

EXAMPLE PROGRAMME

HEALTH CHECK-UP – 3 DAYS

Your HEALTHY LIVING PROGRAM and stay with us could soon look like this.

This is an example programme, timings of individual units are subject to change.

	Day 1	Day 2	Day 3
8:00		Abdominal Ultrasound Laboratory Tests	Resting ECG & Basal Metabolic Rate
10:00		Breakfast 7 AM – 11 AM Initial Consultation with Doctor	Final Doctor Consultation
12:00			Farewell
		Lunch 12 PM – 2 PM*	
14:00			Late Check-out until 4 PM
16:00	Check-in from 3 PM Welcome & Introduction	Arthritis Check Dental Check Dermatology Check	
18:00	Dinner from 6 PM*		

*individual/not included in the price