



Wellness Packages



Terms and Conditions Apply



Hospital

Female Packages

Femme Care

Luna Bloom

She Radiates

Tranquility Treat

She Glow

Queens Retreat

The Bliss Bundle

Amani Retreat

Uzima Mama

Male Packages

Vital Man Basic

Vitality Bost

Steel and Soul

Serenity Escape

Recharge Pack

Alpha Recharge

Rafiki Retreat

Uzima Deluxe

Children's Package

Little Steps

Wellness Packages for the Modern Woman!

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Terms and Conditions Apply

Femme Care

Basic Female Package

- 
- **General Physician Examination, Body Mass Index (Medical Officer Consultation)**
 - **Nutrition Therapy Consult**
 - **Fasting Blood Sugar**
 - **Urine Analysis**
 - **Occult Blood**
 - **Total Blood Count**
 - **Total Cholesterol Level**
 - **Creatinine**
 - **Gamma GT (GGT)**
 - **Thyroid Stimulating Hormone**
 - **Pap Smear**
 - **Breakfast**

Ksh.
10,000



Terms and Conditions Apply

Luna Bloom

Basic Female Package

- **General Physician Examination, Body Mass Index (Medical Officer Consultation)**
- **Nutrition Therapy Consult**
- **Fasting Blood Sugar**
- **Urine Analysis**
- **Occult Blood**
- **ECG**
- **Total Blood Count**
- **Total Cholesterol Level**
- **Creatinine**
- **Thyroid Stimulating Hormone**
- **Pap Smear**
- **Gamma GT (GGT)**
- **Breakfast**

Ksh.
15,000



Terms and Conditions Apply

She Radiates

Standard Package for woman over 40yrs

- **General Physician Examination, Body Mass Index (Medical Officer Consultation)**
- **Nutrition Therapy Consult**
- **Fasting Blood Sugar**
- **Urine Analysis**
- **Occult Blood**
- **Total Blood Count**
- **Total Cholesterol Level**
- **Creatinine**
- **Thyroid Stimulating Hormone**
- **Pap Smear**
- **Gamma GT (GGT)**
- **ECG**
- **Glycated Haemoglobin**
- **Breast Ultrasound**
- **Breakfast**

Ksh.
20,000



Terms and Conditions Apply

Tranquility Treat

Normal Package for woman below 40yrs

- **General Physician Examination, Body Mass Index (Medical Officer Consultation)**
- **Total Blood Count**
- **Fasting Blood Sugar**
- **Urine Analysis**
- **Lipid Profile**
- **Liver Function Test**
- **U/E/C**
- **Thyroid Stimulating Hormone**
- **Glycated Haemoglobin (HBA1C)**
- **Occult Blood**
- **ECG**
- **Vitamin D**
- **Breast Ultrasound**
- **Pap Smear**
- **Nutrition Therapy Consult**
- **Dental General Consultation**
- **Breakfast**

Ksh.
35,000

She Glow

Normal Package for woman between 40yrs - 64yrs

- 
- ▶ **General Physician Examination, Body Mass Index (Medical Officer Consultation)**
 - ▶ **Total Blood Count**
 - ▶ **Fasting Blood Sugar**
 - ▶ **Urine Analysis**
 - ▶ **Lipid Profile**
 - ▶ **Liver Function Test**
 - ▶ **U/E/C**
 - ▶ **Thyroid Stimulating Hormone**
 - ▶ **Glycated Haemoglobin (HBA1C)**
 - ▶ **Occult Blood**
 - ▶ **ECG**
 - ▶ **Vitamin D**
 - ▶ **Breast Ultrasound**
 - ▶ **Pap Smear**
 - ▶ **Nutrition Therapy Consult**
 - ▶ **Dental General Consultation**
 - ▶ **Consultation by Physician**
 - ▶ **Breast Ultrasound**
 - ▶ **Breakfast**

Ksh.
40,000



Terms and Conditions Apply

Queens Retreat

Normal Package for woman above 65yr

- ▶ **General Physician Examination, Body Mass Index (Medical Officer Consultation)**
- ▶ **Total Blood Count**
- ▶ **Fasting Blood Sugar**
- ▶ **Urine Analysis**
- ▶ **Lipid Profile**
- ▶ **Liver Function Test**
- ▶ **U/E/C**
- ▶ **Thyroid Stimulating Hormone**
- ▶ **Glycated Haemoglobin (HBA1C)**
- ▶ **Occult Blood**
- ▶ **ECG**
- ▶ **Vitamin D**
- ▶ **Breast Ultrasound**
- ▶ **Pap Smear**
- ▶ **Nutrition Therapy Consult**
- ▶ **Dental General Consultation**
- ▶ **Consultation by Physician**
- ▶ **Breast Ultrasound**
- ▶ **Hearing Screening**
- ▶ **Breakfast**

Ksh.
50,000



Terms and Conditions Apply

The Bliss Bundle

Comprehensive Package for woman below 40yrs

- **General Physician Examination, Body Mass Index (Medical Officer Consultation)**
- **Total Blood Count**
- **Lipid Profile**
- **Fasting Blood Sugar**
- **Occult Blood**
- **Pap Smear**
- **Vitamin D**
- **Glycated Haemoglobin (HBA1C)**
- **Urine Analysis**
- **Liver Function Test**
- **U/E/C**
- **Thyroid Stimulating Hormone**
- **Breast Ultrasound**
- **ECG**
- **Consultation by Physician**
- **Nutrition Therapy Consult**
- **Dental General Consultation**
- **Breakfast**
- **CEA (Lung, Breast, GIT)**
- **CA- 125 (Ovary)**
- **Influenza Vaccine**
- **Gynae Consultation**

Ksh.
55,000



Terms and Conditions Apply

Amani Retreat

Comprehensive Package for woman between 40yrs - 64yrs

- **General Physician Examination, Body Mass Index (Medical Officer Consultation)**
- **Total Blood Count**
- **Lipid Profile**
- **Fasting Blood Sugar**
- **Pap Smear**
- **Vitamin D**
- **Occult Blood**
- **Urine Analysis**
- **Liver Function Test**
- **U/E/C**
- **Thyroid Stimulating Hormone**
- **Breast Ultrasound**
- **ECG**
- **Consultation by Physician**
- **Nutrition Therapy Consult**
- **Dental General Consultation**
- **Glycated Haemoglobin (HBA1C)**
- **CEA (Lung, Breast, GIT)**
- **CA- 125 (Ovary)**
- **Influenza Vaccine**
- **Gynae Consultation**
- **Breast Ultrasound**
- **Breakfast**

Ksh.
60,000



Terms and Conditions Apply

Uzima Mama

Comprehensive Package for woman above 65yrs

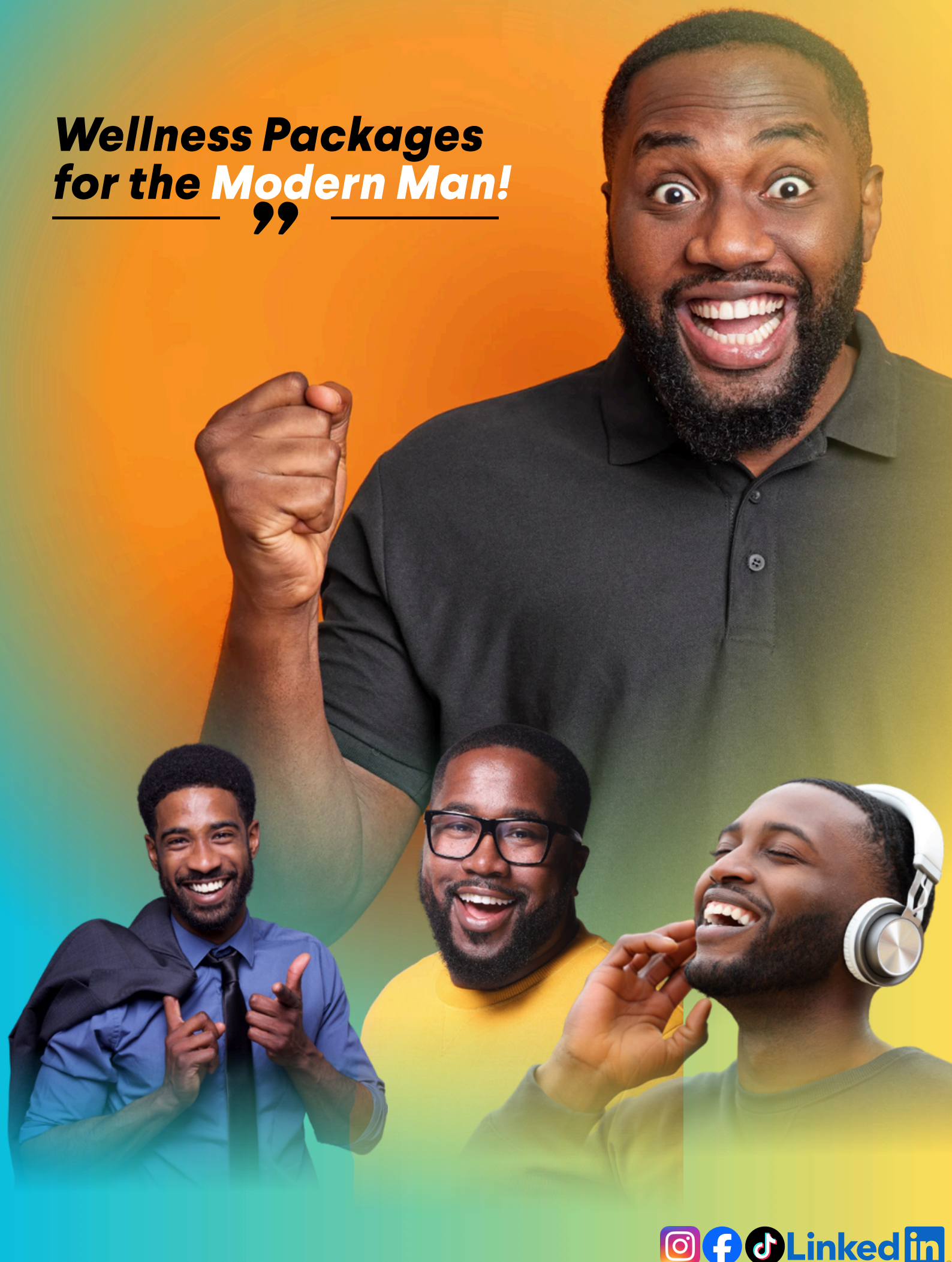
- **General Physician Examination, Body Mass Index (Medical Officer Consultation)**
- **Total Blood Count**
- **Lipid Profile**
- **Fasting Blood Sugar**
- **Occult Blood**
- **Vitamin D**
- **Urine Analysis**
- **Liver Function Test**
- **U/E/C**
- **Consultation by Physician**
- **Thyroid Stimulating Hormone**
- **Breast Ultrasound**
- **Breast Ultrasound**
- **ECG**
- **Consultation by Cardiologist**
- **Nutrition Therapy Consult**
- **Dental General Consultation**
- **Pap Smear**
- **CEA (Lung, Breast, GIT)**
- **CA- 125 (Ovary)**
- **Influenza Vaccine**
- **Glycated Haemoglobin (HBA1C)**
- **Ultrasound Echocardiogram**
- **Hearing Screening**
- **Pneumococcal Vaccine**
- **Gynae Consultation**
- **Breakfast**

**Ksh.
85,000**



Terms and Conditions Apply

Wellness Packages for the Modern Man!



Terms and Conditions Apply

Vital Man Basic

Basic Package Male

- **General Physician Examination, Body Mass Index (Medical Officer Consultation)**
- **Nutrition Therapy Consult**
- **Fasting Blood Sugar**
- **Urine Analysis**
- **Occult Blood**
- **Total Blood Count**
- **Total Cholesterol Level**
- **Gamma GT (CGT)**
- **Creatinine**
- **PSA Total (Prostate)**
- **Breakfast**

Ksh.
10,000



Terms and Conditions Apply

Vitality Boost

Basic Package Male

- **General Physician Examination, Body Mass Index (Medical Officer Consultation)**
- **Nutrition Therapy Consult**
- **Fasting Blood Sugar**
- **Urine Analysis**
- **Occult Blood**
- **ECG**
- **Total Blood Count**
- **Total Cholesterol Level**
- **Uric Acid**
- **Gamma GT (GGT)**
- **Creatinine**
- **PSA Total (Prostate)**
- **Breakfast**

Ksh.
15,000



Terms and Conditions Apply

Steel and Soul

Standard Male Package

- **General Physician Examination, Body Mass Index (Medical Officer Consultation)**
- **Nutrition Therapy Consult**
- **Fasting Blood Sugar**
- **Urine Analysis**
- **Occult Blood**
- **Total Blood Count**
- **Lipid Profile**
- **Uric Acid**
- **Gamma GT (CGT)**
- **Creatinine**
- **Thyroid Stimulating Hormone**
- **PSA Total (Prostate)**
- **ECG**
- **Glycated Haemoglobin (HBA1C)**
- **Ultra-sound Renal, Bladder, & Prostate**
- **Breakfast**

Ksh.
20,000



Terms and Conditions Apply

Serenity Escape

Normal Package for men below 40yrs

- **General Physical Examination, Body Mass Index (Medical Officer Consultation)**
- **Total Blood Count**
- **Fasting Blood Sugar**
- **Urine Analysis**
- **Lipid Profile**
- **Liver Function Test**
- **E/U/C**
- **Thyroid Stimulating Hormone**
- **Glycated Haemoglobin (HBA1C)**
- **Occult Blood**
- **ECG**
- **Vitamin D**
- **Nutrition Therapy Consult**
- **Dental General Consultation**
- **PSA**
- **Uric Acid**
- **Consultation by Physician**
- **Breakfast**

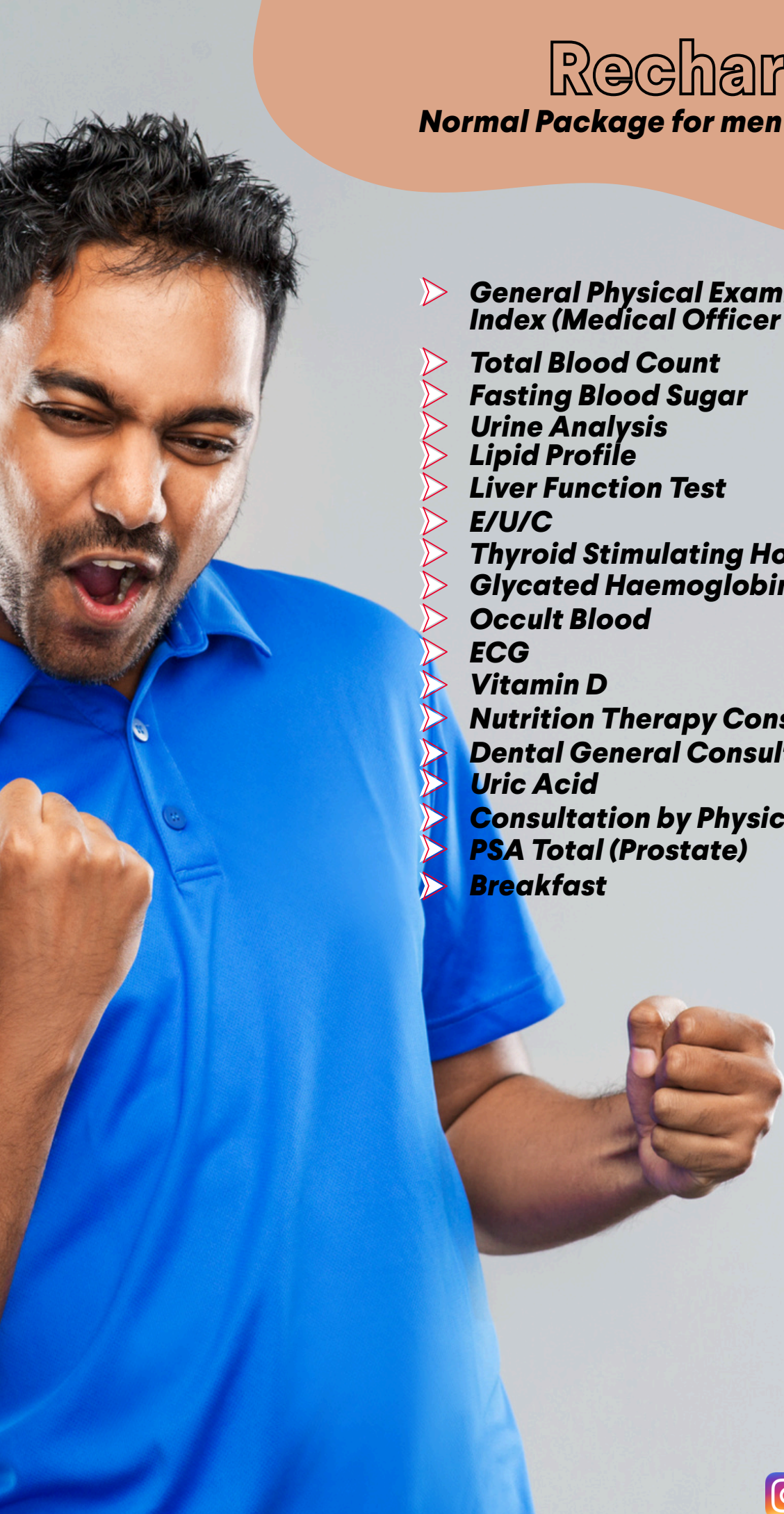
Ksh.
30,000



Terms and Conditions Apply

Recharge Pack

Normal Package for men from 40yrs - 64yrs

- 
- **General Physical Examination, Body Mass Index (Medical Officer Consultation)**
 - **Total Blood Count**
 - **Fasting Blood Sugar**
 - **Urine Analysis**
 - **Lipid Profile**
 - **Liver Function Test**
 - **E/U/C**
 - **Thyroid Stimulating Hormone**
 - **Glycated Haemoglobin (HBA1C)**
 - **Occult Blood**
 - **ECG**
 - **Vitamin D**
 - **Nutrition Therapy Consult**
 - **Dental General Consultation**
 - **Uric Acid**
 - **Consultation by Physician**
 - **PSA Total (Prostate)**
 - **Breakfast**

**Ksh.
35,000**



Terms and Conditions Apply

Alpha Recharge

Normal Package for men over 65yrs



- ▶ **General Physical Examination, Body Mass Index (Medical Officer Consultation)**
- ▶ **Total Blood Count**
- ▶ **Fasting Blood Sugar**
- ▶ **Urine Analysis**
- ▶ **Lipid Profile**
- ▶ **Liver Function Test**
- ▶ **E/U/C**
- ▶ **Thyroid Stimulating Hormone**
- ▶ **Glycated Haemoglobin (HBA1C)**
- ▶ **Occult Blood**
- ▶ **ECG**
- ▶ **Vitamin D**
- ▶ **Nutrition Therapy Consult**
- ▶ **Dental General Consultation**
- ▶ **Uric Acid**
- ▶ **Consultation by Physician**
- ▶ **PSA Total (Prostate)**
- ▶ **Ultrasound full Abdomen and Pelvis**
- ▶ **Hearing Screening**
- ▶ **Breakfast**

Ksh.
45,000



Terms and Conditions Apply

Rafiki Retreat

Comprehensive Package for men below 65yrs



- **General Physician Examination, Body Mass Index (Medical Officer Consultation)**
- **Total Blood Count**
- **Fasting Blood Sugar**
- **Lipid Profile**
- **Vitamin D**
- **Urine Analysis**
- **Liver Function Test**
- **E/U/C**
- **Uric Acid**
- **Thyroid Stimulating Hormone**
- **ECG**
- **Consultation by Physician**
- **Nutrition Therapy Consult**
- **Dental General Consultation**
- **Occult Blood**
- **CEA (Lung, Breast, GIT)**
- **CA-19-9 (Pancreas)**
- **Glycated Haemoglobin (HBA1C)**
- **Influenza Vaccine**
- **Breakfast**

Ksh.
45,000



Terms and Conditions Apply

Uzima Deluxe

Comprehensive Package for men above 65yrs

- **General Physician Examination, Body Mass Index (Medical Officer Consultation)**
- **Total Blood Count**
- **Fasting Blood Sugar**
- **Lipid Profile**
- **Occult Blood**
- **PSA Total (Prostate)**
- **Vitamin D**
- **Urine Analysis**
- **Liver Function Test**
- **E/U/C**
- **Uric Acid**
- **Thyroid Stimulating Hormone**
- **Ultrasound Full Abdomen and Pelvis**
- **ECG**
- **Consultation by Physician**
- **Nutrition Therapy Consult**
- **Dental General Consultation**
- **Hearing Screening**
- **CEA (Lung, Breast, GIT)**
- **CA-19-9 (Pancreas)**
- **Urologist Consultation**
- **Influenza Vaccine**
- **Glycated Haemoglobin (HBA1C)**
- **Ultrasound Echocardiogram**
- **Consultation by Cardiologist**
- **Hearing Screening**
- **Pneumococcal Vaccine**
- **Breakfast**



**Ksh.
85,000**



Terms and Conditions Apply

Little Steps

Wellness Package for your Little One



▶ **Paeditrician Consult**
▶ **Nutrition Therapy Consult**
▶ **Vaxigrip**
▶ **Total Blood Count**
▶ **Urine Analysis**
▶ **ESR**

Ksh.
10,000



Terms and Conditions Apply

General Information



-  *Do not eat or drink anything except plain water at least 8 hours before your wellness check-up*
-  *Please inform the nurse prior to your check up in case of any pre-existing condition.*
-  *Please carry a list of all the medication you are currently taking.*
-  *These wellness packages are available to both cash payers and insured people.*
-  *Please ensure that you have a letter of undertaking from your insurance provider beforehand.*



CONTACT

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