

# 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, to prevent or detect issues early. Rather than waiting until a health problem arises, the emphasis is on taking a proactive approach to health, collaborating with healthcare providers to minimize the likelihood of 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

Lack of sleep causes both men and women of all ages problems with concentration, performing daily tasks, mood, and even your general health. Our FCC Sleep Clinic can help you tackle difficult sleep disorders that affect your daily life and help you live a happier, healthier life.

We treat a variety of common sleep disorders including chronic insomnia, sleep apnea, narcolepsy, restless leg syndrome and even excessive snoring.

## How the heart performs during stress

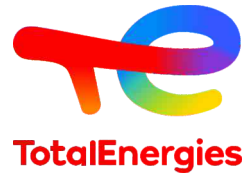
A stress test or exercise stress test gives doctors a way to check how your heart functions while you are physically active. This kind of test can show whether or not there are any problems with the way blood flows in your heart, which could indicate heart disease or other heart problems.

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



# HEALTH CHECK

## BASIC HEALTH CHECK UP

Medical Officer Consultation

FBC  
EUCR  
FBS  
HBA1C  
Lipids  
LFT  
Resting ECG

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

## INTERMEDIATE BASIC CHECK

Medical Officer Consultation

FBC  
EUCR  
FBS  
HBA1C  
Lipids  
LFT  
Resting ECG  
Echo

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

## CARDIAC HEALTH CHECK

Medical Officer Consultation

FBC  
EUCR  
FBS  
HBA1C  
Lipids  
LFT  
Resting ECG  
Echo  
Chest X-ray  
Exercise Stress Test  
CAC Scoring  
Dietician Consult  
Cardiovascular Counselling

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

# EXECUTIVE HEALTH CHECK

## COMPREHENSIVE EXECUTIVE CHECKUP MEN

GP Consultation  
FBC  
EUCR  
FBS  
HBA1C  
Lipids  
LFT  
Uric Acid  
Urinalysis  
Stool Occult Blood  
Resting ECG  
Echo  
Carotid Ultrasound  
Exercise Stress Test  
Prostate Cancer Screening (PSA) - Men  
CT - Chest abdominopelvic  
CT Calcium Score)  
Dietician Consultation

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

## COMPREHENSIVE EXECUTIVE CHECKUP WOMEN

GP Consultation  
FBC  
EUCR  
FBS  
HBA1C  
Lipids  
LFT  
Uric Acid  
Urinalysis  
Stool Occult Blood  
Resting ECG  
Echo  
Carotid Ultrasound  
Exercise Stress Test  
CT - Chest abdominopelvic  
CT Calcium Score  
Cervical Cancer Screening  
Breast Cancer Screening  
Dietician Consultation

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





## FIRST CARDIOLOGY CONSULT QUESTIONNAIRE

1. Do you snore loudly? (Loud enough to be heard through closed doors or your bed-partner elbows you for snoring at night.)  Yes  No
2. Do you often feel tired, fatigued, or sleepy during the daytime?(Such as falling asleep during driving or talking to someone.)  Yes  No
3. Has anyone observed you stop breathing or choking/gasping during your sleep?  Yes  No
4. Do you have or are being treated for high blood pressure?  Yes  No
5. Do you feel highly stressed from your job?  Yes  No
6. Do you have a hard time relaxing?  Yes  No
7. Have you done a comprehensive wellness health check in the last year?  Yes  No
8. Gender male?  Yes  No



## CONTACT US

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