

Events



Just for Hearts Healthcare Pvt. Ltd.
जस्ट फॉर हार्ट्स हेल्थ केअर प्रा.लि.

CIN: U85100PN2011PTC140068

Reg Office

A 6/1, Kunal Estate, Keshav Nagar,
Chinchwad, Pune 411033, Maharashtra, India

Corporate Office

A 401, Mitranagan Society, Aundh - Baner
Link Road, Pune, Maharashtra 411045

Sales Inquiries

Interested in any of our Services? Talk to our experts today

Office: 020 27293337 **Abhay:** 91 98811 34895

Deepa: 91 8374487429 **Anant:** 91 98229 19870

(9 AM to 7 PM, Monday to Friday)

Write: operations@justforhearts.org



Just for Hearts™
Your Trusted Wellness Partner

One Stop Solution For Corporate Wellness Programs

Health Assessments, Bio-Metric measurements, Education, Self Help Programs, Coach Facilitation, surveys, Conversations, Telephonic Health Consultations, Disease Modification plans & more

Companies trust JFH because we take care of entire wellness operations starting with Wellness Planning , Health Risk assessments, Teasers, Service Launch, Execution of Wellness Services, Data Management, Provide insights based on finding, design customized wellness programs to manage risk factors thus taking complete care of Employee Wellness Programs with both Onsite as well as Online services.



10

Years in Wellness



20

No of Operating Cities



250

Corporate Clients



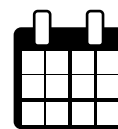
10000

Experts



1000000

Employees Benefited



10000

Events Conducted

Current Health Situation

10%

Population Suffering from Heart Disease

65%

Diabetic Cases & Numbers Growing

5%

Population Affected by Obesity

2/3

Victims of Stress at Work

40%

Urban Population Have Deranged Lipid Levels

We Offer :

1 Set Up and Manage Occupational Health Clinics

1. Consulting on employee Health issues
2. Maintaining health records as per factories act
3. Certify employee health reports & physical fitness certificates
4. Conducting physical medical examination as per company requirements
5. Employee health performance to be monitored & to be reviewed on regular basis
6. To submit injury / First aid / treatment reports to management on monthly basis
7. Generated biomedical waste collect from the site & to be disposed to pollution control board authorized party

2 Health Check Ups as Per Factories Act

Test

1. Complete Blood Count (Haemogram)
2. Urine R & M
3. Lung Function Test (PFT)
4. ECG
5. Eye Check Up (Near & Distance Vision, Color Vision)
6. ENT Checkup
7. Liver Function Test - SGPT
8. Kidney Function Test - Creatinine
9. Diabetes Checkup (BSL - R)
10. Total cholesterol
11. Medical Examination Height, Weight, BMI Pulse, Blood Pressure Personal & Family history
Physical & clinical examination Medication etc
12. Fitness Certificate
13. Reports consultations
14. Lifestyle consultation (Diet & exercise)

Clients:



3 Employee Wellness, Employee Engagements & Wellness Campaigns

We believe in customized wellness solutions.
Here are some innovative & customized wellness program successfully conducted & appreciated by clients

No	Wellness Program	Details
1	Healthy Heart Month	Basic Heart Screening followed by Doctor & Diet consultation
2	Corporate Dietitian	Regular visits by Dietitian at workplace.
3	Wellness Centre	Periodic visits by Wellness Experts – Doctor , Dietitian , Yoga Experts ,Psychologist
4	LIMIT Your Risk	Year Round customized lifestyle modification Program.
5	World of Wellness	Year Round program with various wellness activities onsite & online
6	Obesity Program & Lipid Clinic	6 month program specially designed for obese people
7	Hypertension Drive	To Conduct for High Risk & diagnosed hypertensive patients
8	Eat Right & Eat Light	1 Week wellness activities withsession & consultation by Nutritionist
9	Self Defense Week & Session	Demonstration & training of various self defense activities with training

Wellness Plus Always FREE !

Health Risk Assessment – Online/ Onsite
Organizational Health Reports
Personalized Health Reports
Live Chat with Dietitians/ Doctors
Weekly Health Updates – Newsletter, Whatsapp, SMS
Health Blogs, Videos, Education Material
Creatives for Wellness Campaigns/ Promotions
Free Diet Plans/ Charts with or without Consultation over Telephone

What’s New in Workplace Wellness

Second Opinion Services to Corporate
Online Diet / Nutrition Counselling to Corporate
Employees especially for Tier 2 Cities
Dedicated Toll Free Helplines to answer all Health Questions / Offer Support
Predictive Data Analysis of Previous Health Check ups
Design Wellness Calendar for Company
Propose need and risk factor based wellness programs
One Stop Solution to all Wellness Needs across all branches of Company / Corporate