

## **Benefits of the Standard Plan**

### **Outpatient: Primary Care Visits**

- Registration - once with the hospital of choice
- Consultation - doctors attendance on every visit
- Drugs - drugs will be supplied to individuals as required under the standard plan.

Examples includes: -

- Antibiotics - Penicillin, Ciprofloxacin, Metronidazole
- Antiprotozoal Drugs - Antimalarias
- Anthelmintics - Mebendazole, Albendazole
- Antihypertensives - Nifecard, Moduretic, Aldomet
- Analgesics - NSAIDS - Non Steroidal Anti-inflammatory Drugs, Paracetamol, Ibruprofen
- Anti-Asthmatic Drugs such as Bronchodilators e.g. Salbutamol
- Hypnotics & Anxiolytics e.g. Diazepam, Nitrazepam
- Diuretics - Lasix
- Antacids - MMT, Gelusils
- Anti Ulcer Drugs e.g. Cimetidine
- Laxatives
- Antidiarrhoeal e.g. Lomotil
- Anti-Anaemic Drugs e.g ferrous sulphate, folic acid, vit Bco, Multivitamins

### **Basic Laboratory & X-ray Investigation (as may be clinically required)**

- Packed Cell Volume (PCV)
- Malaria Parasite Test
- Widal's Serology
- Blood Grouping & Genotype
- Liver Function Tests
- Stool; (Microscopy/Culture & Sensitivity) - Stool Test
- Urine Microscopy/Culture & Sensitivity) - Urine Test
- Obstetric Ultrasound Scan required for ANC

- Chest X-ray - Plain
- X-rays of the Upper Limbs, Lower Limbs, Vertebral Spine, Thorax, Abdomen - Plain X-ray

**Immunization** This involves routine immunizations included in the National Immunization Programme as revised - e.g.

- BCG - against Tuberculosis
- Measles Vaccines
- DPT - Against Diptheria, Pertusis & Tetanus
- Oral Polio - against poliomyelitis
- Vit A Supplementation
- Other immunizations may be required based on prevailing circumstances e.g Cerebrospinal Meningitis Vaccines (given every 3 years)

**Dressing of Simple Wounds & Burns** i.e. first and second degree burns, simple wounds including cuts, lacerations, abrasions etc.

### **Minor Surgical Procedures**

- Minor emergencies such as Suturing of Lacerations,
- Incision & Drainage of Abscesses,
- Excision of Lumps, e.g Breast Lump
- Pterygium (growth on the eyelid),
- Orchidopexy (relieving testicular torsion),
- Circumcision (male child) & Ear piercing (female child)
- Uterine evacuation for incomplete abortion
- Proctoscopy
- Sigmoidoscopy
- Drainage of Anal abscess
- Marsupialisation of Bartholin Cyst

### **Intermediate Surgical Procedures**

- Herniorrhaphies(Repair of Hernia)
- Appendicectomy
- Haemorrhoidectomy
- Low Fistulectomy
- Endoscopies
- In growing toe nails
- Hydrocoelelectomy
- Varicocoelectomy
- Excision of intrascrotal Mass

**Outpatient: Specialist Care Visits** - Consultation with specialists e.g. Paediatricians, general surgeon, orthopaedic surgeon, ENT surgeons, ophthalmologist, dermatologists.

**Eye Tests** - Refraction, Visual Acuity etc.

**Electrocardiography** - with two leads. This helps to elucidate cardiac arrhythmias(abnormal heart beats), conduction defects and also to diagnose and localise myocardial hypertrophy, ischaemia/infarction.

**Physiotherapy** - Basic Physical Therapy

Supply of basic physiotherapeutic appliances e.g. cervical collar & crutches.

**Admissions (General Ward)**

**Nursing & Medical Services** -

- Assessment of impairment/coordination in long stay patients
- Rehabilitation of Long Stay Patients - Toilet Training
  - Ambulation
  - Bed Baths
  - Regular Powdering

**Supply of Drugs, Dressing & Medical Consumables**

Gauze, Cotton Wool, Eusol, Hydrogen Peroxide and Plaster

### **Preventive Healthcare**

- Health Education/Health Talks
- Immunization
- Annual Medical Test including Physical Examination, BP Check and routine urinalysis for staff.

### **Health Talks**

- Hypertension - The Silent Killer
- Malaria & Febrile Illnesses
- Childhood Fever
- Sickle Cell Disease
- Hand washing & Water Borne Diseases
- Cancer Screening/Early Detection of Breast, Cervical & Prostate Cancer
- AIDS Prevention & Test
- Industrial Safety & Prevention of Office Accidents, Family Planning
- First Aid Measures - The ABC of Resuscitation.
- Stress Management
- Genetic Counselling
- Malaria Control Strategy

## **Benefits of the Silver Plan**

### **Outpatient: Primary Care Visits**

- Registration - once with the hospital of choice
- Consultation - doctors attendance on every visit
- Drugs - drugs will be supplied to individuals as required under the Silver plan. Examples includes: -
  - Antibiotics - Penicillin, Ciprofloxacin, Metronidazole
  - Antiprotozoal Drugs - Antimalarias
  - Anthelmintics - Mebendazole, Albendazole
  - Antihypertensives - Nifecard, Moduretic, Aldomet
  - Analgesics - NSAIDS - Non Steroidal Anti-inflammatory Drugs, Paracetamol, Ibruprofen
  - Anti-Asthmatic Drugs such as Bronchodilators e.g. Salbutamol
  - Hypnotics & Anxiolytics e.g. Diazepam, Nitrazepam
  - Diuretics - Lasix
  - Antacids - MMT, Gelusils
  - Anti Ulcer Drugs e.g. Cimetidine
  - Laxatives
  - Antidiarrhoeal e.g. Lomotil
  - Anti-Anaemic Drugs e.g ferrous sulphate, folic acid, vit Bco, Multivitamins

### **Basic Laboratory & X-ray Investigation (as may be clinically required)**

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- Blood Grouping & Genotype
- Liver Function Tests
- Stool; (Microscopy/Culture & Sensitivity) - Stool Test
- Urine Microscopy/Culture & Sensitivity) - Urine Test
- Obstetric Ultrasound Scan required for ANC
- Chest X-ray - Plain
- X-rays of the Upper Limbs, Lower Limbs, Vertebral Spine, Thorax, Abdomen - Plain X-ray

**Immunization** This involves routine immunizations included in the National Immunization Programme as revised - e.g.

- BCG - against Tuberculosis
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- Oral Polio - against poliomyelitis
- Vit A Supplementation
- Other immunizations may be required based on prevailing circumstances e.g Cerebrospinal Meningitis Vaccines (given every 3 years)

**Dressing of Simple Wounds & Burns** i.e. first and second degree burns, simple wounds including cuts, lacerations, abrasions etc.

### **Minor Surgical Procedures**

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- Appendectomy
- Haemorrhoidectomy
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**Physiotherapy** - Basic Physical Therapy

Supply of basic physiotherapeutic appliances e.g. cervical collar & crutches.

**Admissions.(Double Room)**

**Nursing & Medical Services** -

- Assessment of impairment/coordination in long stay patients
- Rehabilitation of Long Stay Patients - Toilet Training
  - Ambulation
  - Bed Baths
  - Regular Powdering

**Supply of Drugs, Dressing & Medical Consumables**

Gauze, Cotton Wool, Eusol, Hydrogen Peroxide and Plaster

**Preventive Healthcare**

- Health Education/Health Talks
- Immunization
- Annual Medical Test including Physical Examination, BP Check and routine urinalysis for staff.

## **Health Talks**

- Hypertension - The Silent Killer
- Malaria & Febrile Illnesses
- Childhood Fever
- Sickle Cell Disease
- Hand washing & Water Borne Diseases
- Cancer Screening/Early Detection of Breast, Cervical & Prostate Cancer
- AIDS Prevention & Test
- Industrial Safety & Prevention of Office Accidents, Family Planning
- First Aid Measures - The ABC of Resuscitation.
- Stress Management
- Genetic Counselling
- Malaria Control Strategy

## **ANTENATAL CARE & DELIVERY**

- 12 Standard ANC Visits & Drugs (Haematinics)
- Delivery (Normal, Assisted/Caesarean Section)
- Admission & Hospital Stay
- Neonatal Care (2 weeks cover for Newborn baby)
- Routine Immunization - BCG at birth, Oral Polio at birth.

## **OPTICAL SERVICES**

- Refraction
- Supply of lenses & Frames (Unifocal, Bifocal, Varifocal) not exceeding N7,500.00 every two years.
- Supply of soft contact Lenses not exceeding N7,500.00

## **PRIMARY DENTAL CARE**

- Simple extraction (straight forward removal of teeth)
- Amalgam / Composite Fillings (filling holes in the teeth)
- Scaling and Polishing of teeth annually

## Benefits of the Gold Plan

### Outpatient: Primary Care Visits

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### **Advanced and Complex Investigations**

- CT Scan(Computerized Tomography Scan)
- MRI Scan(Magnetic Resonance Scan)

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### **Major and Complex Major Surgeries & Procedures**

- Thyroidectomy(Surgical removal of enlarged thyroid gland)
- ORIF (Open reduction and internal fixation of Fractures)
- Myomectomy(Removal of fibroid)
- Hysterectomy(Removal of uterus on clinical indication)
- Prostatectomy(Removal of enlarged prostate)
- Other surgeries as available within Hygeia HMO Hospital Network of Specialist.

### **Cancer Care And Treatment**

- Oncology Test(Cancer investigations)
- Provision of Anti Cancer Drugs
- Radiotherapy(Treatment of cancer by radiation)

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- Scaling and Polishing of teeth annually
- Surgical Extraction (removal of teeth through surgical procedure)