Pediatric and Adolescent Multispecialty Wellness Clinic

WELLNESS & AESTHETICS
INSTITUTE

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Multispecialty Care

1. ADOLESCENT HEALTH
2. CARDIOLOGY
3. ENDOCRINOLOGY
4. GASTROENTEROLOGY
5. HEMATOLOGY & ONCOLOGY
6. NEPHROLOGY

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Multispecialty Care

7 • NEUROLOGY

8 • PEDIATRIC SURGERY

9 • RHEUMATOLOGY

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Wellness Packages

Start E.A.R.L.Y. Package

(Essential Annual Reassessment on Lifestyle of Youth)

Pediatric / Adolescent Wellness Package

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Wellness Packages

Healthy GA+ME Package

Pediatric / Adolescent Pre-Participation Package

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Wellness Packages

Pediatric Weight Management Program

Transition Program

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Start Essential Annual Reassessment on Lifestyle of Youth

Overall assessment and consultation with a Pediatrician

Complete Blood Count

Urinalysis

Nutrition counseling with diet recommendation

Complimentary breakfast

Chest x-ray



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Make your child's check-up a yearly habit

Start E.A.R.L.Y. (Essential Annual Re-assessment on Lifestyle of Youth)

Routine health check-ups are essential to helping your child live a happy, healthy life. Yearly check-ups help detect and address possible health concerns, as well as ensure that your child's growth and development are on track.

Our Start Early Package is a program that focuses on preventive health and wellness. It consists of basic consultations and diagnostic procedures to assess your child's overall health.

Step 1: Consultations

Pediatrician
- History taking and physical examination
- Developmental surveillance
- Synthesis report and evaluation

Nutrition Management Services
- Meal plans
- Age-appropriate calorie computation

Step 2: Diagnostic Procedures

Laboratory
- Complete blood count (CBC) with platelet count
- Urinalysis

Radiology
- Chest x-ray (PA)

Step 3: Final Assessment

Final Assessment
- Interpretation of results

Add ons
- ☐ Blood typing
- ☐ Fasting blood sugar
- ☐ Stool exam
- ☐ 15-Lead ECG

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Pediatric/Adolescent Wellness Package

Dental Consultation

Multispecialty Consultation
- Pediatrician
- Endocrinologist
- Dermatologist

Nutrition counseling with diet recommendation

Complete Blood Count
Urinalysis
Chest X-ray

Complimentary breakfast and lunch set

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Transform your wellness, transform your life.



PEDIATRIC AND ADOLESCENT HEALTH CHECK

RECOMMENDED FOR AGES 0 - 18

Healthy kids, happy kids: nourish their bodies, strenghten their minds.

START E.A.R.L.Y.

(ESSENTIAL ANNUAL RE-ASSESSMENT ON LIFESTYLE OF YOUTH)

Is a pediatric preventive health and wellness program that consists of basic consultations and routine tests to assess the child's overall health.

Inclusions: Pediatric Consultation, Nutrition Management Services, Diagnostic Procedures and Assessment.

HEALTHY GA+ME

(GAMING AND MEDIA)

Aims to prevent and detect possible health conditions associated with **increased screen exposure** in children and teenagers.

Inclusions: Pediatric, Ophthalmology and ENT Consultations, Nutrition Management Services, Dry-Eye Screening, Diagnostic Procedures, and Assessment.

PEDIATRIC/ ADOLESCENT WELLNESS PACKAGE

Is a comprehensive program that focuses on t preventive health and wellness of children age 2 to 18.

Inclusions: Pediatric Consultation, Nutrition Management Services, Skin Assessment, Screening for Endocrine Related Conditions, Dental Check, Diagnostic Procedures, and Assessment.

*Additional procedures may also be done upon the reque the parents or as deemed necessary by the pediatricians.



Ready, set, screen!

Ensure that your child is on top of their game with the
PRE-PARTICIPATION ASSESSMENT PACKAGE.

This program is recommended for ages 6 to 18 years old to help your child stay healthy and ready to participate in sports and other physical activities safely.

CONSULTATIONS

Pediatrician/ Adolescent Pediatrician
- History taking and physical examination
- Developmental surveillance
- Synthesis report and evaluation

REFERRALS

Pediatric Cardiologist
- Cardiac physical examination
- Screening for cardiac risk factors and congenital or pre-existing cardiac anomalies
- Recommendations and clearances for physical activity

Orthopedic Doctor
- Comprehensive musculoskeletal exam
- Screening for injuries and pre-existing musculoskeletal conditions
- Recommendations and clearance for physical activity

DIAGNOSTIC PROCEDURES

Laboratory
- Complete blood count (CBC) with platelet count

Cardiology
- 15-Lead Electrocardiogram (ECG)

Radiology
- Chest X-ray

FINAL ASSESSMENT

- With a primary physician or cardiologist
- Interpretation of results
- Individualized counseling

Scan the QR code to schedule Pre-Participation Assessment Package today

For inquiries, contact the Wellness and Aesthetics Institute at 8988-1000 ext. 6386 / 6579 / 6576 or email us at: **tmc_wcl@themedicalcity.com**

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Pre-Participation Assessment Package

Multi-specialty Consultation with:

- Pediatrician
- Cardiologist
- Orthopedic Surgeon

Diagnostic Tests:

- Complete Blood Count
- Chest x-ray
- Electrocardiogram(ECG)



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Pediatric Weight Management Program

- Assessment Phase with Wellness Pediatrician or Adolescent Pediatrician

- Underweight Management Package
- Basic Diagnostic Package
- Comprehensive Diagnostic Package for male adolescent
- Comprehensive Diagnostic Package for female adolescent.

- Nutrition Program Proper (Phase A)
- Nutrition Management Intensive Phase (Phase B)
  - 1-3 months
- Nutrition Management Intensive Phase (Phase C)
  - 4-6 months

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Healthy GA+ME Package

1. Physical examination and evaluation with Pediatrician
2. Nutrition Counseling with diet recommendation
3. Diagnostic Procedures

> Complete Blood Count; Urinalysis

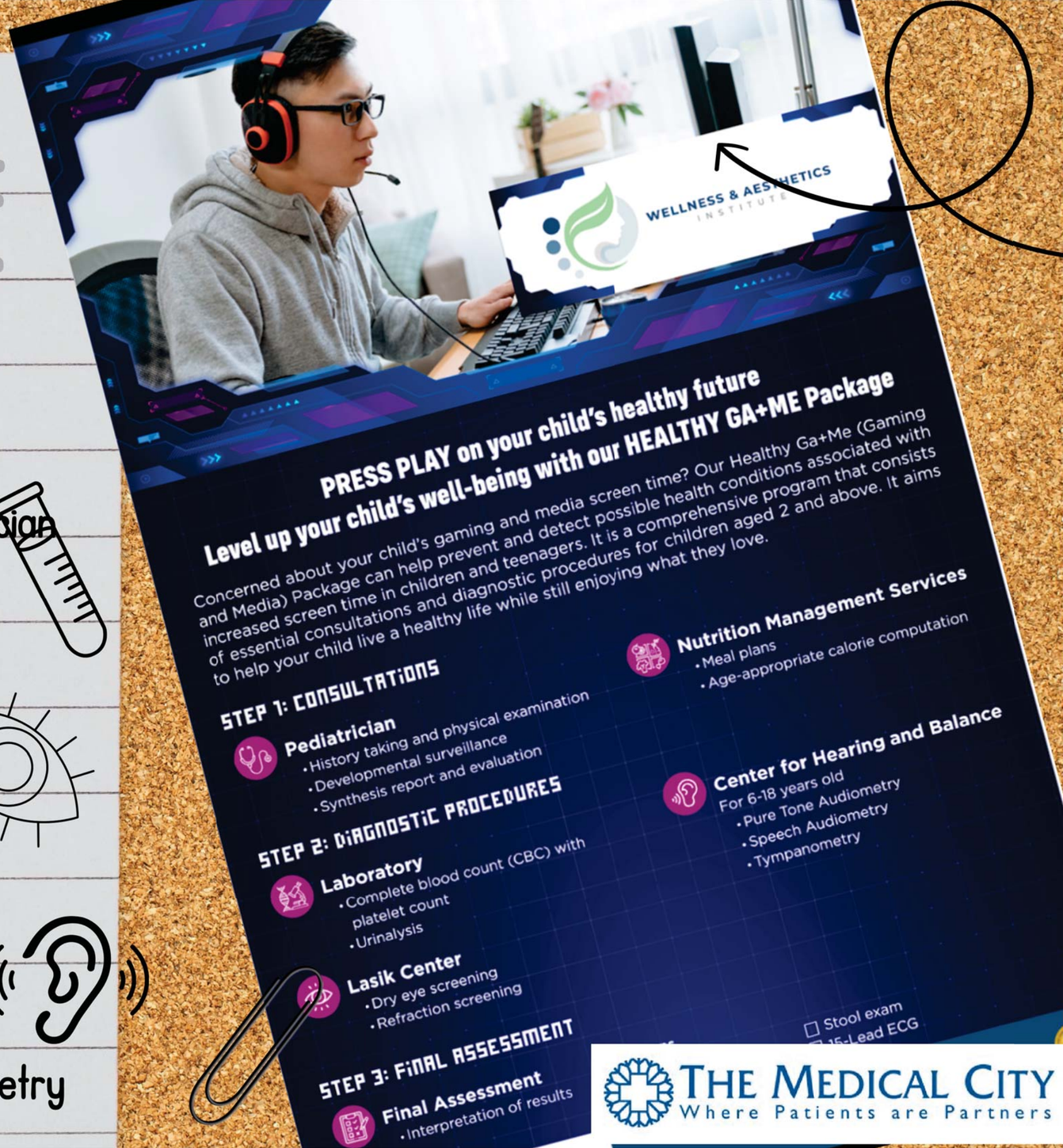
> LASIK Center

- Dry Eye Screening; Refraction Screening

> Center for Hearing and Balance

- Play Audiometry and Tympanometry OR

Pure Tone Audiometry, Speech Audiometry, Tympanometry





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Thank you!

For inquiries and appointment booking, you may contact:

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