



مركز العبدلي الطبي
ABDALI MEDICAL CENTER



**GIVE THE GIFTS OF
HEALTH !**



HEALTH GIFTS OF ABDALI MEDICAL CENTER

Abdali Medical Center provides best practice healthcare. As part of our mission, we work on prevention and wellbeing. This catalogue contains Gifts of Health and is an opportunity to treat yourself and your loved ones to exclusive screening, prevention and wellbeing services that help you stay healthy and feel good. Here's a selection of gift vouchers to choose from. We look forward to receiving your feedback.

List of gift vouchers at Abdali Medical Center:

VACCINATIONS

- Flu vaccination 3

HEALTH CHECK-UPS (LAB BASED)

- Check-up level 1 3
- Check-up level 2 4
- Check-up level 3 4
- Check-up level 4 4

COMPREHENSIVE HEALTH ASSESSMENTS

- Basic 5
- Plus 5
- Advanced 5
- Cardiac Focused 5

NUTRITION

- First consultation 6
- Program of 5 visits 6

SKIN CARE AND DERMATOLOGY TREATMENTS

- Aesthetic 7
- Rejuvenation 8
- Glow 9

FLU VACCINATION

Protect your loved ones with a flu vaccination. The seasonal flu vaccine protects against influenza viruses, which are more common during the winter.



HEALTH CHECK-UPS

Abdali Medical Center's advanced Laboratory and Pathology Department offers screening check-ups for common conditions. The check-ups include a range of lab-based tests and a consultation with our Internal Medicine Department.

Check Up – Level 1

Includes a blood test, kidney and liver function tests, as well as urine and lipid tests

Recommended for giving you a baseline of your body's health and organ functionality.

Check Up – Level 2

Includes all tests in in the Level 1 check-up in addition to giving you an overview of your vitamin levels and insights on how your thyroid is functioning.

Recommended for people suffering from low energy, fatigue, depression and a lack of energy. It also helps assess unexplained fluctuations in weight and is recommended for people with a family history of diabetes, high blood pressure and cardiac illnesses.

Check Up – Level 3

Includes all tests in Levels 1 & 2, and gives you an overview of your mineral levels, cardiac enzymes and provides pancreas specific tests.

Level 3 is recommended for people experiencing general fatigue, hair loss, and is especially relevant to people with a family history of raised cholesterol levels.

Check Up – Level 4

Includes all tests in Levels 1, 2 & 3 plus tumour markers. This level is recommended for people with a strong family history of cancer, where one can get tested for tumour markers that allow for early detection and lead to a higher recovery rate.



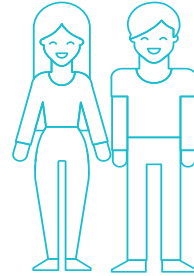
COMPREHENSIVE HEALTH ASSESSMENTS

We offer 4 types of health assessments that give you an overview of your current health. They address specific health concerns, or simply help you in improving your overall health.

Basic

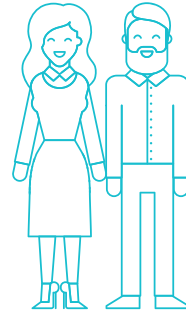
For individuals below the age of 39. Our Basic Health Assessment is an ideal way to get a rounded view of your current health and identify any future health risks and improvement areas.

Our Female Basic Health Assessment is targeted at women, focusing on breast and gynaecological health.



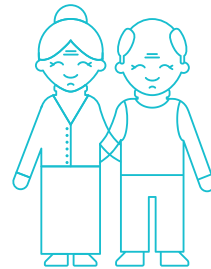
Plus

For individuals aged 40 - 49 years. Our Plus Health Assessment covers the same examination and tests as the Basic Health Assessment, and is complemented with additional focus on future risk areas according to age and/or other factors.



Advanced

For individuals aged 50 years and above. Our Advanced Health Assessment is a comprehensive check up including PSA and prostate, endoscopy and CT scans for smokers, as recommended by best evidence-based prevention programs for this age group.



Cardiac Health Focus

Recommended for male and female individuals with specific cardiac-related risk factors.



NUTRITION PROGRAMS

Explore our nutrition programs led by our expert clinical Dietitians at Abdali Medical Center. They create custom made programs to suit each person's lifestyle and specific health goals from optimizing diets, kickstarting a new health journey, weight management or taking control of a disease or disorder.



First consultation

Recommended for individuals who need an initial assessment that includes a body composition analysis, and where our dietician provides guidance and motivation for you or your loved ones to kickstart a healthier nutrition program.

Program of 5 visits

The first session starts with a consultation, followed with 4 follow-up visits where our lead dietician addresses concerns, checks on the progress made, and monitors to reach the goal desired.

SKINCARE AND DERMATOLOGY TREATMENTS

Treat yourself or loved ones to safe and advanced skin treatments that are evidence-based and have proven results. We adopt the latest advancements and equipment in dermatological aesthetic care procedures in a medspa setting.



Aesthetic (120 minutes)

HydraFacial with a choice of extra serum, mask, facial massage

The HydraFacial is a full facial treatment that brightens skins and clears pores. It gives your skin a deep cleanse and activates circulation that makes your skin glow. Serums are selected to suit your skin type and aid in repairing, nourishing and hydrating your skin, whereas facial masks aid in calming and balancing your skin. The face massage provides relaxation and activates blood circulation for a perfect finish.



Rejuvenation

Begins with a comprehensive skin care consultation where preparation creams are prescribed, followed by treatment with the latest laser technology Sciton Joule BBL.

Consists of 2 sessions:

Session 1: will include a combination of Botox (up to 40 units) and Fillers (up to 1ml), both if/as needed. This treatment is flexible to match individual needs and preferences.



Session 2: BBL*, the most advanced laser treatment for skin rejuvenation in the market with excellent proven results.

The BBL would be booked 2 weeks after fillers and Botox during which the client will apply preparation creams.

* BBL is a corrective phototherapy treatment that uses Broadband Light (BBL) to target signs of aging, sun damage, pigmentation, redness and other skin issues. This process restores the skin's beauty, making it clearer, smoother, and more vibrant.



Glow

Facial PRP plus Aquagold Stamp

PRP, Platelet Rich Plasma, uses the body's own growth factors and cytokines in the blood to stimulate collagen and elastin growth. It is used to rejuvenate the facial skin, reduce dark circles under the eyes, and to improve certain types of hair loss. We then use the Aquagold stamp, a painless instrument consisting of micro needles that penetrate the skin's deeper layers with the PRP liquid, to give your skin a smoother and more youthful complexion.



PRICES

Please consult the price list attached separately

HOW TO USE YOUR VOUCHER

To use your voucher, please call Abdali Medical Center's Call Center on **065109999** to make your appointment for the service shown in your voucher, quoting the serial number.

When you arrive to your appointment please bring your voucher with you. It is important that you bring your voucher, as we cannot offer the service without it.

ABOUT ABDALI MEDICAL CENTER

Abdali Medical Center's mission is to provide best practice patient centered healthcare and to promote research and education in MENA.

As part of our mission we look after all aspects of our community's health from awareness and prevention to treatment and post discharge care and recovery. We are committed to providing health and wellbeing services that are relevant and accessible and that help our community stay healthy and feel good.

We are setting a new standard of excellence in medicine through our focus on research, education and our commitment to continual improvement. At the core of the center's operations is an uncompromising adherence to integrity and a firm belief that every human being deserves to live their best life. We aim to serve our patients, their families, our colleagues and our community at large with respect and kindness.



WHY CHOOSE ABDALI MEDICAL CENTER?



Best Quality

Our team is composed of highly qualified doctors who have trained at top-tier international hospitals. We adhere to robust clinical quality and operational governance to ensure the safety of our patients.

Outstanding Experience

We provide the best customer service in a unique environment. Focusing on communication, engagement and affordability. We offer a one-stop shop for clinics, diagnosis, inpatient, specialist centers and support services.

Latest Technology and Innovation

We adopt the latest technologies in medical equipment and IT systems. We have an on-site training center and support research and clinical trials.

Multidisciplinary Approach

Our team of subspecialists work together to provide the highest standard of healthcare. They follow best practice evidence-based care, support research, trainings and publish outcomes.

Excellent Care

Driven by our values of integrity, quality, compassion, teamwork and accountability.



Where you can find us:

- Abdali District Area, Entrance 8
 - Outpatient Parking from Al-Ghad St.
 - Outpatient Building (tower).
- Or, alternatively, through Entrance 2, Al-Istethmar St. coming from the Palace of Justice

For more information & to book your appointment:

Tel: +962 6 510 99 99

Email: appintments@abdalimedical.com

Website: abdalimedical.com