

WELLNESS PACKAGE BROCHURE





BACKGROUND

Welcome to FCC Healthcare, formerly known as First Cardiology Consultants, a pioneering hospital dedicated to revolutionizing cardiovascular healthcare in Nigeria. Our mission is simple yet profound: to establish an unrivaled standard of medical excellence across Africa.

Driven by the belief that the Nigerian healthcare landscape is ripe for transformation, we embarked on a journey over a decade ago to bring world-class cardiology and cardiovascular services to our doorstep. Today, we stand as a beacon of innovation and progress, offering not only cutting-edge cardiac care but also a spectrum of surgical specialties, including cardiac surgery.

At FCC Healthcare, we have cultivated a culture of unwavering commitment to our patients. Their wellbeing is at the forefront of everything we do. Through the strategic integration of modern technology and a relentless dedication to local capacity building, education, and collaborative research, we have elevated healthcare standards to unprecedented heights.

Our evolution into a comprehensive multi-specialty hospital is a testament to our relentless pursuit of excellence. Every day, we strive to create a nurturing medical environment where patients receive holistic care that transcends mere treatment as it embodies a genuine commitment to their health and wellness.



HIGHLIGHTS

The FCC Healthcare wellness program offers a wide range of tests combined with a friendly schedule where you get to choose the best time for your appointments. This is coupled by a serene environment with a relaxing ambience and state of the art technology.

Wellness visits assess your lifestyle, evaluate health risks, and screen for health conditions, in order to prevent health problems or catch them in the early stages. Instead of waiting to see a healthcare provider once you have a health problem, the idea is to be proactive about your health and work with your healthcare provider to prevent health problems.

The program will help you to manage your work, leisure and lifestyle better and therefore look forward to years of good health. At your own convenience and as a participant of the Wellness Health Programme you will undergo a comprehensive set of lab tests and non-invasive exams.

Before you leave, the results, an in-depth consultation and strategic recommendations are given to you to address any current or potential health issues. At your request a confidential and comprehensive medical report is sent to you and your personal physician, Isn't your health worth one day of your time?



WHAT TO EXPECT DURING A WELLNESS VISIT

At FCC Healthcare we ensure that the clinic has the requisite human resource to offer the comprehensive wellness check-ups. This normally includes Physicians, Nurses, Laboratory technologists, Pharmacy Technologists and a Medical Officer who will conduct the wellness check-up with the utmost professionalism and confidentiality.

- Family and Medical history review
- Vital signs measurement
- Cognitive and mental health assessment
- Physical and Functional assessment
- Lifestyle factors
- Health risk assessment
- Screenings and health advice
- Consultation and lots more

One of the main goals of our program is to help patients understand, identify, and implement changes that reduce health risk factors especially those factors that can cause heart disease, cancer, bone disease, autoimmune diseases, and others.



HOW BETTER SLEEP CAN IMPROVE YOUR HEALTH

At the core of our program is a commitment to empowering patients with the knowledge to understand, identify, and implement positive changes that reduce health risk factors. We focus particularly on mitigating risks associated with heart disease, cancer, bone disease, autoimmune diseases, and other potential health concerns. Discover the transformative power of quality sleep and its profound impact on your overall well-being. At the FCC Sleep Clinic, we specialize in addressing the pervasive challenges associated with sleep deprivation that affect individuals of all ages, encompassing concentration issues, daily task performance, mood disturbances, and overall health concerns.

Our dedicated team is committed to helping you overcome troublesome sleep disorders, such as chronic insomnia, sleep apnea, narcolepsy, restless leg syndrome, and excessive snoring. By providing tailored solutions, we empower you to reclaim a happier and healthier life through improved sleep. Experience the revolutionary stress test at our clinic, designed to assess the dynamic performance of your heart during physical activity.

This comprehensive examination offers valuable insights into blood flow within your heart, helping identify potential indicators of heart disease or other cardiac issues. How the heart performs during stress In today's fast-paced world, work-related stress has become a global concern, impacting the health and well-being of employees while also diminishing organizational productivity. Take proactive measures to safeguard the heart health of your staff by scheduling a stress test/echo, a pivotal tool in evaluating and maintaining their cardiovascular well-being. How the heart performs during stress A stress test or exercise stress test gives doctors a way to check how your heart functions while you are physically active. This kind of test can show whether or not there are any problems with the way blood flows in your heart, which could indicate heart disease or other heart problems. Work-related stress is a growing problem around the world that affects not only the health and well-being of employees, but also the productivity of organisations. You can book a stress test/echo to evaluate the heart health of your staff.



**OUR
CLIENTS**

EXECUTIVE HEALTH CHECK

WOMEN

History & Examination

FBC

EUCR

FBS

HBA1C

LIPIDS

LFT

Uric Acid

Urinalysis

Stool Occult Blood

Resting ECG

Echocardiogram

Carotid Ultrasound

Exercise Stress Test

Chest Abdominopelvic - CT scan (Without Contrast)

Cervical Cancer Screening

Breast Cancer Screening

Dietician Consult

**Optional (Recommended): Colon Cancer Screening (Ages 45 & Above)*

MEN

History & Examination

FBC

EUCR

FBS

HBA1C

LIPIDS

LFT

Uric Acid

Urinalysis

Stool Occult Blood

Resting ECG

Echocardiogram

Carotid Ultrasound

Exercise Stress Test

Prostate Cancer Screening (PSA) - Men

Chest Abdominopelvic - CT scan (Without Contrast)

Dietician Consult

**Optional (Recommended): Colon Cancer Screening (Ages 45 & Above)*

CARDIAC HEALTH CHECK

(STROKE & HEART ATTACK PREVENTION PROGRAM)

History & Examination

FBC

EUCR

FBS

HBA1C

LIPIDS

LFT

Resting ECG

Echocardiogram

Chest X-ray

Exercise Stress Test

CAC Scoring

Dietician Consult

Cardiovascular Counselling

**Optional (Recommended): Colon Cancer Screening (Ages 45 & Above)*



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