

WELLNESS PACKAGES



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Our wellness packages:

Keeping yourself healthy isn't always easy. Getting regular health checks done help detect health issues early when treatment is likely to work best.

We understand that your healthcare needs change throughout life, from the celebration of a new baby, to the onset of middle age. With these changes come new rewards and new questions regarding the healthcare needs of you and your family.

Our health packages have been specifically designed for men, women and children at different stages of their lives, to provide care, comfort and vital information concerning their well-being. Any other tests you might want to add or that have been recommended by the doctor will be at a discounted rate.

We also offer corporate medicals that can be tailored to your industry. For information on corporate medicals please send an email to corporate@gmcclinics.com.

An extra 10% discount will be given on any additional packages selected.

FEMALE HEALTH CHECKUP (BELOW 40)

Female

Under 40 years

Price: AED 2000 (GM203)

- Review of personal and family medical history: past medical, surgical and family history, current medications, allergies and a systematic review of symptoms suggestive of disease.
- Review of personal lifestyle: work history, leisure activities, diet, exercise smoking and alcohol consumption levels.

Complete physical examination including full examination of:

- Cardiovascular: blood pressure, pulses, heart sounds
- Respiratory: lung function via spirometry
- Neurological: reflexes, pupil dilation, vision, sensory
- Gastrointestinal: abdominal palpation
- Skin check
- Genito-urinary system

Laboratory Investigations:

- Complete blood count (with ESR)
- Biochemical profile (Liver Function, Fasting Blood Sugar, Kidney Function, Uric acid, Lipid profile, Serum Calcium, Serum Amylase)
- Basic thyroid screen (TSH)
- Urine analysis

Others:

- Electrocardiogram (ECG) test
- Cervical cancer screening (Pap Smear)
- Pelvic ultrasound

Any further investigation that the doctor may suggest, will be at a discounted rate.

FEMALE HEALTH CHECKUP (ABOVE 40)

Female

Over 40 years

Price: AED 2700 (GM204)

- Review of personal and family medical history: past medical, surgical and family history, current medications, allergies and a systematic review of symptoms suggestive of disease.
- Review of personal lifestyle: work history, leisure activities, diet, exercise smoking and alcohol consumption levels.

Complete physical examination including full examination of:

- Cardiovascular: blood pressure, pulses, heart sounds
- Respiratory: lung function via spirometry
- Vision
- Hearing via audiometry
- Neurological: reflexes, pupil dilation, vision, sensory
- Gastrointestinal: abdominal palpation
- Skin check
- Genito-urinary system
- Breast examination

Laboratory Investigations:

- Complete blood count (with ESR)
- Biochemical profile (Liver Function, Fasting Blood Sugar, Kidney Function, Uric acid, Lipid profile, Serum Calcium, Serum Amylase)
- Basic thyroid screen (TSH)
- Urine analysis

Others:

- Chest Xray
- Cervical cancer screening (Pap Smear)
- Pelvic ultrasound
- High Vaginal Swab (if recommended by doctor)

Any further investigation that the doctor may suggest, will be at a discounted rate.

MALE HEALTH CHECKUP (BELOW 40)

Male

Under 40 years

Price: AED 1700 (GM205)

- Review of personal and family medical history: past medical, surgical and family history, current medications, allergies and a systematic review of any symptoms suggestive of disease.
- Review of personal lifestyle: work history, leisure activities, diet, exercise smoking and alcohol consumption levels.

Complete physical examination including full examination of:

- Cardiovascular: blood pressure, pulses, heart sounds
- Respiratory: lung function via spirometry
- Neurological: reflexes, pupil dilation, vision, sensory
- Gastrointestinal: abdominal palpation
- Skin check
- Genito-urinary system

Laboratory Investigations:

- Complete blood count (with ESR)
- Biochemical profile (Liver Function, Fasting Blood Sugar, Kidney Function, Uric acid, Lipid profile, Serum Calcium, Serum Amylase)
- Basic thyroid screen (TSH)
- Urine analysis

Others:

- Electrocardiogram (ECG) test

Any further investigation that the doctor may suggest, will be at a discounted rate.

MALE HEALTH CHECKUP (ABOVE 40)

Male

Over 40 years

Price: AED 2500 (GM206)

- Review of personal and family medical history: past medical, surgical and family history, current medications, allergies and a systematic review of any symptoms suggestive of disease.
- Review of personal lifestyle: work history, leisure activities, diet, exercise smoking and alcohol consumption levels.

Complete physical examination including full examination of:

- Cardiovascular: blood pressure, pulses, heart sounds
- Respiratory: lung function via spirometry
- Vision
- Hearing via audiometry
- Neurological: reflexes, pupil dilation, vision, sensory
- Gastrointestinal: abdominal palpation
- Skin check
- Genito-urinary system

Laboratory Investigations:

- Complete blood count (with ESR)
- Biochemical profile (Liver Function, Fasting Blood Sugar, Kidney Function, Uric acid, Lipid profile, Serum Calcium, Serum Amylase)
- Basic thyroid screen (TSH)
- Urine analysis
- Stool Microscopy and Occult Blood

Others:

- Chest Xray
- Prostate cancer screening (PSA test)

Any further investigation that the doctor may suggest, will be at a discounted rate.

HEALTHY BABY – CHECKUP

Up to 1 year old

Price: AED 500 (GM207)

- Paediatric consultation including a review of family medical history, immunization advice and a physical examination
- Feeding advice

Extras

- With Hip Ultrasound = AED 660 (GM208)

Any further investigation that the doctor may suggest, will be at a discounted rate.

HEALTHY CHILD – CHECKUP

Up to 12 Years

Price: AED 750 (GM209)

- Paediatric consultation including a review of family medical history, immunization advice and a physical examination

Complete physical examination consists of:

- Growth & Measurement check
- Vision & Hearing evaluation
- Dental & Oral Health advice

Laboratory Investigations:

- Complete blood count (with ESR)
- Urine analysis

Any further investigation that the doctor may suggest, will be at a discounted rate.

Note: Psychological counselling and adolescent support sessions are available with our in-house Clinical Psychologist.



ANTENATAL PACKAGE – 12 WEEKS

Price: AED 6000 (GM214)

Our Antenatal package offers a detailed initial consultation with a Specialist, which includes:

- Review of personal and gynaecological history with special regard to past pregnancies if any
- General physical exam including breast exam
- Review of current medications and allergies, appropriate advise and referral if needed
- Review of personal lifestyle, exercise, smoking, alcohol consumption levels and its impact on healthy pregnancy

During the course of the subsequent visits evaluation is done and care is based on internationally accepted best practices guidelines. This includes:

- Screening for gestational DM
- Monitoring of BP in each visit
- Monitoring weight gain
- Advise on healthy diet and nutritional support advise

The package includes up to 11 visits and consists of the following:

Visit 1: 10 – 12 weeks <ul style="list-style-type: none">• Initial Specialist Consultation with the following lab tests – Full blood count with ESR, Blood grouping, Blood Sugar check, Screening for HIV, Hepatitis B, VDRL, Rubella and Toxoplasma, Coombs test (for RH factor - if required)• Ultrasound• Urine check with culture and sensitivity• Vaginal swab culture and sensitivity	
Visit 2: 16–17 weeks <ul style="list-style-type: none">• Specialist Consultation and urine check	Visit 7: 34 weeks <ul style="list-style-type: none">• Specialist Consultation and urine check
Visit 3: 21–22 weeks <ul style="list-style-type: none">• Specialist Consultation and urine check	Visit 8: 36 weeks <ul style="list-style-type: none">• Specialist Consultation, ultrasound, haemoglobin, urine check, vaginal swab culture and sensitivity
Visit 4: 26 weeks <ul style="list-style-type: none">• Specialist Consultation• Diabetes check (Glucose Tolerance Test)• Haemoglobin• Urine check	Visit 9: 37 weeks <ul style="list-style-type: none">• Specialist Consultation and urine check
Visit 5: 29-30 weeks <ul style="list-style-type: none">• Specialist Consultation, urine check and ultrasound	Visit 10: 38 weeks <ul style="list-style-type: none">• Specialist Consultation and urine check
Visit 6: 32 weeks <ul style="list-style-type: none">• Specialist Consultation and urine check	Visit 11: 39-40 weeks <ul style="list-style-type: none">• One Specialist Consultation, urine check and ultrasound

Any further investigation that the doctor may suggest, will be at a discounted rate.

ANTENATAL PACKAGE – 28 WEEKS

Price: AED 3600 (GM215)

Our Antenatal package offers a detailed initial consultation with a Specialist, which includes:

- Review of personal and gynaecological history with special regard to past pregnancies if any
- General physical exam including breast exam
- Review of current medications and allergies, appropriate advise and referral if needed
- Review of personal lifestyle, exercise, smoking, alcohol consumption levels and its impact on healthy pregnancy

During the course of the subsequent visits evaluation is done and care is based on internationally accepted best practices guidelines. This includes:

- Screening for gestational DM
- Monitoring of BP in each visit
- Monitoring weight gain
- Advise on healthy diet and nutritional support advise

The package includes up to 6 visits and consists of the following:

Visit 1: 28 weeks <ul style="list-style-type: none">• Initial Specialist Consultation with the following lab tests – Haemoglobin check, Diabetes check (Glucose Tolerance Check)• Ultrasound• Urine check with culture and sensitivity• Vaginal swab culture and sensitivity
Visit 2: 31 weeks <ul style="list-style-type: none">• Specialist Consultation and urine check
Visit 3: 34 weeks <ul style="list-style-type: none">• Specialist Consultation and urine check
Visit 4: 36 weeks <ul style="list-style-type: none">• Specialist Consultation, ultrasound, haemoglobin, urine check, vaginal swab culture and sensitivity
Visit 5: 38 weeks <ul style="list-style-type: none">• Specialist Consultation and urine check
Visit 6: 39 - 40 weeks <ul style="list-style-type: none">• One Specialist Consultation, urine check and ultrasound

Any further investigation that the doctor may suggest, will be at a discounted rate.

Our locations:

GMCClinics - **Green Community**

Medical | Dental

1st Floor, "The Market" Shopping Centre

Green Community, DIP

T 04 885 3225 | F 04 885 3227

GMCClinics - **Jumeirah (Medical)**

1st Floor, Magrudy's Centre

Jumeirah Road (Jumeirah 1)

T 04 349 4880 | F 04 344 6937

GMCClinics - **Jumeirah (Dental)**

1st Floor, Magrudy's Centre

Jumeirah Road (Jumeirah 1)

T 04 344 9150 | F 04 344 0844

GMCClinics - **Tecom**

Medical | Dental

Tameem House

3rd Floor, Suite 301, Tecom

T 04 567 6888 | F 04 567 6889

GMCClinics - **Trade Centre Apts.**

Medical | Dental

Hotel Apartments

Dubai World Trade Centre

Block A, 1st floor, Apt. 107

T 04 331 3544 | F 04 331 4157

GMCClinics - **Laboratory**

Tameem House

3rd Floor, Suite 302, Tecom

T 04 567 6800 | F 04 441 0353