



Aastha Old Age Hospital & Hospice

Aastha Health Membership Form



HEALTH MEMBERSHIP

for the **Senior Citizens** for just ₹ 1200/- per annum to avail free medical consultation for full one year, free Ambulance in case of emergency along with discounts and offers on various treatments.


Health & Happiness of Elders is our Pious Duty

We extend Social, Emotional, Spiritual, Mental & Medical Support to the Elderly People. It is **North India's First Specialized Old Age Hospital**, providing extremely high level of health care. It provides

- Geriatric Clinics
- OPD facility
- acute medical care
- intensive care
- critical care
- long term care for bed ridden patients
- stroke victims
- Supportive Care
- Cancer patients care
- Care & treatment of mentally challenged persons
- those who need rehabilitation following fractures & joint replacements
- Home Health care
- Dementia care
- Medical equipments for elder care.

Membership No. _____ Validity _____

24x7 HELPLINE  0522 4955050  7275 222222  hospiceindia@gmail.com  aasthahospice

In case of Emergency  Speak to Doctor Directly on 94150 15050



Dr. Abhishek Shukla
 Consultant Geriatric Physician &
 Palliative Care Specialist.
 Founder & Medical Director

MD (Gold Medallist), MAAFP (USA),
 Trained In Critical Care Medicine (SGPGI), Lucknow
 Diploma Geriatric Care (DGC)
 Certified Specialist Palliative Medicine, (Cardiff), UK
 Post Graduate Diploma in Diabetes Management, UK
 Post Graduate Diploma in Endocrinology, UK
 Diploma in Disability Management (Manipal)
 Trained In Geriatric Medicine (BHU)
 Recipient Common Wealth Scholarship, (UK)
 Post Graduate Diploma in Cardiology, UK

MCI Reg No. 23608

Aastha Geriatric Centre is an Institution that focuses on providing acute & long term health care services designed to meet the needs of the elderly. Our services promote the optimal level of functional autonomy and well-being of the older individuals through an inter-disciplinary team approach.

Aastha has been awarded as the '**Best Institution providing services to the Senior Citizens**' by the Hon'ble President of India.

For patients living with advanced disease, the main goal of treatment isn't to be "cured," but to maintain a good quality of life.

Aastha offers a wide range of medical services for geriatric patients - who are facing serious illnesses.

Our specialists offer compassionate care and comprehensive support for patients and their loved ones as they face these challenges. Our purpose is to help improve an elderly patient's functional independence, well being and comfort.

Allways remember, Care, love and respect - work wonders on an ailing elderly in an event of life limiting illness.



MEMBERSHIP BENEFITS

CLASS OF MEMBERSHIP	GOLD	DIAMOND
MEMBERSHIP TYPE	ANNUAL	LIFETIME
MEMBERSHIP FEES - Individual (up to 60 years)	3,000/-	35,000/-
MEMBERSHIP FEES - Family of 4 (up to 60 years)	5,000/-	60,000/-
MEMBERSHIP FEES (Senior Citizen)	1200/-	10,000/-

Free Medical Consultation (OPD)	Free for 1 year	Free for lifetime No prior appointment required
Medical Consultation IPD(During Hospitalisation)	20% Discount	40% Discount
24 Hours Medical Emergency Management with ICU	Assured	Priority
Discount on Oral Medicine (OPD)	10% Discount	15% Discount
Discount on CT Scan/ ECG / TMT / MRI / ECHO	10% Discount	20% Discount
Discount on Pathological Investigations	15% Discount	25% Discount
Blood Sample collections from home	Free	Free
Medicines delivery at home	Free	Free
Ambulance Services (Min fare 1000/-)	20% Discount	Free for Aastha Hospitalisation
Doctor visit at home	10% Discount	20% Discount
Discount on Surgical, Dental & Cataract Procedures	10% Discount	20% Discount
Physiotherapy Facility(OPD)	50% Discount	Free for Lifetime
Medical camp, seminar& Workshop information	Assured	Priority
Free Entry to Aastha Health Resort, Kukrail, Lucknow. Tel. 86875-15050	For One Person 5 Visits	For Two Person (Unlimited Visits)
24 Hrs Access to Free Medical Helpline (9415015050)	Assured	Private Medical Help Line 9336 285050
Paediatric & Gynecology Consultation at SCT Trust Hospital. Tel. 830-322222	Rs 400/- per visit	Rs 300/- per visit
Nursing Care at Home / Home Health Care	Assured	Priority
Free Injection And B.P. Monitoring At Hospital	Upto 4 times a month	Free Unlimited

NOTE: To Avail Membership Benefits and discounts, Your Membership should be at least 6 Months old (OPD Facility Excluded).

Aastha
 Center for Geriatric Medicine,
 Palliative Care Hospice, Hospital
 and Social Welfare Society

B-52, J-Park, Mahanagar, Lucknow-226006
 Phone: 0522-495 5050, 830 3210000
New Campus: B-44, J Park, Mahanagar,
 Lucknow. Phone: 830-3240000
 Email enquiry@hospiceindia.org

TIPS OF HEALTHY AGEING DO'S & DON'TS



- ✓ Stay physically active with regular exercise.
- ✓ Stay socially active with friends and family.
- ✗ Dump the junk food
- ✓ Eat a healthy, well-balanced diet - fibre-rich, low-fat, and low-cholesterol eating.
- ✗ Don't neglect yourself
- ✓ Regular check-ups with your geriatrician/doctor, dentist, and Ophthalmologist are even more important now.
- ✓ Take all medications as directed by your doctor.
- ✗ Limit alcohol consumption and cut out smoking.
- ✓ Get the sleep that your body needs.

Tollfree Helpline 1800 180 1415
Helpline 94150 15050

SAVE IT on Your Mobile for Medical Emergencies

Visit to donate
www.donateforelderly.com

Donations to **Aastha Hospice** are eligible for tax exemption under Section 80G



HEALTH MEMBERSHIP FORM : STAY HEALTHY AS YOU AGE

MEMBERSHIP FOR

Individual < 60 Yrs

Individual > 60 Yrs
SENIOR CITIZEN

Family Of Four

Class of Membership : **Gold** (Annual) **Diamond** (Lifetime)

AADHAR CARD NO. OF PRIMARY MEMBER

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Membership No _____ Date _____ Renewal Date _____

MEMBER'S NAME (FIRST, MIDDLE, LAST) :		SEX	AGE															
		M F																
MEMBER'S SPOUSE NAME (FIRST, MIDDLE, LAST) :		SEX	AGE															
		M F																
ADDRESS (FLAT/HOUSE NO, APARTMENT/STREET, CITY, PIN) :																		
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MARITAL STATUS : SINGLE <input type="checkbox"/> MARRIED <input type="checkbox"/> DIVORCED/SEPERATED <input type="checkbox"/> WIDOW(ER) <input type="checkbox"/>																		
DETAILS OF EMPLOYMENT : GOVT. OR PRIVATE SERVICE / BUSINESS / RETIRED Any Other Details																		
PERSON IS CURRENTLY : LIVING INDEPENDENTLY <input type="checkbox"/> LIVING WITH CHILDREN <input type="checkbox"/> HOSPITALISED <input type="checkbox"/> OTHERS																		
PRESENT ILLNESS																		
MEMBER ABLE TO PARTICIPATE IN PROVIDING ABOVE INFORMATIONS ? YES <input type="checkbox"/> NO <input type="checkbox"/>																		

FOR FAMILY MEMBERSHIP KINDLY PROVIDE DETAILS OF ALL FAMILY MEMBERS			
S.N.	NAME	SEX	AGE AS ON TODAY
1		M / F	
2		M / F	
3		M / F	

Special Requirements _____

Dated: _____ Signature of the Applicant

Kindly issue Cheques in favour of " AASTHA C G M P C H & H", Lucknow

Payment Details:

Payment ₹ _____ In Cash / Card / Cheque No _____ dated _____
Drawn on Bank _____ Branch _____

Signature of Administrator

MEMBER'S HEALTH ASSESSMENT				MEMBER'S CURRENT HEALTH PROBLEMS	
	PERFORMS INDEPENDENTLY	SOME ASSISTANCE	TOTALLY DEPENDENT		
				Anemia	
				Arthritis and other joint limitations or injuries	
				Bowel / Bladder problem	
				Cancer, Leukemia or tumor	
TOILETING				Dementia (OBS, Alzheimer's, Huntington's)	
Bladder / Bowel Control : Y / N				Diabetes	
DIETARY				Digestive disorders (ulcers, diverticulosis)	
Eats Meals Daily				Edema / Swelling	
Chewing / Swallowing				Effects of stroke (CVA, TIA, memory loss)	
Recent weight Loss/Gain : Y / N				Effects of osteoporosis or fractures	
MOBILITY				Hearing impairment (H.O.H., Deafness)	
Ambulatory - Able to get around				Heart trouble (angina, CHF, MI)	
Transfer to / from bed				Hypertension	
Transfer to / from wheel chair				Respiratory problems (asthma, COPD)	
MENTAL CONDITION				Skin Problems (ulcer, bed sores, rashes)	
Memory Recall				Surgery with residual effects (drainage, paralysis, pain, fatigue), amputation	
Judgement					
Sad or anxious mood : Y / N				Tremors (Parkinson's)	
Diagnosed or Treatment History for Mental Illness or Developmental Disability : Y / N				Visual impairment (cataracts, glaucoma)	
				Others:	
TRANSPORTATION					
Can drive self : Y / N				Notes:	
Uses Public Transport : Y / N					

LIST OF PHYSICIANS / CLINICS AND OTHER HEALTH PROVIDERS		
DOCTOR / CLINIC NAME	CONDITION	FREQUENCY
HOME HEALTH AGENCY NAME	CONDITION	FREQUENCY
OTHER HEALTH CARE PROVIDER	CONDITION	FREQUENCY

List of Present Medicines

Signature of Member

INTERVIEWER'S NAME	DATE
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