

**PHYT-HEALTH TECHNOLOGIES LIMITED** RC7090193  
**PHYT-HEALTH MEDICAL CENTRE**  
**COVERAGES UNDER HEALTH PLANS OF SUBSCRIBED PACKAGES**

SERVICE SUBSET UNDER EACH CARE PACKAGE	PLANS		
	BASIC	PREMIUM	FIT
<b>GP &amp; WELLNESS CONSULTATION</b>			
a) Assessment	covered	covered	covered
b) Medical & Lifestyle advise	covered	covered	covered
c) Access to prescription	Not covered	Not covered	covered for family care only
d) Routine monitoring	Not covered	covered	covered
e) remote health monitors and trackers (codified)	not covered	not covered	covered for family care only
<b>SPECIALIST REVIEW ( available for Specialist care package and Cardio care package)</b>	BASIC	PREMIUM	FIT
a) Assessment	covered	covered	covered
b) Routine monitoring	Not covered	Not covered	covered
c) Medical & Lifestyle advise	covered	30% covered	covered
d) Access to prescription	not covered	40% covered	covered
e) remote health monitors and trackers (codified)	not covered	not covered	covered
<b>FITNESS AND NUTRITION MANAGEMENT</b>	BASIC	PREMIUM	FIT
a) Nutrition and diet prescription	covered	covered	covered
b) Nutrition planning& recipe management	Not covered	covered for cardio care only	covered for family care, cardio care, &career care
c) Diet therapy (DASH)	Not covered	covered for cardio care only	covered for family care & Cardio care
d) Diet therapy ( Weight & post procedure)	covered	covered	covered
a) Exercise prescription	covered	covered	covered
b) Keep fit intervention/ weight management	Not covered	covered for cardio care only	covered
c) Access to gym facilities	Not covered	Not covered	covered for cardio-care, family care, Specialist care
Cardiovascular testing and development	Not covered	Not covered	covered
Body composition testing and devpt.	covered	covered	covered
Balance-agility testing and devpt.	Not covered	covered	covered
<b>PHYSICAL THERAPY</b>	BASIC	PREMIUM	FIT
a) Pain therapy	covered	covered	covered
b) Routine fitness examination	Not covered	covered	covered
c) Intra-articular & Osteopathy	Not covered	Not covered	covered
d) Stroke management	not covered	not covered	covered
e) Chronic pain therapy	Not covered	Not covered	covered
f) Sport injuries and management	Not covered	Not covered	covered
<b>FULL BODY CHECK (Laboratory/diagnostics)</b>	BASIC	PREMIUM	FIT
a) Examination	covered	covered	covered
b) Body mass index (BMI)	covered	covered	covered
c) Fasting blood sugar	covered	covered	covered
d) Random blood sugar	covered	covered	covered
e) Blood pressure	covered	covered	covered
f) Lung function test (LFT)	Not covered	Covered for cardio & Specialist	covered
g) PCV	covered	covered	covered
h) Malaria Parasite test (MP)	Not covered	covered for cardio,pain & spec	covered
i) Widal test	Not covered	Not covered	covered for cardio, pain care and specialist care package
j) Urinalysis	Not covered	covered for specialist care	covered for cardio, pain care and specialist care package
k) Pap smear	Not covered	covered	covered
l) Full blood count (FBC)	Not covered	Not covered	covered fo specialist care
m) Glycated hemoglobin ( HBA1c)	Not covered	Not covered	covered for cardio care & specialist care package
n) Cholesterol (LDL,HDL)	Not covered	Not covered	covered for specialist care package
o) C-Xray	Not covered	Not covered	covered for specialist care package and cardio care
p) K-Xray	not covered	50% covered	covered for cardio care & specialist care package
<b>OCCUPATIONAL STRESS MANAGEMENT</b>	BASIC	PREMIUM	FIT
a) Assessment	covered	covered	covered
b) Therapy (Standard)	Not covered	covered	covered
c) Therapy (Extensive)	Not covered	Not covered	covered
d) Lifestyle adjust plan	covered	covered	covered
<b>TELE MEDICINE</b>	BASIC	PREMIUM	FIT
Tele GP	covered	covered	covered
Tele Rehab	not covered	covered	covered
Tele Radiology	covered	covered	covered
Tele Pathology	covered	covered	covered
Digital health records	covered	covered	covered