



## WELLNESS SERVICE PLANS FOR INDEPENDENT SENIOR LIVING

### WELLNESS Plans are divided into 4 Levels:

**Base Level:** This level is mandatory for all UNITS of the community. It covers the costs associated with the operation and maintenance of the Wellness Center and Life Enrichment activities. The base level is part of the Room and Board and ensures the delivery of basic preventive care services. The other 3 Levels are recommended by wellness nurse on the basis of resident profile, which is created before move -in process depending upon the health condition or health status of the resident.

Emergency Medical services are 24/7 irrespective of levels. Some services require prior appointment and service charges applicable for few services which can be find in the below table:

<b>KEY</b>	<b>M - Monthly , D-Daily, W-Weekly</b>	<b>FOC - Free of Cost ✓ - Included</b>
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<b>SNO.</b>	<b>Service Description</b>	<b>Base Level</b>
1	Emergency Medical Care	✓
2	Vitals Monitoring	M
3	Stretching Exercises	D
4	Yoga Sessions (Basic)	D
5	Basic Floor Exercises	W
6	Dressing Minor	✓
7	Wheel Chair Mobilization (for transfers only)	✓



SNO.	Service Description	Level - 1	Level -2	Level-3	Remarks
1	Emergency Medical Care	FOC	FOC	FOC	Consumables and Medicine Charges Applicable
2	Ambulance Services	C	C	C	Consumables and Medicine Charges Applicable. Ambulance Service <b>Charges will be Applicable except in case of Emergency Medical Care</b>
3	Visiting Consultant Services (Once a Week)	C	FOC	FOC	Doctor Visitation Consulting
4	Vitals Monitoring	2XM	Alternate Days	D	Monitoring frequency although set in various levels; will vary depending on the readings.
5	Stretching Exercises	D	D	D	
6	Yoga Sessions (Basic)	D	D	D	
7	Basic Floor Exercises	W	W	W	
8	Dressing Minor	FOC	FOC	FOC	Procedure Charges are Free. Consumables and Medicine Charges Applicable
9	Dressing Major	C	FOC	FOC	Procedure charges are FOC. Consumables and Medicine Charges Applicable
10	Injection (IV, IM)	C	FOC	FOC	Procedure charges are FOC Consumables and Medicine Charges Applicable
11	Assistance in Medication Administration	C	FOC	FOC	
12	Catheterization	C	50%	FOC	Procedure Charges are FOC or discounted



					Consumables and Medicine Charges Applicable
13	Sponge Bath & Bed Bath	C	C	C	Rs.300/ Bath and Prior appointment required
14	Wheel Chair Mobilization (for transfers only)	FOC	FOC	FOC	Prior appointment required
15	Blood Sugar Monitoring	C	M	2XM	Blood Sugar Checking - Rs.50
16	Nursing Assistant Services	C	C	C	As per the rates of third party provider
17	Interferential Therapy	C	50%	FOC X 2 sittings and 50% thereafter	Rate per sitting - Rs.300/- (Including Consumables) Prior appointment required
18	Ultrasound Therapy	C	50%	FOC X 2 sittings and 50% thereafter	Rate per sitting - Rs.300/- (Including Consumables) Prior appointment required
19	Moist Steam Box	C	50%	50%	Rate per sitting - Rs.300/- (Including Consumables) Prior appointment required
20	Wax Therapy	C	C	C	Rate per sitting - Rs.300/- (Including Consumables) Prior appointment required
21	Gait Training (Once in a Month)	C	FOC X 1 sitting and 50% thereafter	FOC X1 sitting and 50% thereafter	Rate per sitting - Rs.300/- (Including Consumables) Prior appointment required
22	Exercise Therapy	C	C	50%	Rate per sitting - Rs.300/- (Including Consumables) Prior appointment required
23	Infrared Rays	FOC X 1Sitting	FOC x 1sitting and 50% thereafter	FOC	Rate per sitting - Rs.200/- (Including Consumables) Prior appointment required
24	Swiss Ball Exercise	C	50%	FOC	Rate per sitting - Rs.100/- Prior appointment required
25	Physiotherapist Consultation (Once in a month)	FOC	FOC	FOC	Consultation Rs-200/sitting



26	Personal Yoga Training (Once in a Week)	C	C	C	Rate per sitting - Rs.200/-
27	Personal Fitness Training (Once in a Week)	C	C	C	Rate per sitting - Rs.200/-

Please note :-

\*Recreational activities will be conducted once or twice per month, cost associated with stationery or activity material to be borne by the resident.

\*All physiotherapy treatments are purely need based.

\*Please check remark column for any clarification.

**Level 1:** This level is designed for residents who are living at the community on an active basis and are young seniors who would like to have all basic wellness services for their well-being.

**Level 2:** This level is designed for residents who are living at the community on an active basis but are on treatment for any diseases which requires a continuous monitoring on their varying health status.

**Level 3:** This level is designed for residents who are living at the community who definitely requires continuous monitoring on daily basis.