



**RAPHAL MEDICAL CENTRE**

# Health & Wellness Packages



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# HEALTH AND WELLNESS PACKAGE OVERVIEW



- Raphal Medical Centre would like to introduce our new health and wellness packages. In response to our clients as well as personal efforts to improve the overall health and quality of life of everyone within our community, we have developed a series of packages that are targeted at assessing the overall health and wellness of our valued clients and community.

We currently have 13 differently packages which are all tailored towards the health and wellness needs of all men, women and children of all ages. These packages have been carefully designed and approved by our team of quality and qualified medical staff.

- The packages are as follows:

1. *WOMEN WELLNESS PACKAGE (BELOW 40) – Option 1*
2. *WOMEN WELLNESS PACKAGE (BELOW 40) – Option 2*
3. *WOMEN WELLNESS PACKAGE (BELOW 40) – Option 3*
4. *WOMEN'S WELLNESS PACKAGE (40-50 YEARS) – Option 1*
5. *WOMEN WELLNESS PACKAGE (40-50 YEARS) – Option 2*
6. *WOMEN WELLNESS PACKAGE (40-50 YEARS) – Option 3*
7. *MENS WELLNESS (BELOW 40) – Option 1*
8. *MENS WELLNESS (BELOW 40) – Option 2*
9. *MENS WELLNESS PACKAGE (40 – 50 YEARS) – Option 1*
10. *MENS WELLNESS PACKAGE (40 – 50 YEARS) – Option 2*
11. *COMPREHENSIVE WOMEN HEALTH (50 YEARS AND ABOVE)*
12. *COMPREHENSIVE MEN HEALTH (50 YEARS AND ABOVE)*
13. *KIDS WELLNESS PACKAGE*
14. *PREMARITAL WELLNESS PACKAGE*

- Each package is unique and provides comprehensive examinations and evaluations at reasonable prices. These will help provide you with an overall picture of your current health. Once your results are available, our team of medical staff comprised of general practitioners and specialists like dietitians, psychologists, urologists, gynecologists and more will help provide the necessary counselling and assistance to reach your optimum health and wellness goals.

Join us and let us provide you with all the tools necessary for you to live a longer, healthier and happier life.

Kindly contact us via any of these emails addresses or phone numbers to sign up:

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# CORPORATE FITNESS WELLNESS PACKAGE



**R**aphal Medical Centre, in an effort to improve the lifestyles and promote healthy living of its clients and community, is developing a corporate health and fitness program. This program will target assessing the health and overall fitness of the employees of various corporate institutions.

We believe that prioritizing this would lead to increased efficiency and productivity of the companies they work for. While closely working with our medical staff and qualified personal trainers, incentive programs will be custom designed to meet the health and fitness goals of all program participants.

There will also be systems in place that track the overall progress of employees so that corporations can monitor their progress over time. Other team building activities such as group hiking trips and workouts will be incorporated into the program to improve team morale.

The goal of this program is not just to improve the health and fitness of employees but to also serve as a resource that teaches employees the importance of living and maintain a healthy lifestyle, build better work place interconnectedness and break down preexisting barriers of intimidation. This would lead to a healthier, happier and more psychologically secure work environment.

This Package includes:

- **Personalized weekly meal plans by a dietician**
- **Personal coaches**
- **Weekly virtual weigh ins with your coach**
- **Quarterly hikes to areas like Shai hills, Aburi etc.**
- **Weekly workout schedules**
- **Monthly playmate: An employee is paired with anyone regardless of their rank in the organization. You are to challenge your playmate daily to work towards achieving your weight loss goal.**
- **Once a month meet up to work out as a team and have fun**
- **A group WhatsApp where employees are accountable to a coach**
- **Health education for employees**
- **Corporate fitness challenge as indicated below:**

- **Step challenge: An employee who is able to walk 10,000 steps a day for the whole month get to do free medical examination with us.**
- **Skipping challenge: An employee who is able to do 1000 skips twice a day for the whole month gets to do free medical examination with us.**
- **Weight loss challenge: This challenge is aimed at helping employees work together as a team to lose weight. For instance: An employees who is able to lose 10kg gets a paid family trip to shai hills.**

Prices for this package is tailored to suit the specifications of every company. It is not a one size fits all. However it is very affordable. Sign up as an organizations and see the difference this brings to your team.



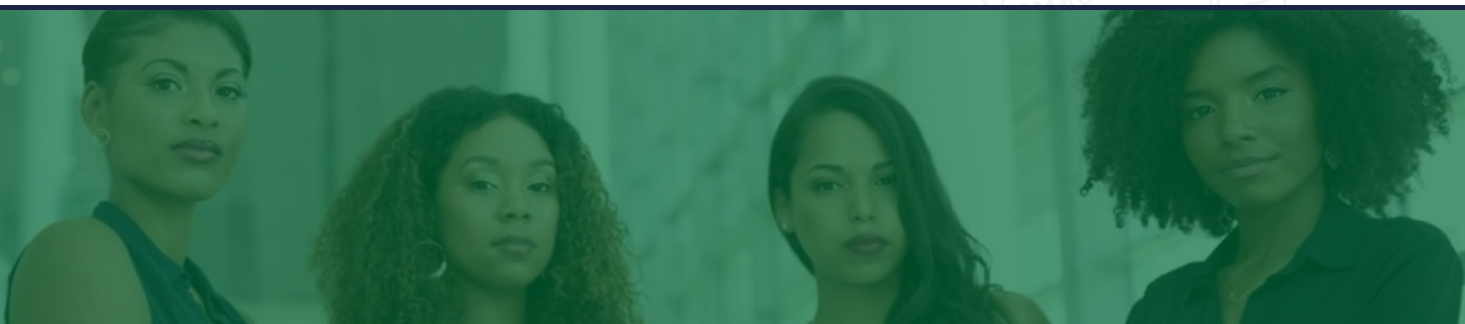
*As young women, our health and wellness is our priority. With Raphael Medical Centres' Women Wellness Package we are assured of quality healthcare*

# WOMEN WELLNESS

## PACKAGE (Below 40 Years)

Gh¢ **300.00**

- HISTORY AND CLINICAL EXAMINATION
- WEIGHT, HEIGHT, BODY MASS INDEX
- EYE TEST
- DENTAL SCREENING
- BLOOD PRESSURE
- FASTING BLOOD SUGAR
- PELVIC SCAN FOR FIBROID AND CYST
- CONSULTATION
- REPORTING
- HB ELECTROPHORESIS
- HEALTH TALK ON FIBROIDS OR ANY TOPIC OF COMPANY'S CHOICE
- REFRESHMENT VOUCHER
- WIDAL & URINE RE





*As young women, our health and wellness is our priority. With Raphael Medical Centres' Women Wellness Package we are assured of quality healthcare*

# WOMEN WELLNESS

## PACKAGE (Below 40 Years)

- HISTORY & CLINICAL EXAMINATION
- WEIGHT, HEIGHT, BODY MASS INDEX
- EYE TEST
- FBS
- BLOOD PRESSURE
- WIDAL TEST
- FULL BLOOD COUNT
- BREAST SCAN
- BLOOD GROUP
- HB ELECTROPHORESIS
- ROUTINE URINE EXAMINATION
- PELVIC SCAN FOR FIBROID AND CYST
- HEALTH TALK ON CYSTS OR ANY TOPIC OF COMPANY'S CHOICE
- CONSULTATION
- REPORT
- REFRESHMENT

**Gh¢ 320.00**



# **WOMEN WELLNESS**

## **PACKAGE** *(Below 40 Years)*

- HISTORY & CLINICAL EXAMINATION
- WEIGHT, HEIGHT, BODY MASS INDEX
- DENTAL SCREENING
- EYE TEST
- BLOOD PRESSURE
- BREAST SCAN
- ULTRA SOUND FOR BOTH BREAST
- ULTRA SOUND OF THE PELVIC
- HEALTH TALK ON BREAST CANCER / CERVICAL CANCER OR ANY TOPIC OF COMPANY'S CHOICE
- FASTING BLOOD SUGAR
- CONSULTATION
- REPORT
- REFRESHMENT

**Gh¢ 400.00**



# WOMEN WELLNESS

## PACKAGE (40-50 Years)

### Package Details —

- HISTORY & CLINICAL EXAMINATION
- WEIGHT, HEIGHT, BODY MASS INDEX
- DENTAL SCREENING
- ECG
- BLOOD PRESSURE
- EYE TEST
- FASTING BLOOD SUGAR
- HEALTH TALK ON CERVICAL CANCER /FIBROIDS OR ANY TOPIC OF COMPANY'S CHOICE
- LIPID PROFILE
- REFRESHMENT
- CONSULTATION
- REPORT



Gh¢ **600.00**

*With Raphal Medical Centre's Women Wellness Package all my health needs are catered for swiftly and at my own convenience*

# WOMEN WELLNESS

## PACKAGE (40-50 Years)



*With Raphael Medical Centre's Women Wellness Package all my health needs are catered for swiftly and at my own convenience*

### Package Details —

- HISTORY & CLINICAL EXAMINATION
- WEIGHT, HEIGHT, BODY MASS INDEX
- EYE TEST
- CARDIAC ENZYMES
- LIPID PROFILE
- FBS
- ECG
- ABDOMINO PELVIC SCAN
- REFRESHMENT
- CONSULTATION
- REPORT

Gh¢ **660.00**





*As women, our health and wellness is our priority. With Raphael Medical Centres' Women Wellness Package we are assured of quality healthcare*

# WOMEN WELLNESS

## PACKAGE (40-50 Years)

- HISTORY & CLINICAL EXAMINATION
- VISION TEST
- BLOOD PRESSURE
- ECG
- LIPID PROFILE TEST
- CARDIAC ENZYME
- LIVER FUNCTION TEST
- BUE & CREATININE (KIDNEY FUNCTION TEST)
- FBS
- HEALTH TALK ON CHOLESTEROL OR ANY
- TOPIC OF COMPANY'S CHOICE
- CONSULTATION
- REPORT
- REFRESHMENT

Gh¢ **654.00**



# **MEN WELLNESS**

## **PACKAGE** *(Below 40 Years)*

- HISTORY & CLINICAL EXAMINATION BY DR
- WEIGHT, HEIGHT, BODY MASS INDEX
- EYE TEST
- DENTAL SCREENING
- URIC ACID
- ROUTINE URINE EXAMINATION
- LIPID PROFILE
- CONSULTATION
- REPORT
- HEALTH TALK ON LIFESTYLE OR ANY TOPIC OF COMPANY'S CHOICE
- REFRESHMENT VOUCHER

**Gh¢ 440.00**





# **MEN WELLNESS**

## **PACKAGE** *(Below 40 Years)*

- HISTORY & CLINICAL EXAMINATION BY DR
- WEIGHT, HEIGHT, BODY MASS INDEX
- LIVER FUNCTION TEST
- EYE TEST
- DENTAL SCREENING
- BUE & CREATINE
- STOOL R/E
- CONSULTATION
- LIPID PROFILE
- URIC ACID
- HEALTH TALK ON LIFESTYLE OR ANY TOPIC OF COMPANY'S CHOICE
- ALT & AST (LIVER FUNCTION TEST)
- REFRESHMENT VOUCHER

**Gh¢ 520.00**



# MEN WELLNESS

## PACKAGE (40-50 Years)

### Package Details —

- HISTORY AND CLINICAL EXAMINATION
- PSA
- ROUTINE URINE EXAMINATION
- URIC ACID
- BUE AND CREATINE
- BLOOD PRESSURE
- LIVER FUNCTION TEST
- WEIGHT, HEIGHT, BMI
- HEALTH TALK ON LIFESTYLE OR ANY TOPIC OF COMPANY'S CHOICE
- ECG
- CONSULTATION
- DENTAL SCREENING
- REFRESHMENT VOUCHER



Gh¢ **645.00**

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# MEN WELLNESS

*PACKAGE (40-50 Years)*




Gh¢ **700.00**

## ***Package Details*** —

- HISTORY & CLINICAL EXAMINATION
- BUE & CR
- PSA
- PROSTATE SCAN
- WEIGHT, HEIGHT, BMI
- BLOOD PRESSURE
- EYE TEST
- DENTAL SCREENING
- FASTING BLOOD SUGAR
- HEALTH TALK ON LIFESTYLE OR ANY TOPIC OF COMPANY'S CHOICE
- LIPID PROFILE
- URIC ACID
- ROUTINE URINE EXAMINATION
- ECG
- CARDIAC ENZYME
- CONSULTATION
- REPORTING
- REFRESHMENT VOUCHER

# COMPREHENSIVE MEN WELLNESS

PACKAGE (OVER 50 YEARS)



*With Raphal Medical Centre's Men Wellness Package all my health needs are catered for swiftly and at my own convenience*

**Gh¢ 1,050.00**

## Package Details —

- CLINICAL EXAMINATION & HISTORY
- LIVER FUNCTION TEST
- PSA
- PROSTATE SCAN
- URIC ACID
- BLOOD PRESSURE
- WEIGHT, HEIGHT, BMI
- EYE TEST
- DENTAL SCREENING
- BUE & CREATININE
- HEALTH TALK ON PROSTATE
- LIPID PROFILE
- FULL BLOOD COUNT
- CONSULTATION
- REPORTING
- CARDIAC ENZYME
- CHEST X-RAY
- REFRESHMENT VOUCHER
- D-DIMER
- ROUTINE URINE EXAMINATION
- ECG
- STOOL EXAMINATION



# COMPREHENSIVE WOMEN WELLNESS

**PACKAGE** (OVER 50 YEARS)

## Package Details —

- HISTORY & CLINICAL EXAMINATION
- WEIGHT, HEIGHT, BODY MASS INDEX
- EYE TEST
- LIVER FUNCTION TEST
- BUE & CREATININE
- FASTING BLOOD SUGAR
- LIPID PROFILE
- FBC AND WIDAL TEST
- ECG
- CARDIAC ENZYMES
- ABDOMINO PELVIC SCAN
- PAP SMEAR
- URIC ACID
- CONSULTATION
- HEALTH TALK ON LIFESTYLE AFTER PENSION
- HVS
- ROUTINE URINE EXAMINATION
- CHEST X-RAY
- REFRESHMENT VOUCHER



**Gh¢ 1,080.00**

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# KIDS WELLNESS PACKAGE

- PEDIATRICIAN CONSULTATION
- HEARING ASSESSMENT EVALUATION
- AUTOSCOPY
- WASHING
- REPORT
- EYE TEST
- DEVELOPMENT ASSESSMENT
- SPEECH AND LANGUAGE SKILLS
- BEHAVIOURAL SKILLS
- BODILY MEASUREMENT
- REFRESHMENT VOUCHER

Gh¢ **310**.00





## **PREMARITAL WELLNESS PACKAGE MEN & WOMEN**

HB ELECTROPHOSIS  
HEPATITIS B  
HIV  
BLOOD GROUP  
SICKLING

**Gh¢ 200.00**

