

Dr. Bharat Rawat,
Executive Director of
Norvic International Hospital says,
"We will try to reassure
all the Nepalese living abroad
that their parents are being
well taken care of.
We will give utmost importance
to prompt and appropriate care and
needful communication"



"Parent's Wellness Plan is a great initiative from
Norvic International Hospital and will be highly
appreciated by all the NRN's who are so much
concerned about their elders back home "

Mr. Bhim Udas
General Secretary
International Coordination Council (ICC)
Non Resident Nepalese Association



We know what you want.
When you are choosing a hospital,
you want a place where you will
find professionals and technologies
that address your needs.
A place where you will be watched over
by the staff who care.
A place where you feel safe.
We know, because we want the same things too,
we are a part of your community.
We are Norvic International Hospital.



Norvic International Hospital
नर्भिक इन्टरनेशनल हस्पिटल

Care at its Best!

GPO Box: 14126, Thapathali, Kathmandu, Nepal
Tel: 977-1-4258554/3 Fax: 977-1-4219686
Email: heart@norvic.wlink.com.np
Website: www.norvichospital.com



**Ensure your Parent's well being while
STAYING ABROAD**

www.norvichospital.com



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**For any appointments or for further
information about this plan.**

Email: pwp@norvic.wlink.com.np

Greetings from Norvic! You can choose and give your Parents the "Gift of Health" by applying to Parent's Wellness Plan (PWP). It's a unique way to let your parents know that you care about their well-being, while you are in abroad.

After all, what could be more thoughtful than the "Gift of Health" – PWP?

A Gift which will make your parents feel your Presence when you are not around them. A more personal and secured Gift which gives you in return the opportunity to consider the health needs of your parents. A Gift that enables you to provide Health Caretaker for your parents.

Ensuring Parent's Wellness while staying Abroad

Many Nepalese get established abroad helplessly leaving their loving Parent's behind. Responsibilities demand more work and labor than relationships. But, ones mind always travels back home wondering about, ones Parents Health and suffer from the fact that nothing really can be done to fill this Void. But now, Norvic has all thought about it for you. The time has come when you can go ahead to give your Parents a healthy and a safer life. You can now make your presence felt, even while you are abroad.

Features of Parent's Wellness Plan – PWP

- **A Master Health check** The Specially designed Health Check comprises a series of tests that are as comprehensive as they are necessary. This scientifically compiled list of investigations will help us identify even the smallest deviation in the health status of your Parent. Once your parents are registered for PWP, an Annual Master Health Check will be performed. PWP is a thorough test and will provide an extensive and detailed assessment of the parent's present state of health. The Package includes our Doctor's Consultation, Blood Chemistry, Hematology, Immunology, Stool Examination, Quarterly Intermediate Checkups and Monthly Home Visit for routine Check-up.
- **Friendly call from PWP Desk every Fortnight** Our PWP Officers will call your Parents every fortnight just to say Hello and to let them know that there is someone caring for them. This small but crucial feature of PWP will also keep you and your parents assured, that your they are being attended by Norvic team.

- **Medical Personnel Monthly Home Visit** Regular follow-ups and evaluation can ensure even better health. Visiting a hospital may be inconvenient; hence PWP takes care of this important aspect. Our medical personnel shall visit your Parents at home on a monthly basis ensuring that they have the benefit of a regular preventive check.
- **Quarterly Check-up** The Quarterly Check-up is a small package of essential tests that reviews the individual's condition and ensures that your Parent continues to enjoy good health. This also takes care of any problems that have recently developed. Information on healthy living that your parents accesses from PWP is validated by doctors and is relevant to them and their well being.
- **PWP Health Card** After enrolling the PWP, your beneficiary will be entitled to receive the "PWP Health Card" The Beneficiary will have to bring the PWP Health Card on every visit to avail the facilities. This Card also entitles your Parent some special privileges while taking services which are not part of PWP scheme. These include, 10% discount on all Pathological Investigations, X-Ray, Non-Invasive Cardiac Investigations, Health Packages and Room/Bed Charges.
- **Peace of Mind** Once you sign up for PWP, you can completely relax regarding your Parent's well being is concerned. Apart from taking care of their Health needs, PWP also brings their Quarterly health care status to you via Email wherever you are in the world.
- **Mode of Payment** You can make payment online 24/7 through www.moneygram.com (this facility is currently for Nepalese residing in USA). Other than USA, the payment can be transferred from Money Gram office counter in that country and the details can be seen from above website. If any doubt be there then feel free to contact us.

Points to Remember

- The Annual Cost of \$ 390 (inclusive of all taxes) per person.
- You and your beneficiary will have to be a citizen of Nepal residing in Kathmandu within the vicinity of 15 KMS from the Hospital.

PWP Includes Following Services and Benefits

- MONTHLY CHECK UP AT HOME (By Paramedical Staff)
- QUARTERLY CHECK UP (Every 3 months at Hospital)
- ANNUAL CHECK-UP
- SPECIAL PWP REWARDS
- PWP HEALTH CARD

PARENT'S WELLNESS PLAN (PWP)

Examination / Test PWP

Examination / Test	PWP
A. MONTHLY CHECK UP AT HOME (By Paramedical Staff)	
1. General Check-up	✓
2. Blood sugar test	✓
3. Oxygen Saturation	✓
4. Checking Medicine	✓
5. Make Communication with needful doctors	✓
6. Facilitate Future Appointments	✓
B. QUARTERLY CHECK UP (Every 3 months at Hospital)	
Doctor's Consultation	✓
Electrocardiogram (ECG)	✓
Blood Sugar Fasting	✓
Uric Acid	✓
Urea	✓
Urine R/M	✓
Creatinine	✓
Sodium	✓
Potassium	✓
Blood Pressure	✓
C. ANNUAL CHECK-UP	
Doctor's Consultation	✓
Blood Chemistry	
Blood Sugar (Fasting/Random)	✓
Sodium	✓
Potassium	✓
Calcium	✓
Lipid Profile	✓
Uric acid	✓
Urea	✓
Creatinine	✓
LFT	✓
Haematology	
TLC	✓
DLC	✓
Haemoglobin	✓
ESR	✓
ABO Grouping (If not documented)	✓
Urine Routine	✓
Stool Examination	
Stool Routine	✓
Occult Blood	✓
Electrocardiogram (ECG)	✓
Echocardiogram (ECHO)	✓
Chest X-Ray PA	✓
Ultrasound Abdomen	✓
Pulmonary Function Test (PFT)	✓
PAP Smear, Pelvis & Breast Exam (for women)	✓
PSA (for men)	✓

*Price US\$ 390.00, Inclusive of all Taxes

D. SPECIAL PWP REWARDS

- Home Delivery of Medicines by our Hospital.
- Greeting Calls on Birthday /Anniversary.
- Executive Lounge for Waiting at the Hospital.
- Get together of members on Father's and Mother's Day at Norvic along with Group Photograph scanned & sent via E-mail.
- PWP Badge for easy recognition.
- Health Friendly Food Chart.

E. PWP HEALTH CARD