

**Wellness Initiatives – User Guide**  
Exclusive for

**HEALTHEDGE**

# Wellness benefits for HealthEdge

Services	Usage	Eligibility
<b>Unlimited Teleconsultations</b>	GP Consultations - 24/7 Specialist Consultations - 6am to 1am	Employee + 5
<b>Employee Assistance Program</b>	24/7 Duration	Employee + 5
<b>Annual Health Check</b>	Per Employee Per Annum	Employee (Dependents - On self-paid basis)
<b>Dental Care</b>	Unlimited physical Dental Check Up via our network partners	Employee
<b>Vision Care</b>	Unlimited physical Eye Check Up via our network partners	Employee

***Service Duration : 1<sup>st</sup> Jan 2024 – 31<sup>st</sup> Dec 2024***

# How to Download The Wellness Corner App



## iOS

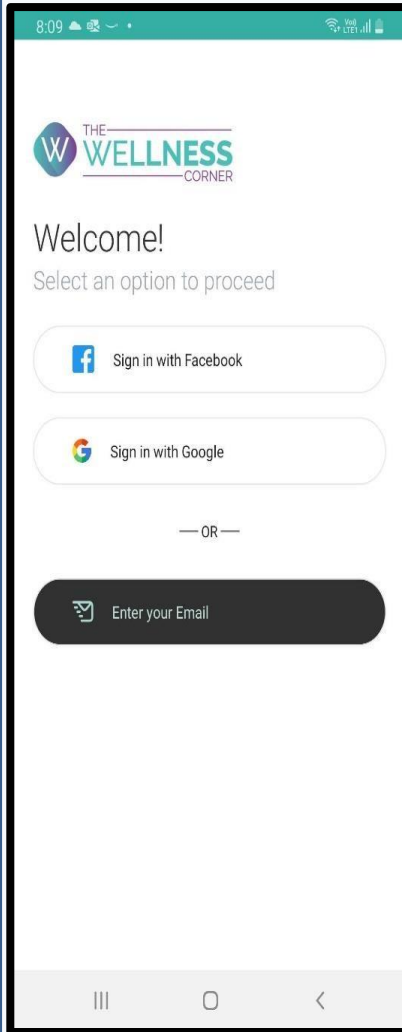
1. Go to App Store
2. Search for “Wellness Corner”
3. Download and Install the app

## Android

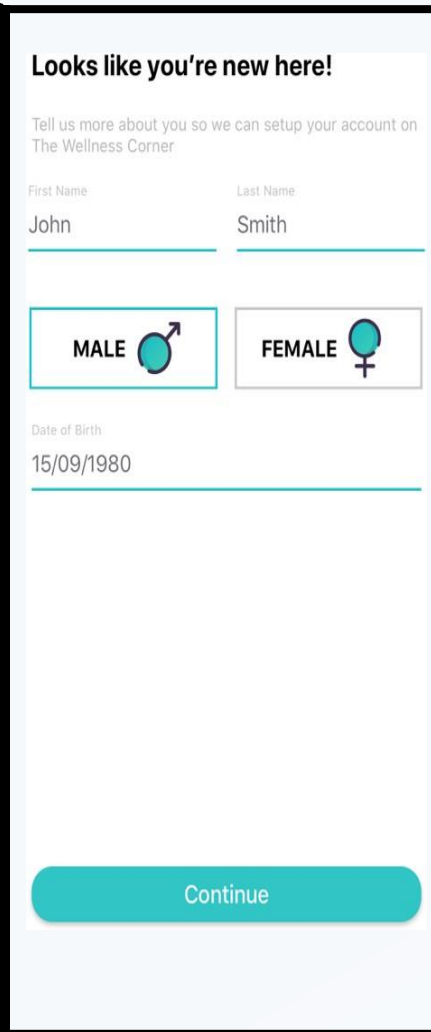
1. Go to Play Store
2. Search for “Wellness Corner”
3. Download and Install the app



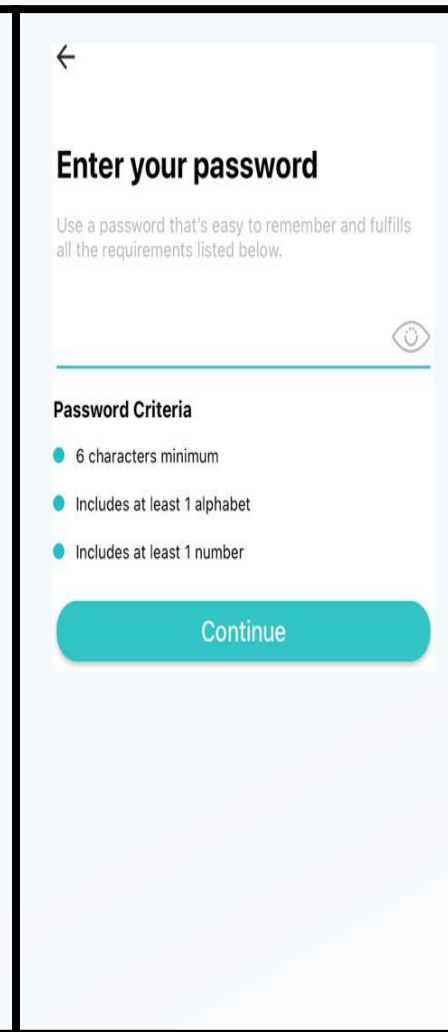
# Register on The Wellness Corner app



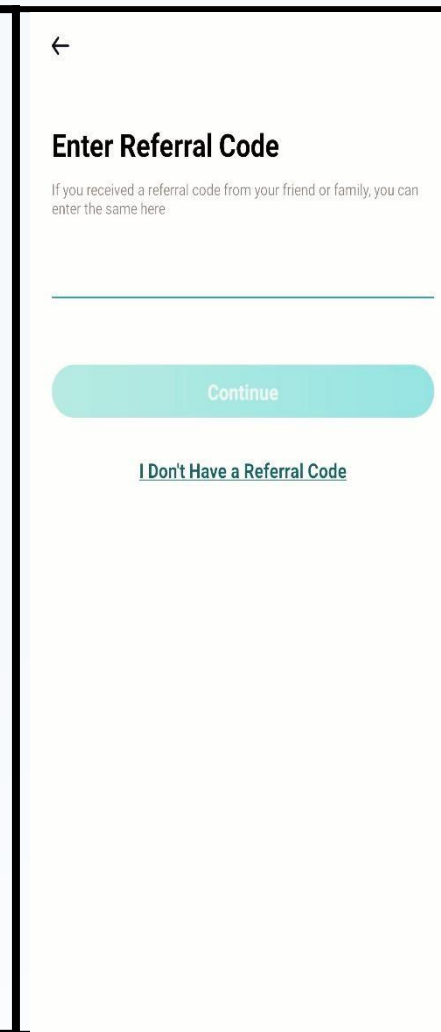
Click on 'Enter your email' and type-in your official email-id



Enter your basic details. This is required for verification only. All details provided are confidential



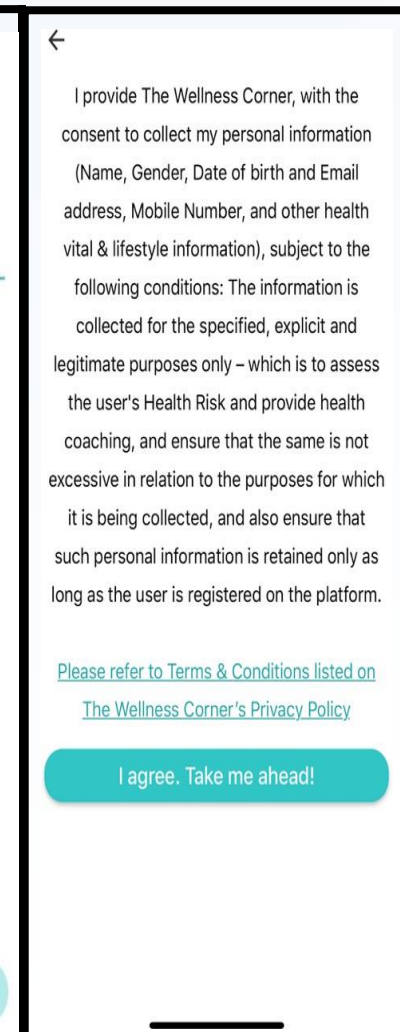
Set a password using a minimum of 6 characters



You can click on 'I don't have a referral code'

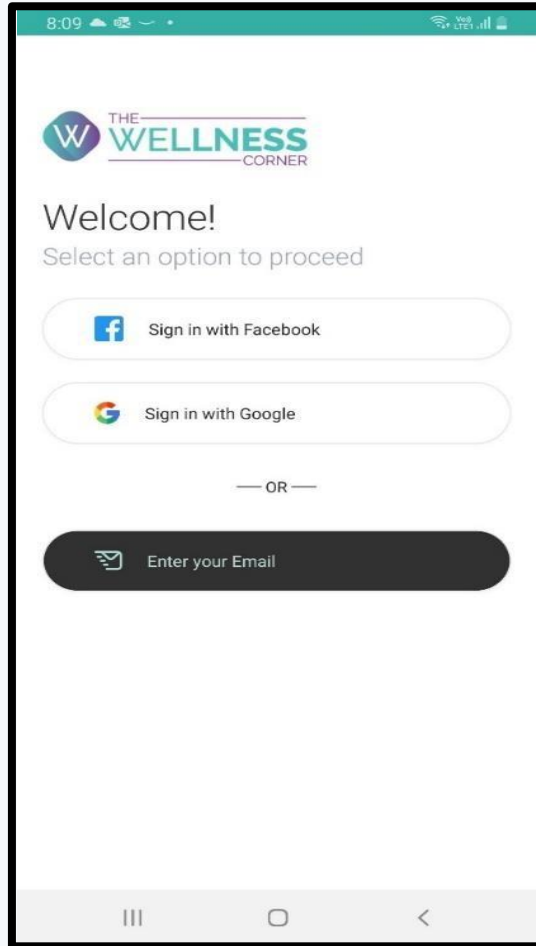


Verify your mobile number & enter OTP

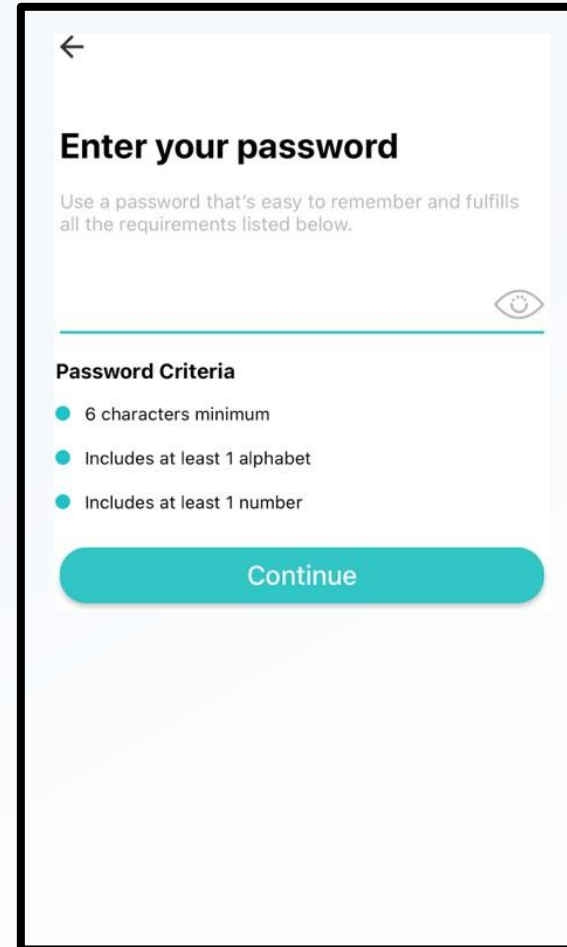


Agree to the Terms and proceed to your dashboard

# How to login for an already registered user

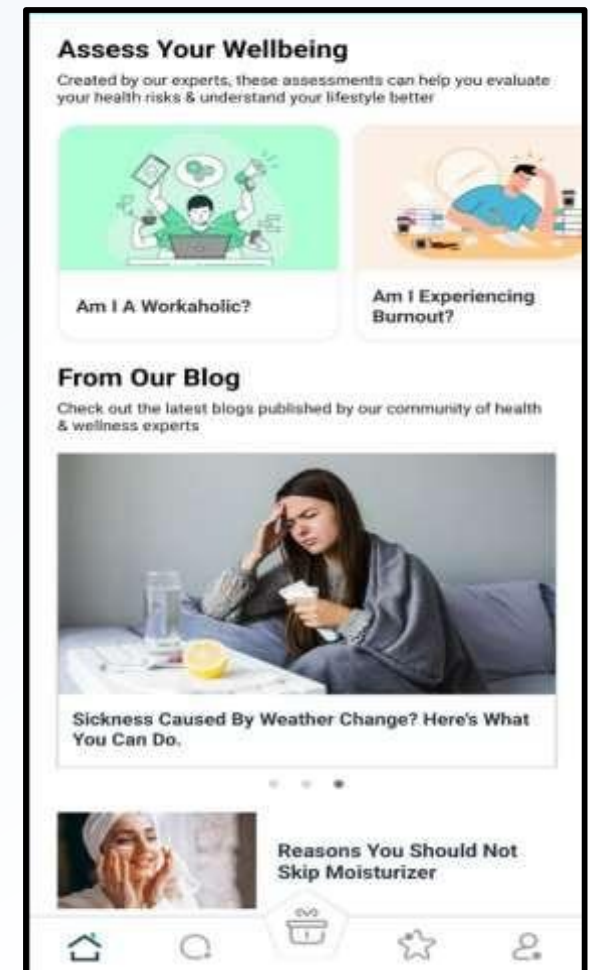
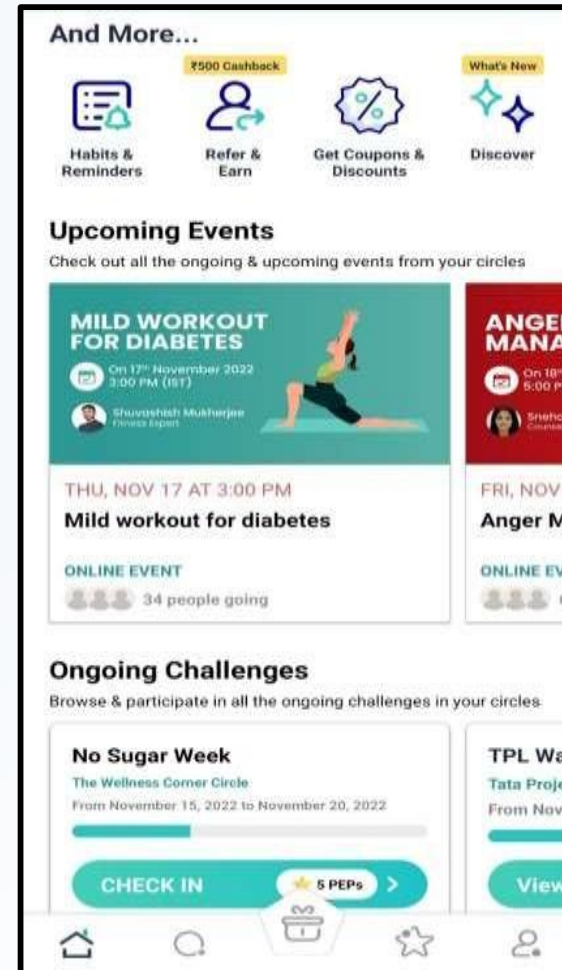
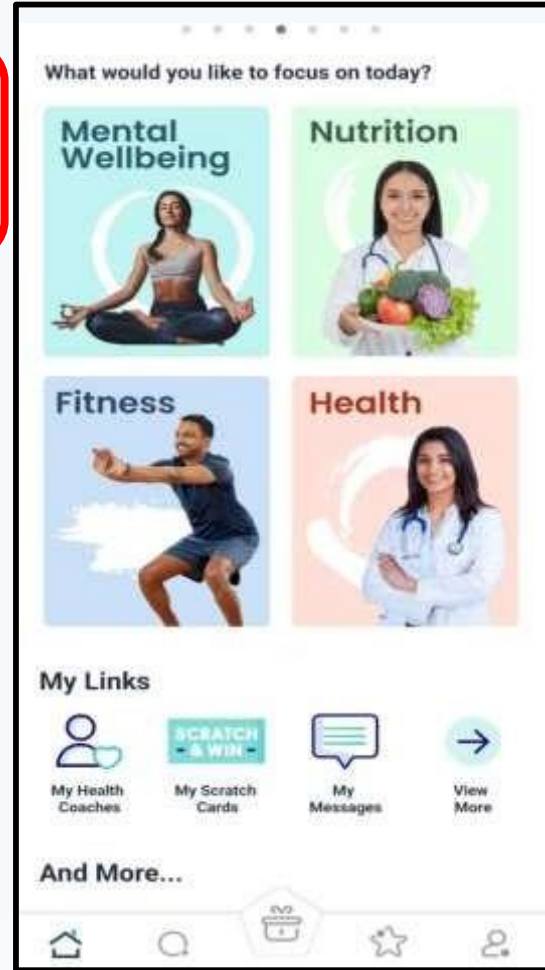
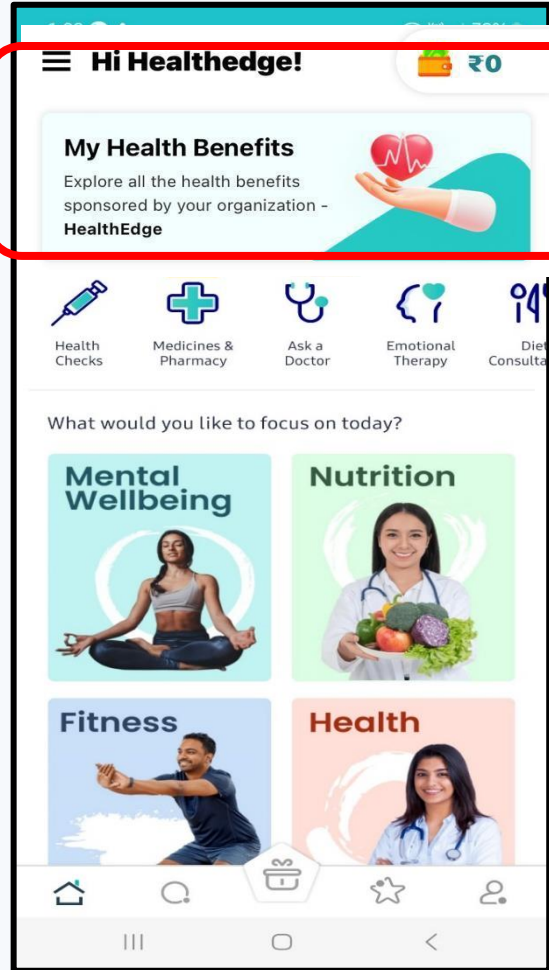


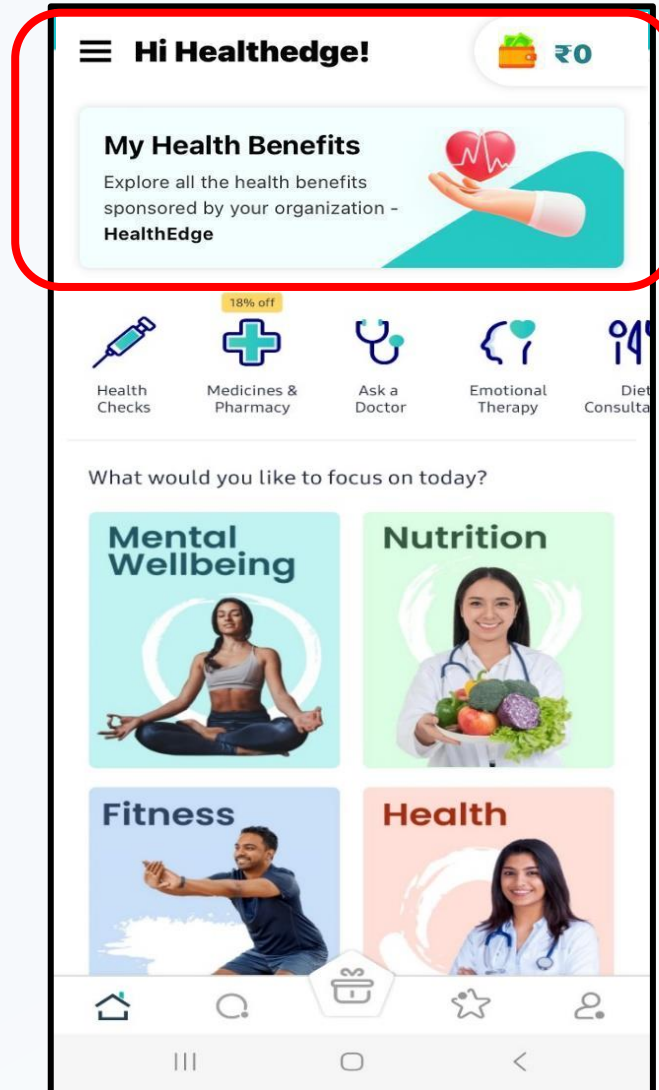
Enter your official/corporate email-id



Enter your password

# Once you Register, you will land on the Homepage of the App; You will find all resources available for you here



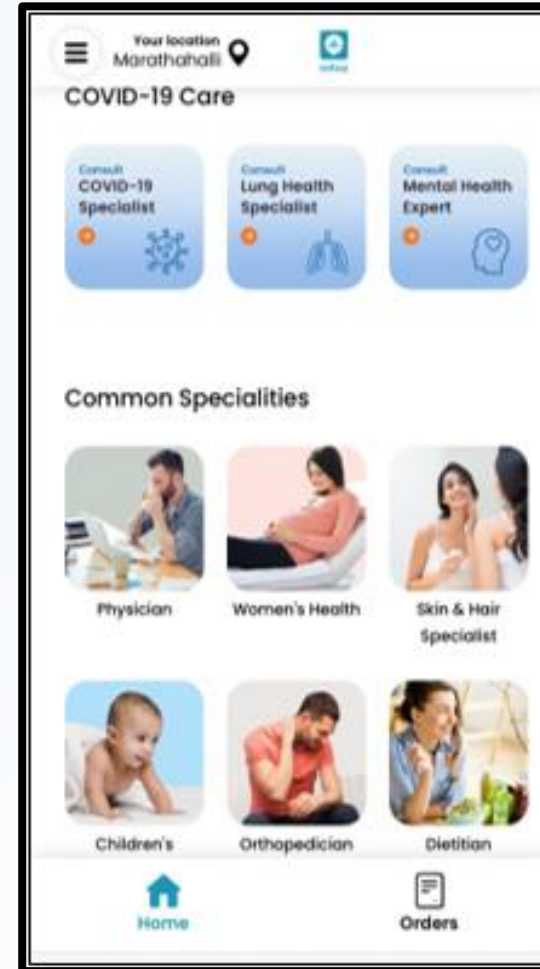
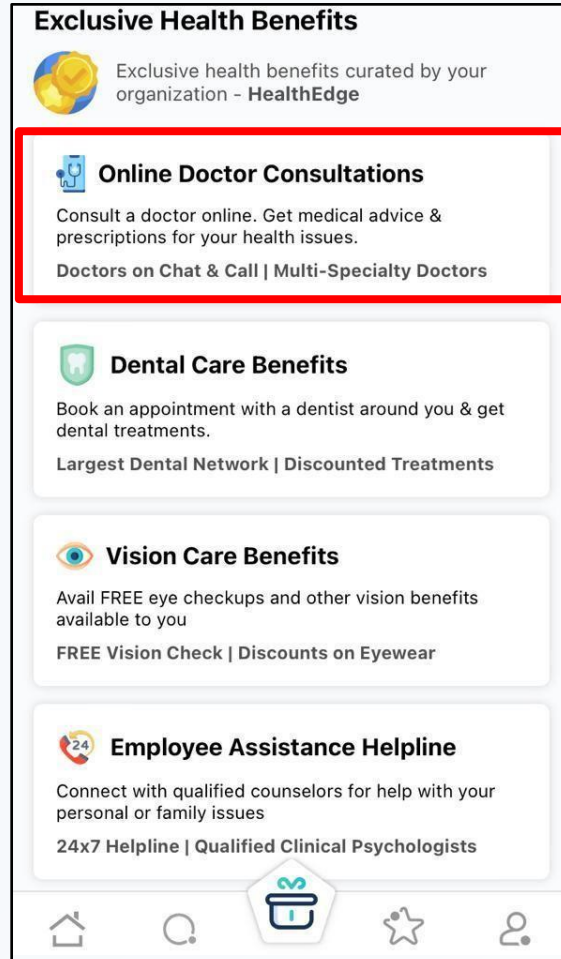
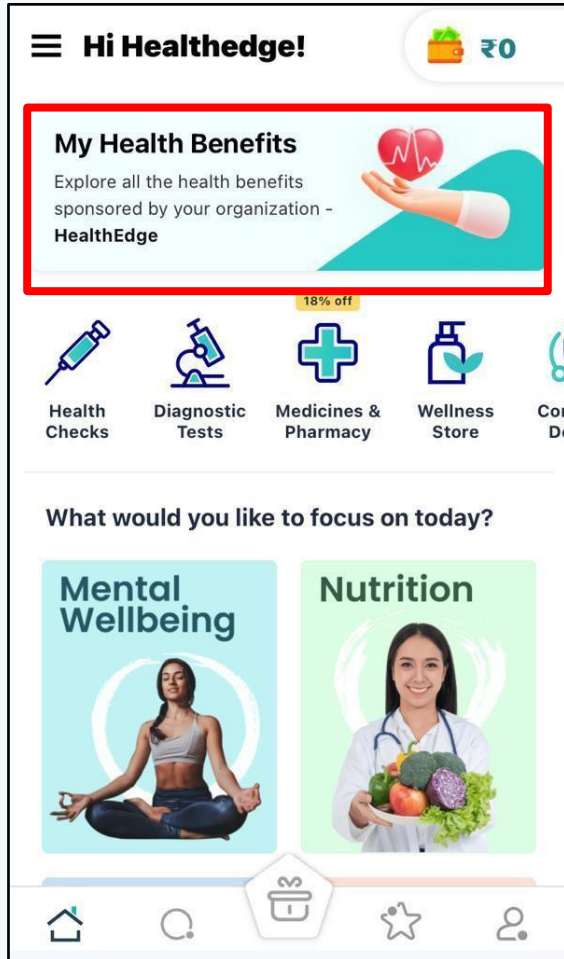


On the home page, under “**My Health Benefits**” tab, one will be able find all the benefits that have been sponsored by the corporate.

# Unlimited Free Doctor Consultations

For Employee + 5 Dependents

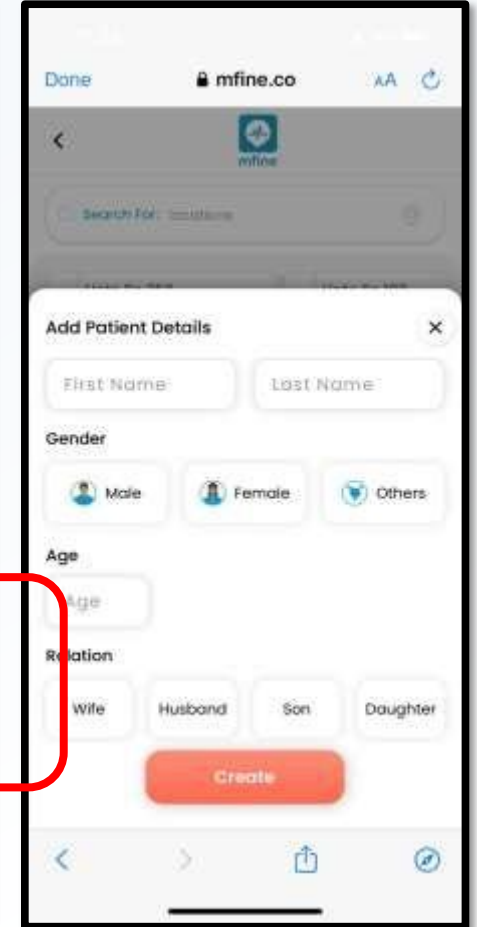
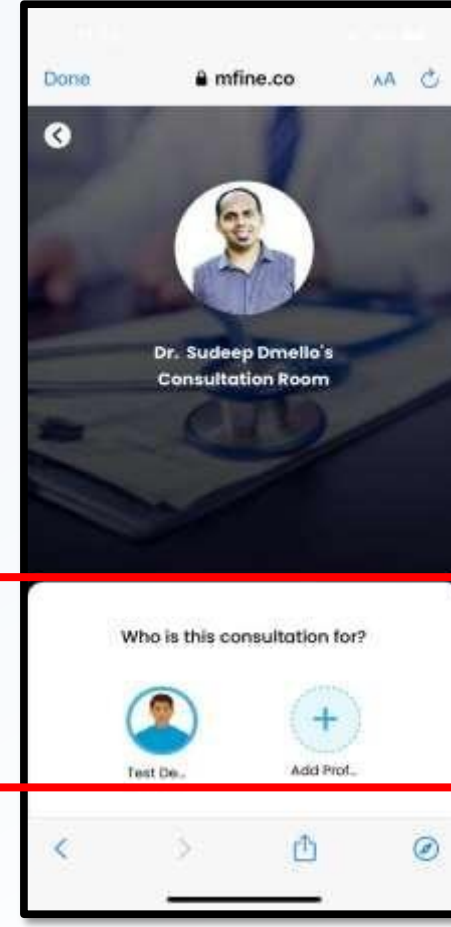
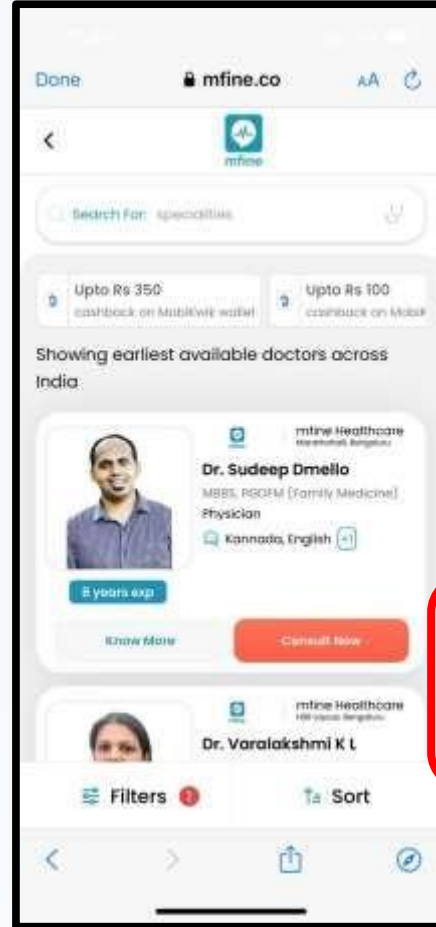
Available in multiple languages



Under 'My Health Benefits' click on 'Unlimited Doctor Consultations' to avail unlimited teleconsultation with Doctor of 30+ Specialty and Super Specialty.



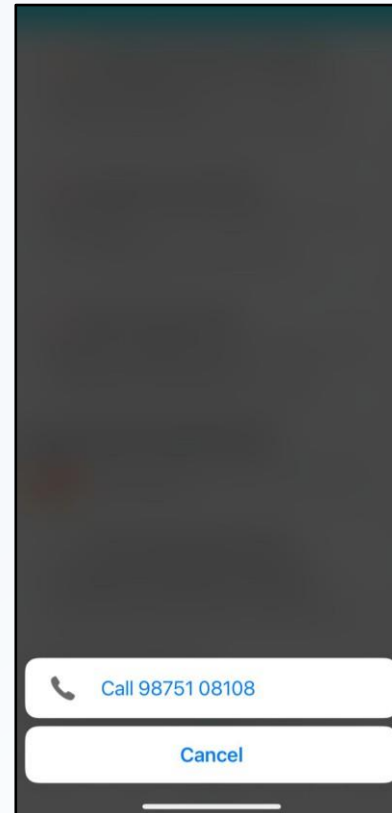
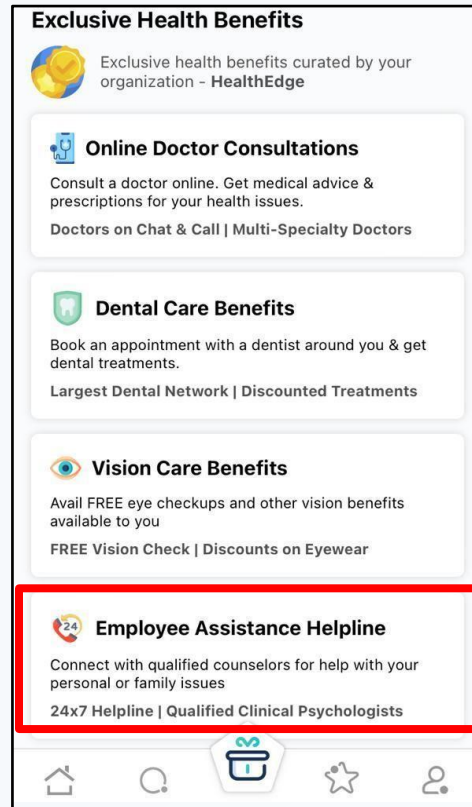
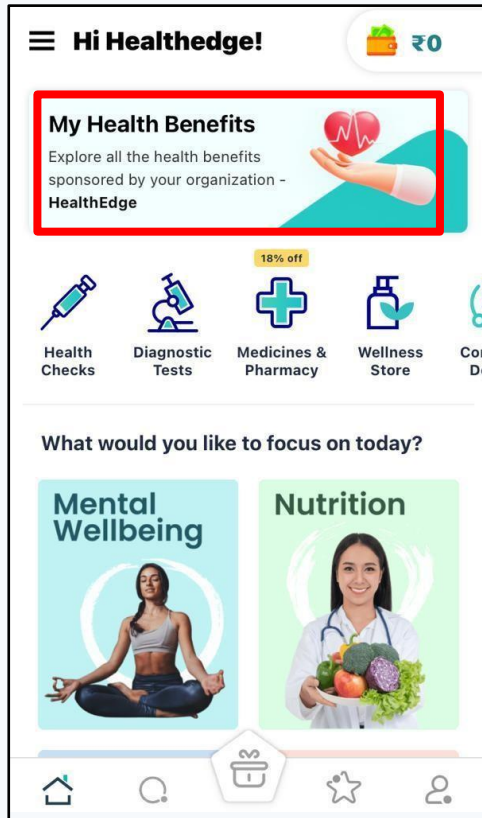
# How to add Dependents for Doctor Consultation



# Emotional Therapy + EAP Services

For Employee + 5 Dependents

Available in Hindi, English, Tamil, Telugu, Kannada, Bengali, Marathi, etc



Under the **Emotional Therapy** tab, book the following:

- \* Personal therapist
- \* EAP helpline 24 X 7 (Employee + 5 dependents) – **9875108108**

# Employee Assistance Program (EAP)

EAP or Employee Assistance Program is a confidential service which offers short term counselling, assessments and expert - based advice and solutions to employees facing personal or professional issues impacting their emotional and cognitive wellbeing

For all your concerns related to your Emotional & Mental health, we are right here when you wish to talk to us



**Workplace Issues  
and Challenges**



**Grief & Loss**



**Relationship and  
Family Matters**



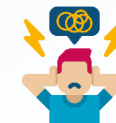
**Changing negative  
experience into  
positive ones**



**Personal  
Growth**



**Cognitive  
development**



**Stress & Anxiety  
Management**

# HOW CONFIDENTIAL IS EAP?

Employee involvement in the program is not disclosed to the employer or anyone else without written permission from the employee. Information/ utilization reports shared with the Core HR Team is limited to de-identified statistical data only. Absolute confidentiality does not apply to child abuse or threats to the safety to oneself or others

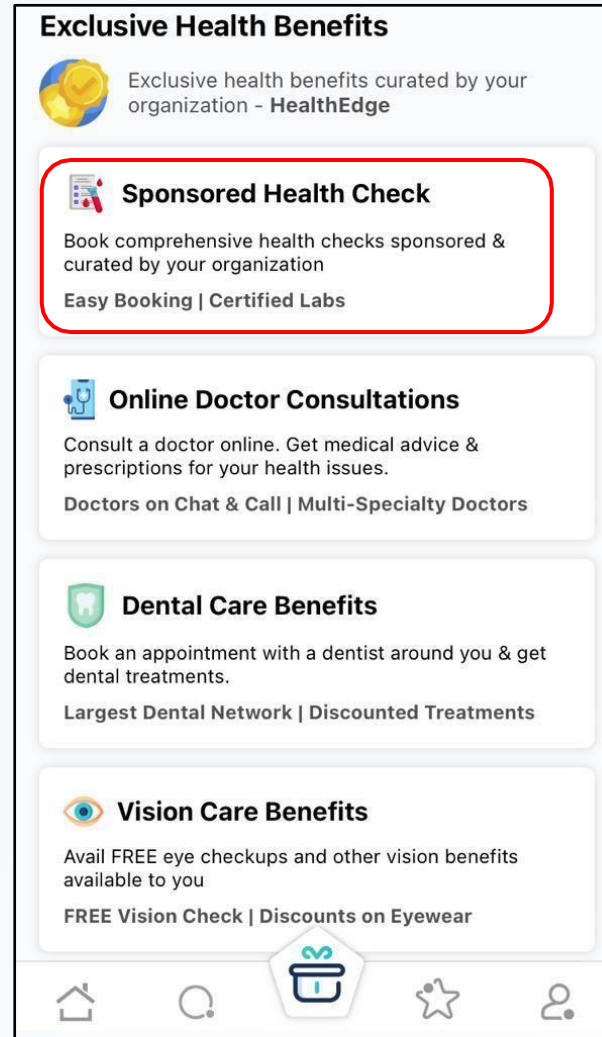
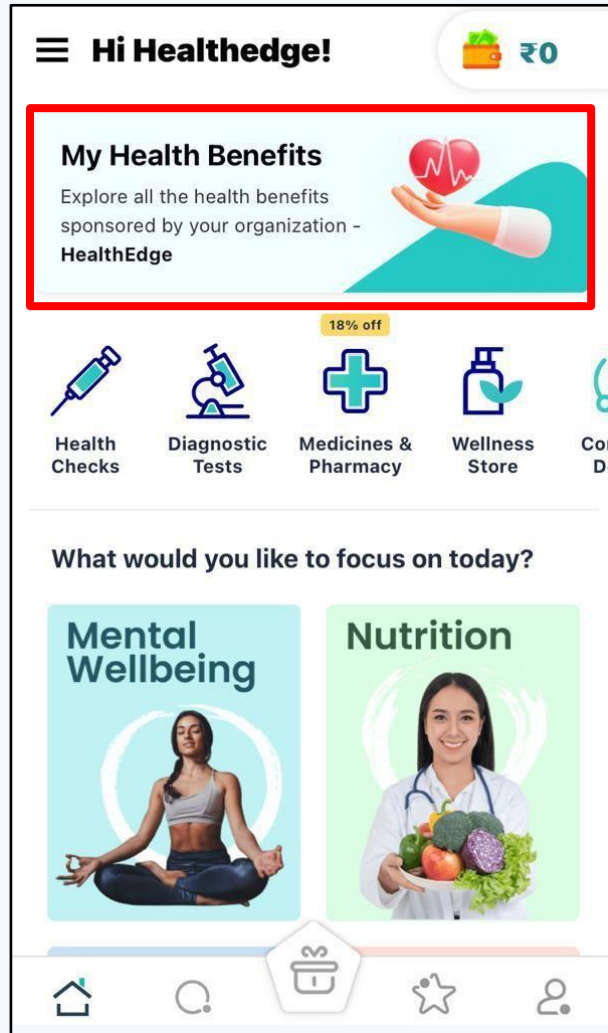


# IS EAP ONLY FOR THOSE WITH CONCERNS?

Not necessarily, the employee assistance program can be used for personal growth and development. Our counsellors are well equipped to provide you any advice you may need for mental and emotional growth

Contact our counsellors in case you need a safe space to confide in






Under 'My Health Benefits' click on 'Sponsored Health Checks' to avail health checks.

# Sponsored Health Check-up

## HealthEdge Annual Health Check 2024

Valid till December 27, 2024



Select any package from the list of curated packages by your organization to book an appointment

### Packages For You

#### Complete Center Visit Package For Male

Includes 70 tests

**₹15899 FREE**

Center Visit **BOOK NOW**

#### Home Collection Package For Male

Includes 59 tests

**₹4099 FREE**

Free Home Collection **BOOK NOW**

#### Radiology & Other Test Center Visit Package For Male

Includes 11 tests

**₹9999 FREE**

## Center Visit Package For Male

Includes 52 tests

Report within 72-96 Hours

We tend to overlook small health issues that later develop into severe illnesses. Preventive health measures such as regular screening are a great way of being informed about your overall health and to detect the presence of any issues beforehand for a proactive approach. A whole-body check-up is a standard test in which all of the body's systems are readily evaluated, such as blood, urine, diabetes, heart health and so on. A thorough body check-up should be done at least twice a year to maintain good health. The below health check package is a blood and radiology test that evaluates your overall health. Timely screening can help you in avoiding illnesses and with this package you can keep a track of your health in the best way.

Fasting Required for 10-12 Hours

MRP ~~₹11999~~ **FREE**

Recommended for

Male age Above 18 Years

Starting From: **FREE** **SELECT PACKAGE**

## Select Lab

Your location **Chennai**

### Medall

191, Poonamallee High Road, near, Taylors Rd, Kilpauk, Chennai, Tamil Nadu 600010, Chennai, Tamil Nadu, 600010

### Medall

No. 58, Metro Station, Near, 6, Jawaharlal Nehru Salai, Vadapalani, Chennai, Tamil Nadu 600026, Chennai, Tamil Nadu, 600026

### SRL Diagnostics

Vedha Ranghaa Nivas, No 22/97, Dr.Ambedkar road, Ashok Nagar, Chennai- 600083, Chennai, Tamil Nadu, 600010

### Aarthi Scan

Old No.No 623/1, New No.640 T.H.Road Tondiarpet Chennai - 600081, Chennai, Tamil Nadu, 600081

### Medall

No. F-32, 2nd avenue, Near chinthamani signal (hero nagappa motors), Anna nagar, Chennai, Tamil Nadu 600102, Chennai, Tamil Nadu, 600102

### Medall

Dr.Iravatham'S Laboratory No.20/3&4,Gopalakrishna Street, Indra Devi Complex, T.Nagar, Chennai-600 017, Chennai, Tamil Nadu, 600017

### Medall

## Appointment Booked

**Your appointment is booked!**  
Your sponsored health check appointment is booked. Thank you for using The Wellness Corner.

### Home Collection Package For Male

Healthedge Home Collection Package For Male  
59 parameters included

Selected Patients

### Healthedge Test

Male, 32

8319178093 healthedge@truworth.com

801, Level 8, East Wing, Raheja Tower, MG Road, Bengaluru, Bangalore, Karnataka, 560001

January 02, 2024, Before 10 AM

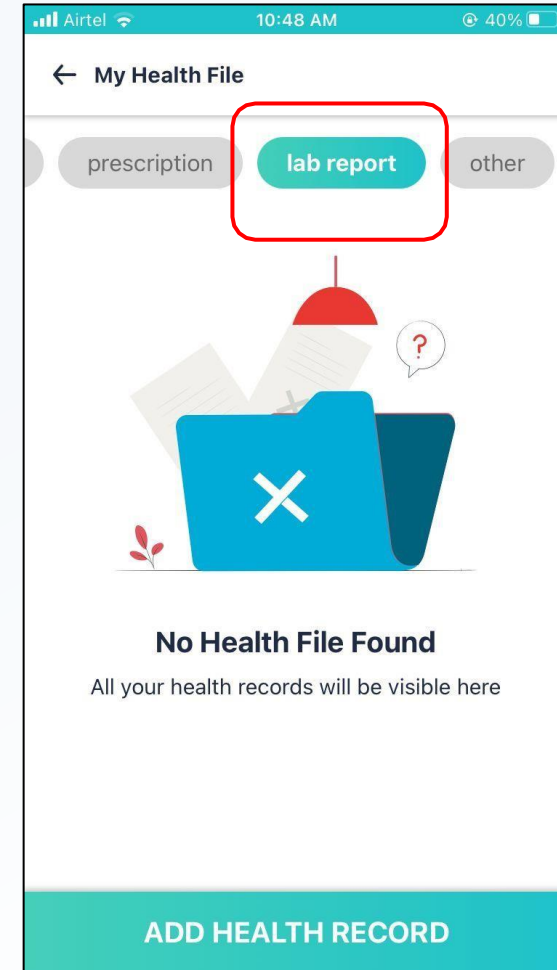
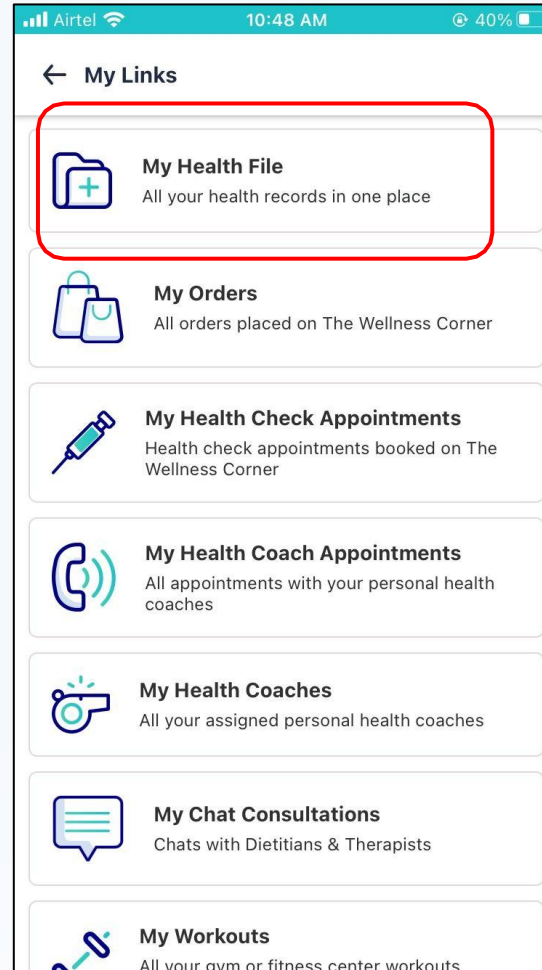
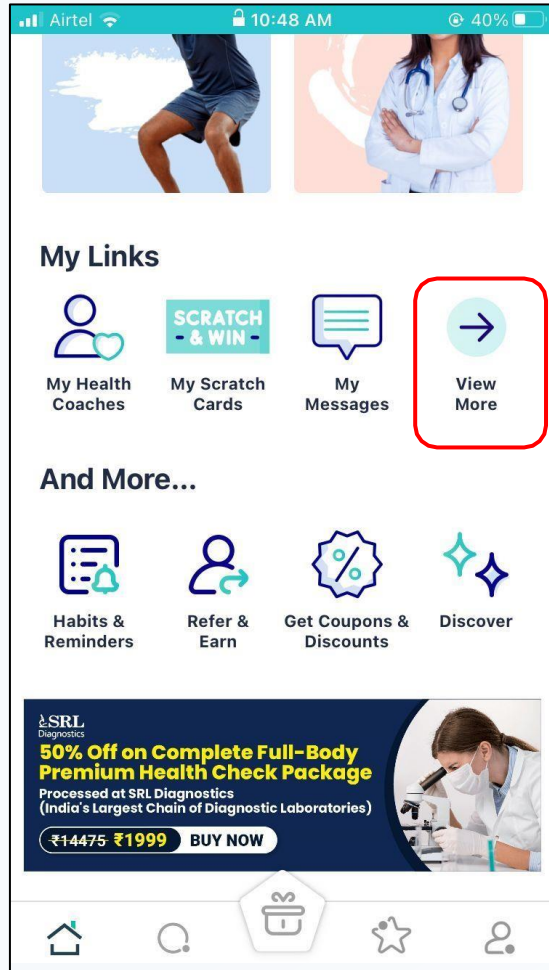
**Booking Completed**

# Sponsored Health Check-up – Test List

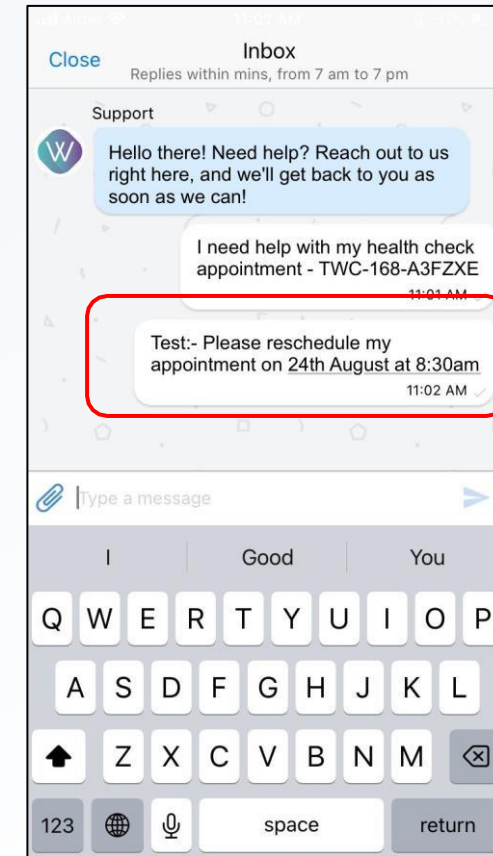
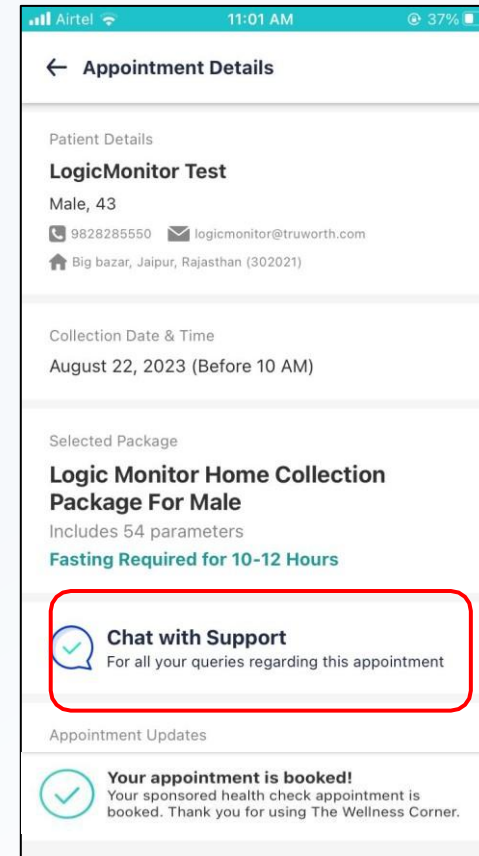
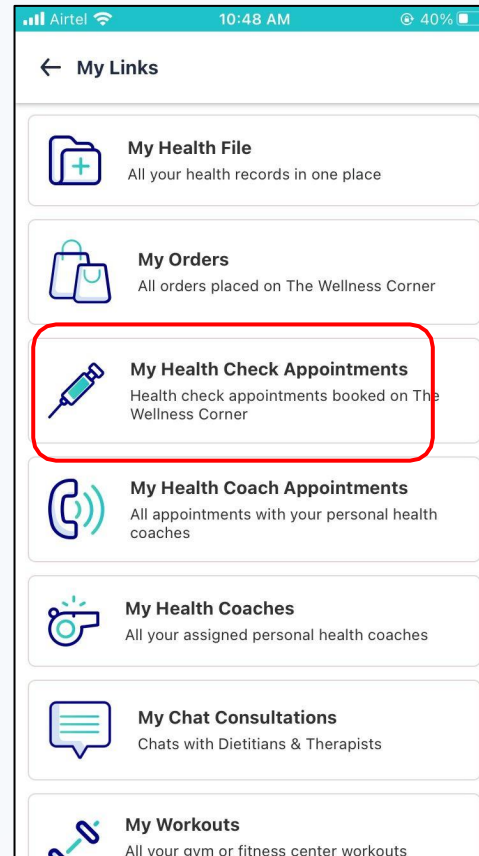
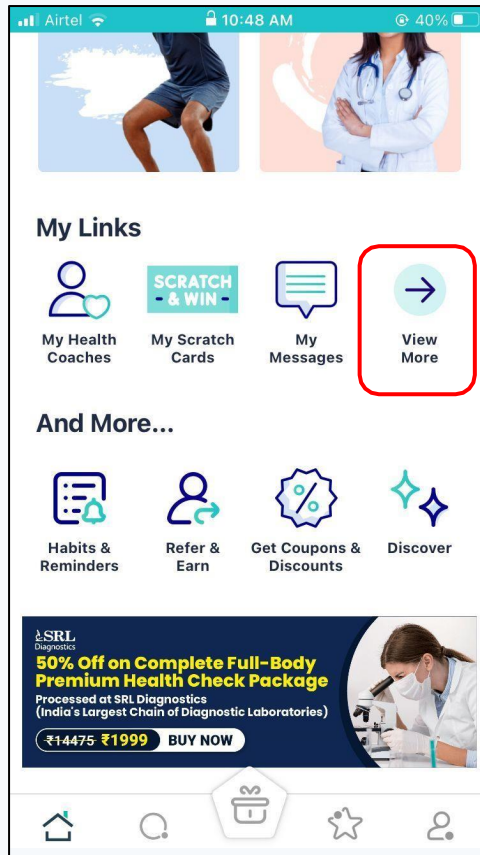
Particulars	Test	Complete Incentre Package	Hybrid Pacakge	
			Home Sample Collection	Radiology & other test Incentre
Clinical Pathology	CBC	Yes	Yes	NO
	ESR	Yes	Yes	NO
Diabetes Screening	Fasting Blood Sugar	Yes	Yes	NO
	HbA1C	Yes	Yes	NO
Lipid Profile	HDL Cholesterol, LDL Cholesterol, Total Cholesterol, Serum Triglyceride, VLDL Cholesterol, Non HDL Cholesterol, LDL/HDL Ratio, TC/ HDL Cholesterol Ratio	Yes	Yes	NO
Liver Function Test	SGPT, SGOT, Total Bilirubin, Direct & Indirect Bilirubin, Total Proteins, Alkaline Phosphatase, Albumin & Globulin	Yes	Yes	NO
Kidney profile	Routine urine analysis	Yes	Yes	NO
	Serum Uric acid, Serum Creatinine & Blood Urea Nitrogen	Yes	Yes	NO
Electrolytes	Potassium, Sodium, Chloride, Calcium	Yes	Yes	NO
Iron Deficiency Test	Serum Iron, % Transferring Saturation, Total Iron Binding Capacity	Yes	Yes	
Thyroid profile	T3, T4, TSH	Yes	Yes	NO
Vitamin Profile	Vitamin B12	Yes	Yes	NO
	Vitamin D 25 Hydro	Yes	Yes	NO
Cancer Marker	PSA – Male & Pap smear – Female	Yes	Yes (PSA)	Yes (Pap Smear)
Radiology	X-Ray & USG	Yes	NO	Yes
Cardiac Marker	TMT or 2 D Echo	Yes	NO	Yes
	ECG	Yes	NO	Yes
Other Test	PFT ( Pulmonary Function Test)	Yes	NO	Yes
Key Vitals	Height, Weight, BMI, BP	Yes	NO	Yes
Consultation	Physical Examination by General Physician	Yes	NO	Yes
	Eye Check Up (near , distance & colour)	Yes	NO	Yes



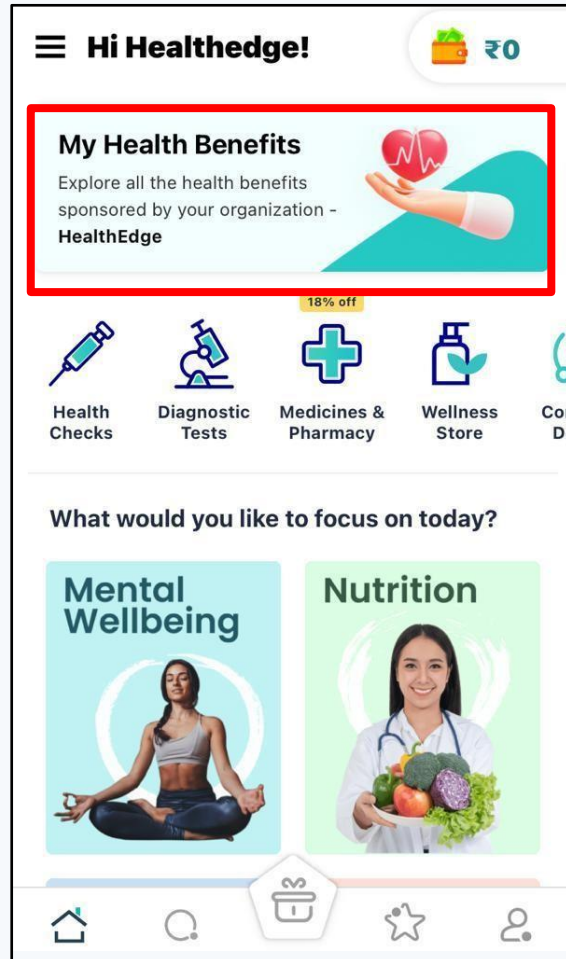
# How to Access Health Check Report?



# How to Cancel/ Reschedule Health Check Appointment?



# Dental Care Benefits



**Hi Healthedge!** ₹0

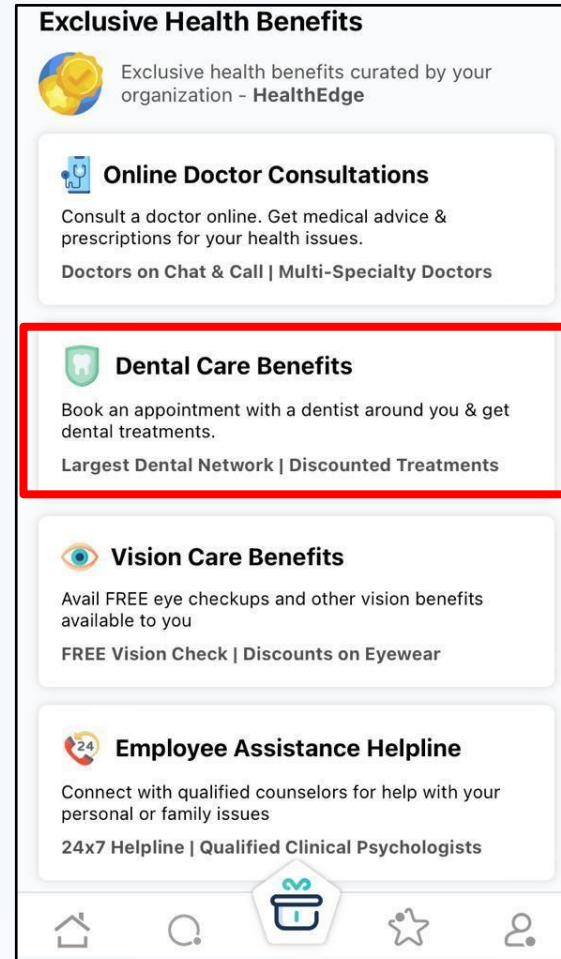
**My Health Benefits**  
Explore all the health benefits sponsored by your organization - HealthEdge

18% off

Health Checks | Diagnostic Tests | Medicines & Pharmacy | Wellness Store

What would you like to focus on today?

**Mental Wellbeing** | **Nutrition**



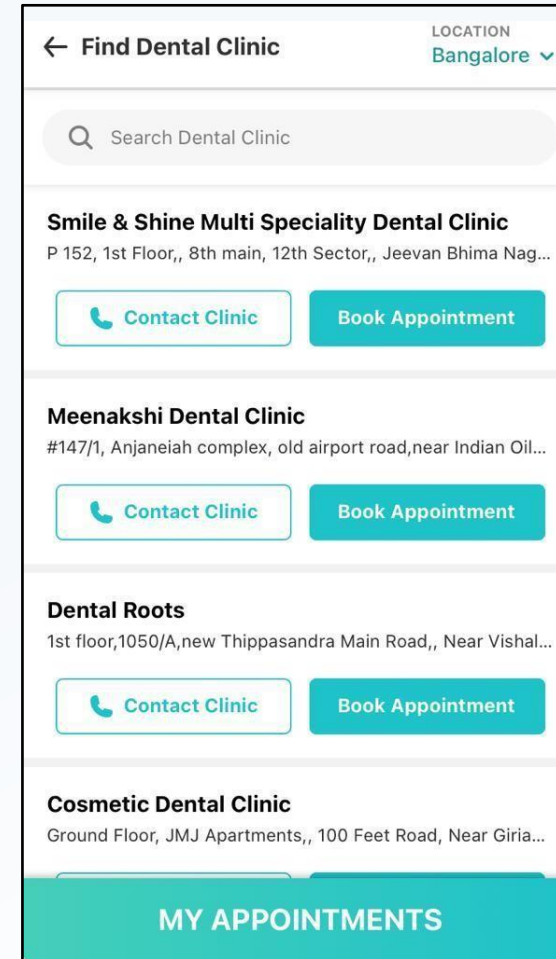
**Exclusive Health Benefits**  
Exclusive health benefits curated by your organization - HealthEdge

**Online Doctor Consultations**  
Consult a doctor online. Get medical advice & prescriptions for your health issues.  
Doctors on Chat & Call | Multi-Specialty Doctors

**Dental Care Benefits**  
Book an appointment with a dentist around you & get dental treatments.  
Largest Dental Network | Discounted Treatments

**Vision Care Benefits**  
Avail FREE eye checkups and other vision benefits available to you  
FREE Vision Check | Discounts on Eyewear

**Employee Assistance Helpline**  
Connect with qualified counselors for help with your personal or family issues  
24x7 Helpline | Qualified Clinical Psychologists



**Find Dental Clinic** LOCATION: Bangalore

Search Dental Clinic

**Smile & Shine Multi Speciality Dental Clinic**  
P 152, 1st Floor,, 8th main, 12th Sector,, Jeevan Bhima Nag...  
Contact Clinic | Book Appointment

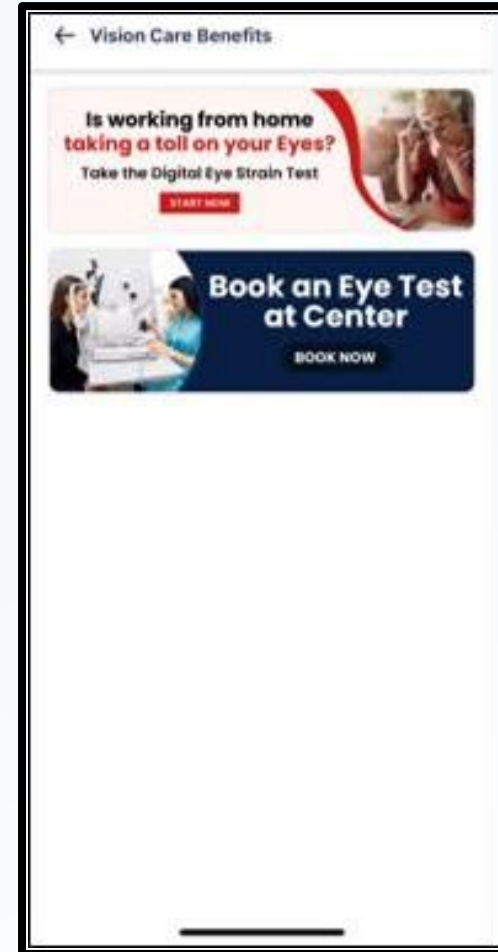
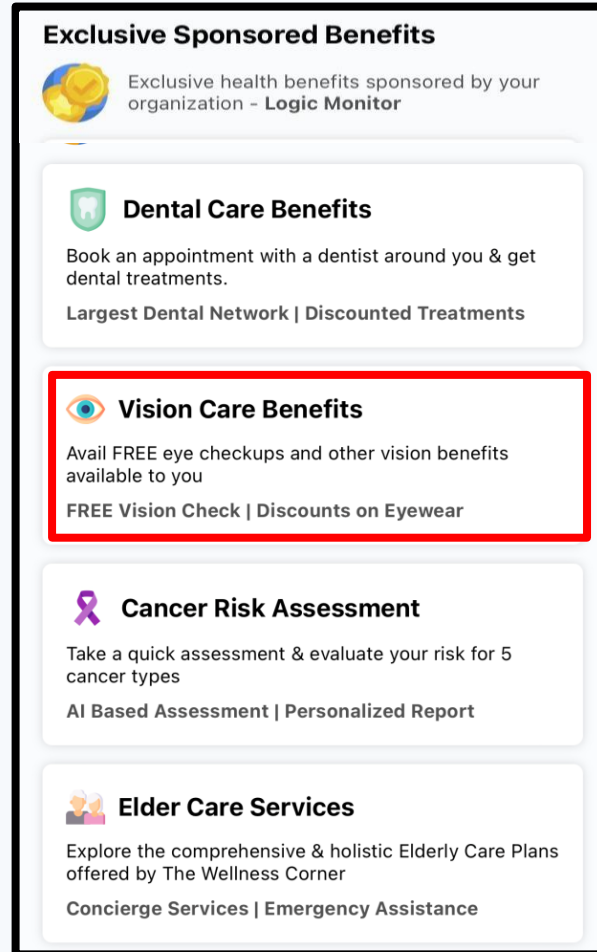
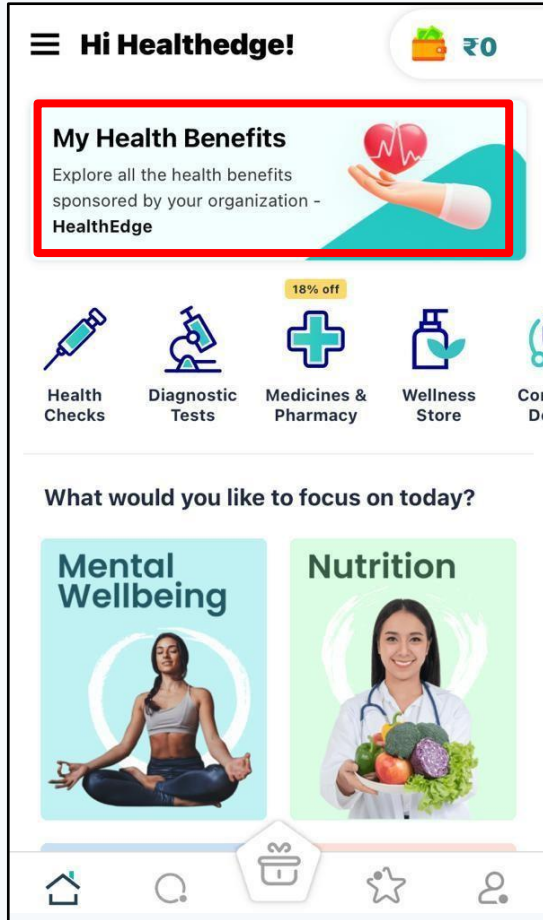
**Meenakshi Dental Clinic**  
#147/1, Anjaneiah complex, old airport road,near Indian Oil...  
Contact Clinic | Book Appointment

**Dental Roots**  
1st floor,1050/A,new Thippasandra Main Road,, Near Vishal...  
Contact Clinic | Book Appointment

**Cosmetic Dental Clinic**  
Ground Floor, JMJ Apartments,, 100 Feet Road, Near Giria...  
MY APPOINTMENTS

Under 'My Health Benefits' click on 'Dental Care Benefits' to avail, Free inclinic consultations at dental clinics.

# Vision Care Benefits

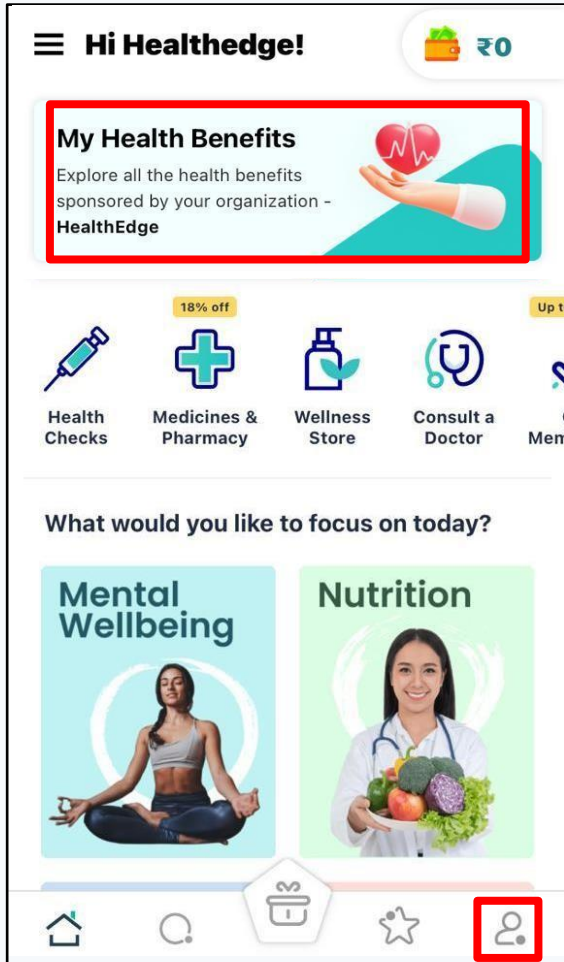


Under 'My Health Benefits' click on 'Vision Care Benefits' to avail Complimentary Eye check-up at Centre.

Appointment confirmation for Vision check at center will be given within 24hrs to 48hrs

(Incase if the confirmation is not given within 24hrs to 48hrs, the employee can take the screenshot of the registration & directly Walkin to near by Titan Eye+ Centre for Eye testing)

# Health Risk Assessment



Click on the 'My Zone' icon to avail the complimentary HRA (Health Risk Assessment) which provides you with insights to your current lifestyle and health risks.

## **1. Who is eligible for the health check program?**

All HealthEdge Employees are eligible for the health check program.

## **2. Health check can be availed only once till – period?**

This health check benefit can be availed only once in a year (1<sup>st</sup> Jan 2024 to 31<sup>st</sup> Dec 2024).

## **3. I would like to use the Health Checkup facility for my Dependents. Can I do so?**

Yes, you can avail the benefit for your dependents (Spouse, children, parents and in-laws) by making payments through discounted rates through The Wellness Corner App.

## **4. How will I receive my reports?**

You will receive your report within 3 working days from the date of health checkup completion on your official or registered email address. Soft copy of the reports will be sent to your registered email address. In case if you have not received your reports then you are requested to contact, us on [support@thewellnesscorner.com](mailto:support@thewellnesscorner.com) and we will support with the details accordingly.

## **5. Can I re-schedule my appointments?**

Yes, you can re-schedule your appointments for a maximum of two times, up to 24 hours before the appointment. After the second time, you will have to cancel the earlier request and raise a new request.

You can also call the Truworth Wellness Customer Care on **+91-9875-00-1234**, between 8 am to 7 pm Monday to Saturday for the same.

## **6. Is the TELE Doctor consultations free of cost?**

Yes, the consultations have been sponsored by your company. You can avail unlimited consultations from General Physician & Other specialties.

## **7. Can I avail TELE Doctor consultations for my family?**

Yes, This service is offered to employee's and direct family members (up to 5 family members, i.e. spouse, children, parents or parents-in-law)

## **8. How can I add dependents in the app?**

You need not register/ add dependents in the app. When you open the consultation with Doctor, you will be asked if the consultation is for you. You can mention the name and contact number of your dependent to proceed.

## **9. Can I choose my doctor?**

Yes, you can go through the list of doctors, view their profile, languages they are versed in and choose as per your preference

## **10. What are the timings to consult a doctor?**

You can consult for free using the app from 6 am – 1 am (midnight). You can avail chat and audio consultations.

## **11. Is emotional therapy(chat consultation) with the counsellors free of cost?**

Yes, the consultation have been sponsored by your company. You can have unlimited consultation with the counsellor through chat or via EAP helpline – 9875108108

## **12. Can I avail emotional therapy for my family?**

Yes. The service is offered to employee and direct family members(upto 5 dependents I.e. spouse, parents, children, parents - in - laws, siblings, grandparents)

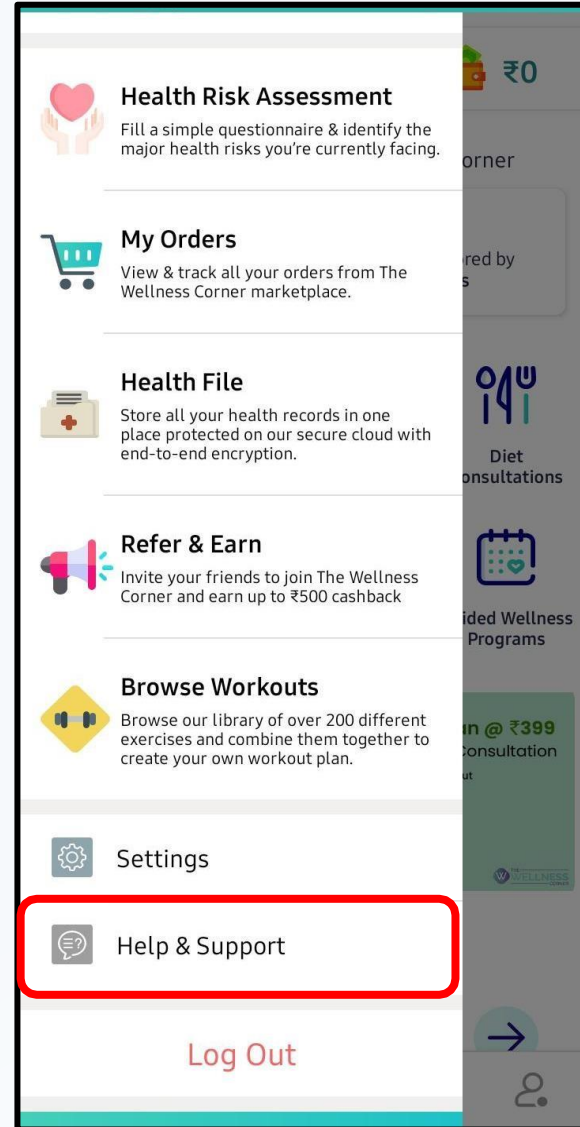
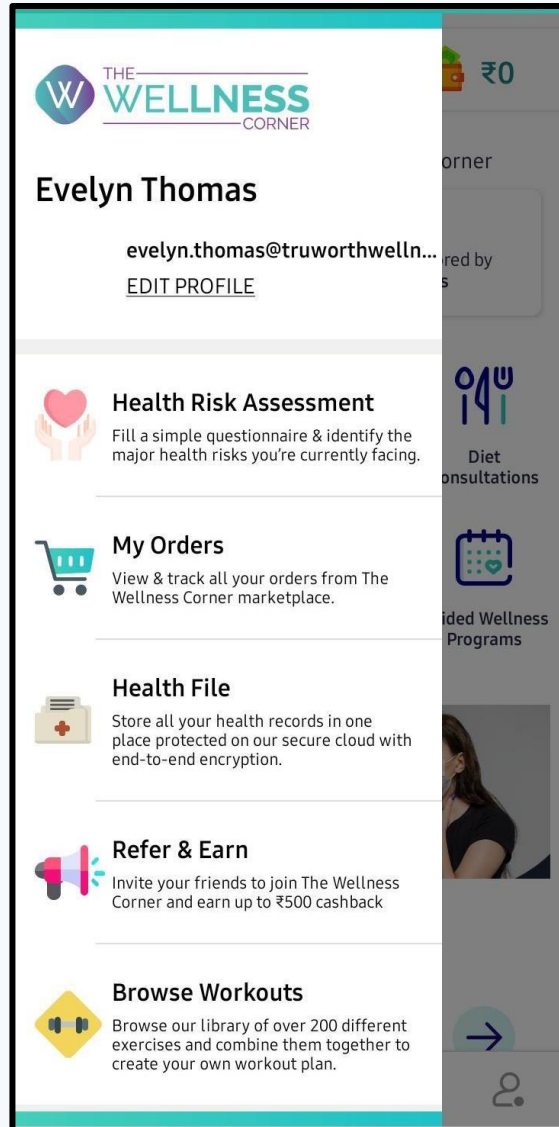
## **13. What are the timings to consult the expert/counsellor?**

The timings for emotional therapy(chat) is from 9 am to 6 pm (Mon to Sat). Alternatively, the EAP helpline is available 24x7 anytime.

## **14. Are the conversations with the counsellor confidential?**

All the conversations/chats will be kept confidential for employees and their family members.

# Menu Tab – Settings



Click on the menu icon to edit your profile, log out, & seek Help & support

Click on the **'Help and support'** option available on the menu tab to chat with The Wellness Corner support team or write to [support@thewellnesscorner.com](mailto:support@thewellnesscorner.com)

(TAT of response is within 1 hour form 7am to 7pm)



## CONTACT US



Level	Name	Email Id
L1	Truworth Wellness Support	<a href="mailto:support@thewellnesscorner.com">support@thewellnesscorner.com</a>
L2	Joy Mukherjee	<a href="mailto:joy.mukherjee@truworthwellness.com">joy.mukherjee@truworthwellness.com</a>
L3	Septa Team	<a href="mailto:onlinebooking@septahealth.in">onlinebooking@septahealth.in</a>
L4	Shahbaz Khan	<a href="mailto:Shahbazkhan@septahealth.in">Shahbazkhan@septahealth.in</a>

**THANK YOU!**

