Aid box and detailed manual for organization infirmary.

SCHOOL HEALTH

The Holistic Wellness is a leading private sector organization working in School Health. We enable Schools across the country to develop a Healthier student population and inculcate positive Health behaviours and attitudes.

Our Programs for Schools Addresses all the dimensions of a child's health (Mental and Physical Well Being) through a combination of counseling, testing and interventions. We take a 360 degree view of the eco-system affecting the child (i.e. Parents, Teachers and Support Staff apart from the Students themselves). Impart and reinforce important 'Life Skills'.

A - PROGRAM DELIVERABLES

Our program for School Health Screening is based on the guidelines provided in the CBSE Health Manual and our experience in working in this field. It consists of the following activities and deliverables:

- Detailed class wise project plan
- Health Report cards - Digital & Physical, for students
- Complete Health Analytics
- Doctors Consultation within School premises
- Session with Teachers on important observations
- Discussion session with Management on Health Analytics
- Follow-up Screening
- Sessions / seminars for Students, Teachers, Parents and Support Staff

B - HEALTH SCREENING MODULE FOR STUDENTS



Biometrics

- Height, Weight
- BMI (Using Percentile Method)



Personal Hygiene

- Hair, Nails
- Skin



Vision

- Visual Acuity Test(PlusOptix based)
- Color vision
- Check for squints
- Check for pathological anomalies



Oral care

- Cavities
- Alignments
- Gum Health
- Oral Care



ENT Examination

- Ear hygiene, hearing
(Tuning fork sensitivity)
- Nasal Examination
- Throat Examination



Respiratory Disorders

- Spirometry (Measure Lung Capacity)
- Oxymetry
- Upper respiratory tract examination
- Non-normal breathing sounds



Ergonomics

- Overall bone/muscle match
- General gait check
- Bone joint checks
(knee, elbow shoulder)



General Physical Health

- General health check by physicians
using PICCLE test
Examination for abdomen, cardiac
- sounds, overall health, Allergy

C - Health Awareness Modules

As an Organization, our primary focus is on increasing "**Health Awareness**" and reinforcing "**Life Skills**".

Below is an illustrative list of programs that we conduct at schools for various stakeholders:

For Students

Food and Nutrition

'Get Moving'

Ergonomics

Changing Bodies

Stress Management

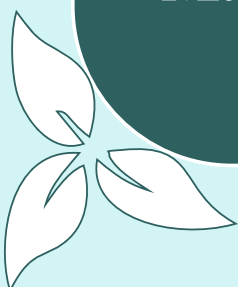
Vision and Oral Care

Substance Abuse

Road Safety

Managing Expectations

Sex Education



For Parents

Communicating with kids

Moral Intelligence

Understanding Change

Stress Management

'Be a Coach'

Vision and Oral Care

Emotional Intelligence



For Teachers



7 Intelligent Type Workshops
Identifying Learning Disabilities
Ergonomics
Stress Management
Building Vision in children
Women Health
Workshop / Training session on
Safety and First Aid



For Support Staff

Healthy Mind and

Healthy Body

Hygiene Factors

Planning for a Positive Day

For Bus Drivers

Ergonomics while driving

Road Safety

Vision Care

Stress Management

D - First Aid Training

We help organizations empower their employees towards more Healthier lifestyles and choices. We have worked with Marquee organizations in the areas of Employee Health Screening, Health Risk analysis, First Aid & Emergency Response and Counseling & Awareness.

The Emergency Response / First Aid Training (ERT) program will constitute a workshop comprising of Theory and Practical demonstration.

We endeavor to make Schools a Safer place by providing Emergency Response and First Aid Training. Providing effective First Aid can make the difference between life and death, rapid v/s prolonged recovery and temporary v/s permanent disability.

We have worked with multitude of K-12 Schools and Pre-primary centers in training their staff, students and staff members in the area of First Aid. Our services are tailored for Teachers, Support Staff, Students and Parents.

Our First Aid Training program comprises of the following

Basics of First Aid

Understanding and using a First Aid Box

How to handle the following conditions

- Minor Burns
- Injuries like Fracture, Sprains, Cuts and abrasions
- Nose-bleeds
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- Choking
- Cramps
- Drowning

Learn how to perform the following activities :

- Application of bandages and splints
- Heimlich Maneuver
- Cardio Pulmonary Resuscitation (CPR)
- Recovery Position

Notes :

- Specially designed modules for teachers, support staff, students and parents.
- Each participant will be presented with a Certificate of Participation.
- Our workshop duration ranges from 2 hrs to 4 days.
- All participating schools will be presented with a pocket size manual, a specialty designed First Aid box and detailed manual for school infirmary.

Industrial Health Check up

As per factories ACT of India 1948, it is a statutory Norm for each Industrial Physician to conduct Periodic Health Check-up for all contractual and Permanent employees.

Our Healthcare Services Caters to all type companies and factories.

OBJECTIVES OF INDUSTRIAL HEALTH

The Prevention of work accidents and industrial diseases and control of workplace hazard as well as the development of a work environment and work conducive to workers health are the main purpose of industrial health services.

OUR SERVICES FOR THE INDUSTRIAL HEALTH

- | | |
|---|-----------------------------------|
| 1. Pre Employment Health Check-up | 8. Ambulance Services |
| 2. Worker Health Check-up Camps | 9. Medical Equipments and |
| 3. Health Education Talk and
Medical Consoling | Consumables Supplies |
| 4. OPD Services | 10. Pharmacy |
| 5. Vaccination | 11. Health Risk Assessments |
| 6. First Aid and Safety Training | 12. Report Analysis |
| 7. Wellness Programs | 13. Nutrition, Yoga, Zumba Camps |
| | 14. Disease and Stress Management |

FLU VACCINATION

The Holistic Wellness manages flu vaccination programs at your organization as well as at your home. With trained staff in all over india, we can deliver flu vaccination wherever you are. We don't use sub-contractor or staffing agencies you are supported every step of the way, from the very first planning meeting through implementation

A dedicated program manager serve as a single point of contact & handles every details.

EXPERT STAFF

We use our own employee to staff flu clinics. A designated lead flu nurse and doctor hand every event, along with a registration co-ordinator to great participant & assist with paper work.

AMBULANCE SERVICES

OUR MISSION

Our Mission is to provide the highest quality pre-hospital medical transportation for our patients with the highest standards of safety. Patient care and customer service in today's fast-paced health care industry, quality and caring seem to be missing from many ambulance transportation companies we at strive to place the **"Quality and Care"**

SERVICES

- Scheduled, non-emergency medical transportation from home to a medical appointment and then home again.
- Scheduled/unscheduled nursing home or extended care facility to any hospital of the patient's choice provided no immediate life-threatening condition exists.
- Inter-hospital transportation from one facility to another, and then back to the original facility if necessary.
- Pre-hospital medical transportation to any hospital of the patient's choice provided no immediate life-threatening condition exist.
- Post-hospital discharge transportation to nursing homes, extended care facilities or to patient homes as medical necessary.
- Long-distance ground ambulance transfer.
- Ambulance Service Provider for Events.

HEALTHCARE STAFF RECRUITMENT SERVICE - PROVIDER

We are a service provider of recruitment solution for medical staff for pan india

We assist in the recruitment solution of medical staff such as Doctor, Nurses, therapist & physiotherapist. Selection of candidates is done after paper evaluation of the knowledge in the medical field & capability of meeting the requirement of various levels of industry we provide pan india medical staff recruitment solution for all domestic sectors.

