


AIWO

Love Yourself



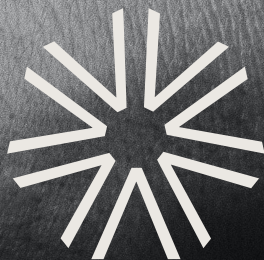
AIWO: a Japanese word which translates as Love Yourself.

A Transformational Experience *to Optimize Your Health and Wellbeing.*

A close-up photograph of human skin, showing a deep crease or fold. The lighting is dramatic, with one side in deep shadow and the other highlighted, emphasizing the texture and contours of the skin.

*"A healthy person has a thousand wishes,
but a sick person has only one."*

Indian Proverb



What is *AIWO*?

AIWO is a science-driven wellness centre that provides personalized and advanced diagnostics as well as a range of treatments to help you optimize your health and wellbeing. AIWO is your trusted guide in your journey towards preventing and reversing metabolic diseases. Our team of world-class physicians provide a healthcare ecosystem backed by scientific advancement that can help detect and address a number of health conditions, including: Cardiovascular Disease, Fatty Liver Disease, Type 2 Diabetes, Polycystic Ovarian Syndrome, as well as early cancer detection.

AIWO focuses on a person's wellness and not just their illness or condition. Our advanced diagnostic tools, specialist consultations, and personalized supplement plan help you to take ownership of your health and pursue wellness as a way of life.

In addition to in-depth diagnostics for disease prevention and early detection, we offer holistic spa treatments and a customized physiotherapy program.



Mission & Strategy

AIWO's mission is to empower people to take preventive care of themselves towards achieving optimal health and well-being. We diagnose and recommend a tailor-made wellness protocol to guide you on your journey to greater physical and mental performance.

Vision

AIWO seeks to enhance the lives of people by making preventive healthcare more accessible and personalized.



A Preview of Your Wellness Program

While enjoying healthy and nutritious meals in a luxurious five-star hotel, AIWO team of medical and wellness experts will provide the following concierge medical and spa services:

*Your journey
towards better health
is about to begin.*

Before departure, all guests will be provided with private consultation with a medical specialist as well as 30-day personalized supplements based on their diagnostic results. In addition, AIWO will provide a free virtual consultation with the doctor within 30 days of departure to monitor progress.

a) Essential diagnostics

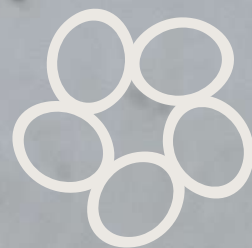
AIWO 181 profile complete blood and urine test
Electrocardiogram (ECG)
Echocardiogram (ECHO)
Treadmill Test (TMT)
Omega 3 inflammatory and assessment test
Ultrasound screening of whole abdomen and pelvis
Coronary artery calcification score (CT)
Posture screening test and posture correction
Body composition analysis

b) Optional diagnostics *(based on need or request)*

GMBT TEST (Gut Microbiome Test)
Electroencephalogram test (EEG)
Sleep Apnea test (Polysomnography)
Food intolerance test
Dental screening services including scaling and cleaning
Psychological assessment and counselling
Individual consultation with dermatologist, dentist, ophthalmologist, ENT specialist, orthopedist, or other specialists based on individual needs.

c) Spa-like services

IV Spa Therapy
Stretching, strength training and Ashiatsu therapies
Massage
Sauna
Stability Training



AIWO 181

Blood test

To live your longest and healthiest life possible, your body needs to be periodically tested and recalibrated.

AIWO 181 is a package that covers 181 tests including Cardiac Risk markers, Tumour panel, Arthritis profile, Pancreas profile, etc. These tests serve as early warning signals which can help us prevent future ailments.

Following an initial personal consultation with our team to assess your needs and general state of health, you will undergo a full range of testing starting with in-depth blood testing that includes more than 150 biomarkers. Before your stay ends, a full report with lifestyle recommendations as well as supplements needed will be provided.

Profile *Details*

OMEGA TEST (1)

Omega-6 & Omega-3 Fatty acids

FAT SOLUBLE VITAMINS (6)

Vitamin A

Vitamin D2

Vitamin D3

Vitamin D total

Vitamin E

Vitamin K

VITAMINS B COMPLEX (9)

Vitamin B1/Thiamine

Vitamin B2/Riboflavin

Vitamin B3/Niacin

Vitamin B5/Pantothenic acid

Vitamin B6/Pyridoxal 5-phosphate

Vitamin B7/Biotin

Vitamin B9/Folic acid

Vitamin B12/Cobalamine

Folate

ALLERGY (1)

Total IgE

STEROIDS PANEL (14)

17-hydroxyprogesterone

Aldosterone

Androstenedione

Cortisol

Corticosterone

Deoxycortisol

Dehydroepiandrosterone

DHEA - Sulphate (DHEAS)

Estradiol

Direct Renin

Progesterone

Testosterone

Sex Hormone Binding Globulin (SHBG)

TUMOUR PANEL (6)

Alpha Feto Protein (AFP)

Beta HCG

CA 19.9

Carcino Embryonic Antigen (CEA)

Prostate Specific Antigen (PSA) (Male)

Free PSA (Male)

CA 125 (Female)

CA 15.3 (Female)

STD PANEL (11)

Anti-Hepatitis C virus (Anti HCV) Total

Anti-Hepatitis A virus

Anti-Chlamydia antibody IgG

Herpes simplex virus 1 (HSV)-IgG

Herpes simplex virus 2 (HSV)-IgM

Hepatitis B surface antigen (HbSAg)

Treponema pallidum antibody (TPAB)

Treponema pallidum

haemagglutination (TPHA)

VDRL (Venereal disease research laboratory).

PANCREAS PROFILE (2)

Serum Amylase

Serum Lipase

TRACE MINERALS (5)

Phosphorous

Copper

Zinc

Magnesium

Lithium

ELEMENTS (22)

Arsenic

Lead

Cadmium

Mercury

Chromium

Barium

Cobalt

Caesium

Selenium

Aluminium

Silver

Beryllium

Bismuth

Manganese

Molybdenum

Nickel

Antimony

Tin

Strontium

Thallium

Uranium

Vanadium

DIABETES PROFILE (7)*HbA1C**Average Blood Glucose**Fasting Blood Sugar**Fructosamine**Blood Ketone (D3HB)**Insulin**C-Peptide***THYROID PROFILE (6)***Total Triiodothyronine (T3)**Total Thyroxine (T4)**Thyroid Stimulating Hormone (TSH)**Free T3**Free T4**Anti Thyroglobulin Antibody (ATG)***CARDIAC RISK MARKERS (7)***Lipoprotein-A**Apolipoprotein-A1**Apolipoprotein-B**C-reactive protein (HSCRP)**Apo B/Apo A1 ratio**Homocysteine**Lp-PLA2***COMPLETE HEMOGRAM (29)***Basophils - absolute count**Eosinophils - absolute count**Lymphocytes - absolute count**Monocytes - absolute count**Neutrophils - absolute count**Basophils**Eosinophils**Hemoglobin**Immature Granulocytes (ig)**Immature Granulocyte percentage (ig%)**Total Leucocytes Count**Lymphocyte percentage**Mean Corpuscular Hemoglobin (MCH)**Mean Corp.Hemo.Conc (MCHC)**Mean Corpuscular Volume (MCV)**Monocytes**Mean Platelet Volume (MPV)**Neutrophils**Nucleated Red Blood Cells**Nucleated Red Blood Cells %**Plateletcrit (PCT)**Hematocrit (PCV)**Platelet Distribution Width (PDW)**Platelet to Large Cell Ratio (PLCR)**Platelet Count**Total RBC**Red Cell Distribution Width (RDW-CV)**Red Cell Distribution Width - sd (RDW-SD)**ESR***LIVER PROFILE (12)***Gamma Glutamyl Transferase**Alkaline Phosphatase**Bilirubin – Direct**Bilirubin – Total**Bilirubin – Indirect**Protein – Total**Serum Albumin**Serum Globulin**SGOT (AST)**SGPT (ALT)**Serum Albumin / Globulin Ratio**Lactate Dehydrogenase (LDH)***KIDNEY PROFILE (6)***Calcium**Uric Acid**Blood Urea Nitrogen (BUN)**Serum Creatinine**BUN / Serum Creatinine Ratio**Cystatin C***MICROALBUMINURIA (3)***Creatinine - Urine**Uri. Albumin/Creatinine Ratio (UA/C)**Urinary Microalbumin***IRON DEFICIENCY PROFILE (4)***Total Iron Binding Capacity**Serum Iron**% Transferrin Saturation**Serum Ferritin***COMPLETE URINE ANALYSIS (18)***Specific Gravity**Appearance**Bacteria**Urinary Bilirubin**Urine Blood**Urobilinogen**Bile Pigment**Bile Salt**Casts**Colour**Crystals**Epithelial Cells**Urinary Glucose**Urine Ketone**Urinary Leucocytes**Nitrite**Ph**Urinary Protein***ARTHRITIS PROFILE (4)***Anti Cyclic Citrullinated**Peptide Antibody (ACCP)**Antinuclear Antibodies (ANA)**Anti Streptolysin-O (ASO)**Rheumatoid Factor (RF factor)***LIPID PROFILE (8)***LDL Cholesterol**Total Cholesterol**HDL Cholesterol**Non - HDL Cholesterol**Triglycerides**VLDL Cholesterol**LDL/HDL Ratio**TC/HDL Cholesterol Ratio*

Medical *Diagnostics*

ECG

An ECG, or electrocardiogram, is a test that uses sensors connected to the skin to detect the heart's rhythm and electrical activity. ECG is a common and painless test used to quickly detect heart problems and monitor the heart's health.

An ECG can help detect:

Arrhythmias

Where the heart beats too slowly, too quickly, or irregularly.

Coronary heart disease

Where the heart's blood supply is blocked or interrupted by a build-up of fatty substances.

Heart Attacks

Where the supply of blood to the heart is suddenly blocked.

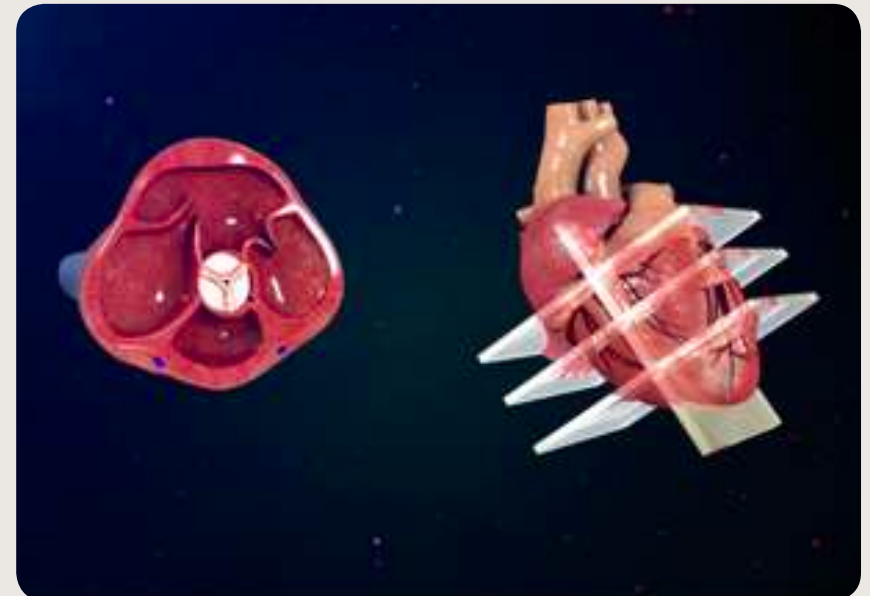
Cardiomyopathy

Where the heart walls become thickened or enlarged.

ECHO

Echocardiography (ECHO) is an imaging technique which shows the functioning of the heart muscle, its valves and several other parameters. This test allows your doctor to monitor how your heart and its valves are functioning.

An echocardiogram can assess heart function and detect and follow the progression of heart disease and cardiac masses. It can help diagnose *atherosclerosis, cardiomyopathy, congenital heart disease, and cardiac tumours.*



Ultrasound Screening of Abdomen and Pelvis

An ultrasound, also named sonography, of the abdomen and the pelvic makes it possible to see your abdominal and pelvic organs: liver, kidneys, bladder, uterus, ovaries, prostate and seminal vesicles and gastrointestinal organs, including the gallbladder, spleen, pancreas, bladder, and more.

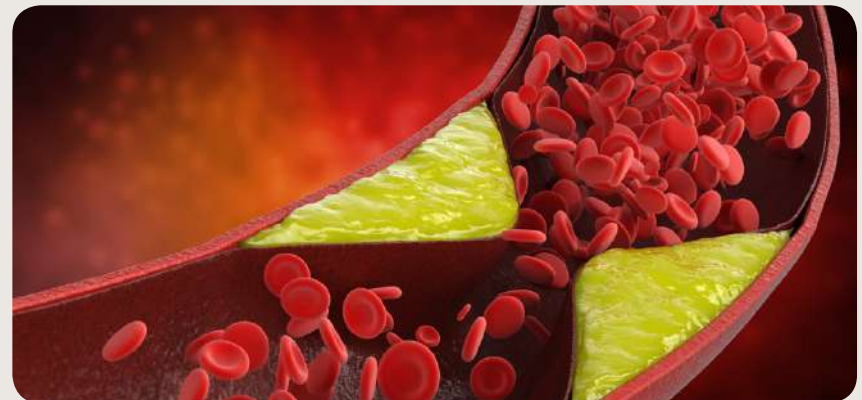
Ultrasound can be used to detect early as well as locally advanced cancers. It can also help check for kidney stones, liver disease, and tumours.



Coronary Artery Calcification Score (CT)

Computed Tomography, more commonly known as a CT or CAT scan, is a diagnostic medical imaging test and is a non-invasive way of obtaining information about the presence, location and extent of calcified plaque in the coronary arteries—the vessels that supply oxygen-containing blood to the heart muscle.

Heart CT scans quickly and automatically measure how much and how dense the levels of the mineral are in the blood vessels that nourish the heart's arteries. The coronary calcium score is predictive of non-cardiovascular diseases too. Plaque in the arteries is the result of cumulative damage and inflammation, and vulnerability to injury and chronic inflammation likely contributes to diseases like cancer, kidney and lung diseases, as well as cardiovascular disease.



AIWO IV

Spa Therapy



IV Spa Therapy *Treatments*

Immunity & Anti-ageing Spa Therapy

Ingredients:
RL(Ringer Lactate)
Vitamin C
NAC
Glycine (Orally)

Energy Booster Spa Therapy

Ingredients:
RL (Ringer Lactate)
Inj. B. Complex
Inj. Vit. B12
Inj. Vitamin C
NAC (Orally)
BD Glycine (Orally)

Mega Glow Spa Therapy

Ingredients:
RL(Ringer Lactate)
Inj. Glutathione
Inj. NAC
Inj. Vitamin C
Glycine (Orally)

Metabolizer

Ingredients:
RL(Ringer Lactate)
Inj. L car
Inj. NAC
Inj. Vitamin B12
Glycine (Orally)

Facilities available during IV Spa Therapy



Ginger tea will be served along with 1gm of Magnesium L- Threonate for better cognition.



Cold adaptation therapy to improve your energy levels.



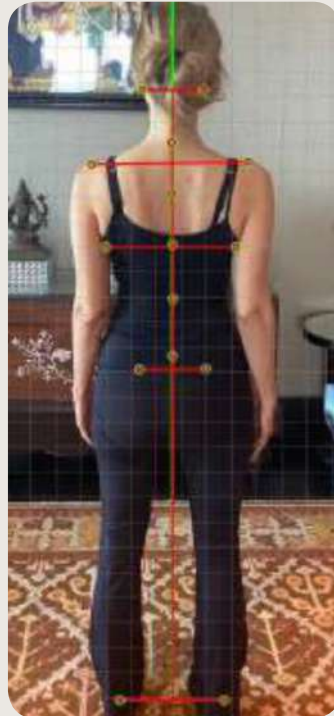
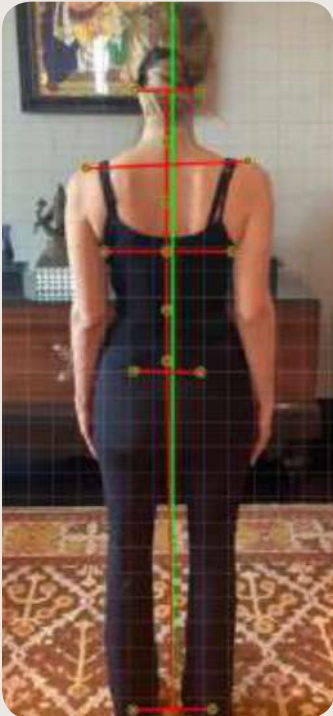
Head massage for better relaxation.

Physiotherapy *Services*



During your stay, our team of qualified physiotherapists will provide daily exercises for strength, flexibility, and endurance all customized to meet your individual needs. Rehabilitation programs are also available for patients with long COVID-19 symptoms.

Posture Assessment & Correction



Egoscue Tower



Mashing



Kinesiological Stretching



Typical *Program*

We welcome individuals or small groups and can curate a special program based on their needs. While each visitor will have a bespoke program based on individual needs, a typical program will include the following:

Day 1

Blood test and initial physical assessment
Gentle yoga and breathing exercises in the garden
Breakfast
Physiotherapy session
Stretching and myofascial release exercises
Lunch
Massage / Ashiatsu
Sauna / swimming / IV SPA therapy
Dinner

Days 2,3 and 4

Gentle yoga and breathing exercises in the garden
Breakfast
Physiotherapy session
Stretching and myofascial release exercises
Lunch
Massage / Ashiatsu
Medical testing services like Echo, ECG and TMT
Sauna / Swimming / IV SPA therapy
Dinner

Day 5

Individual consultations with specialist doctors
Tourism
Departure

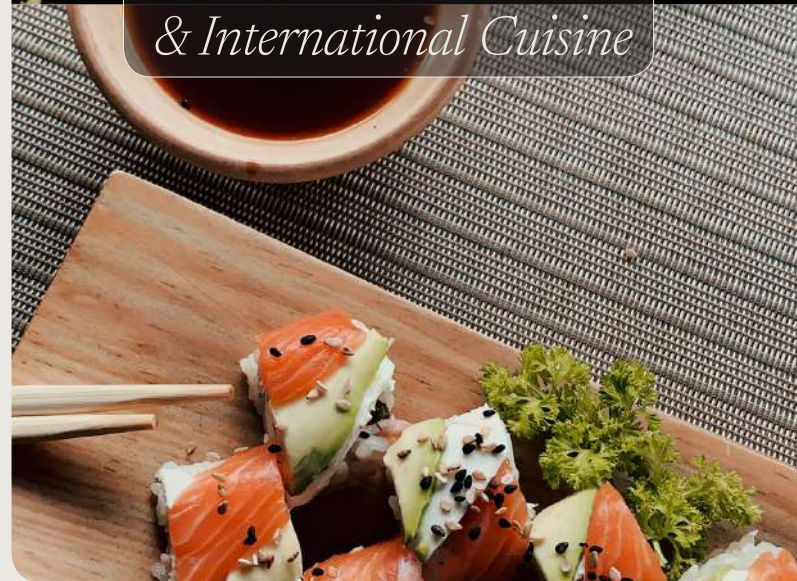
Accommodation

The Leela Palace





Healthy Indian
& International Cuisine



Places to visit *in Chennai*

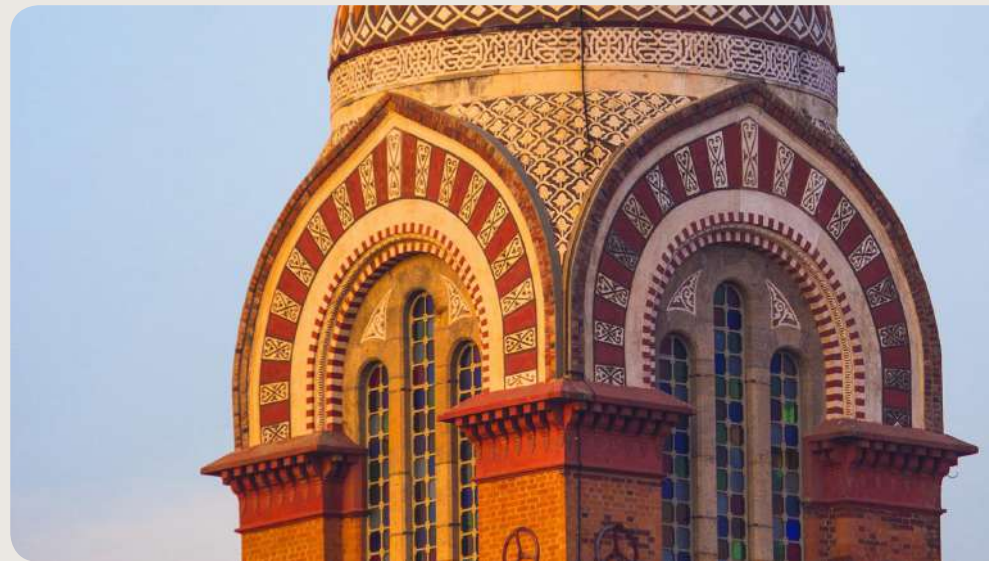
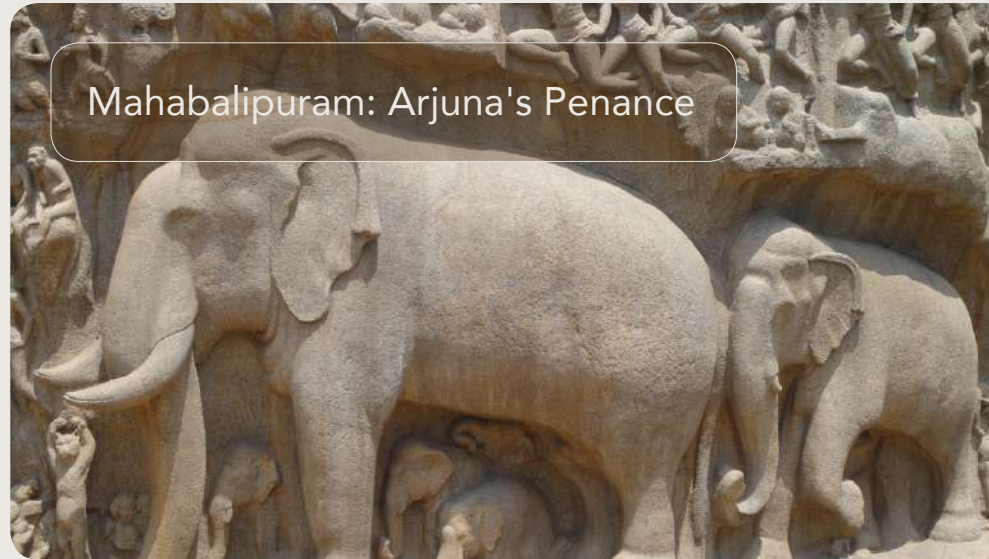
Kapaleeshwarar
Temple



Mahabalipuram



Mahabalipuram: Arjuna's Penance



Frequently Asked Questions

Why AIWO?

We provide a holistic approach to wellness treatment in AIWO. It includes reduced costs, the availability of the latest medical technologies, AI-based smart reports and compliance with international quality standards.

Where do I stay during my wellness treatment?

You will stay at the five star Leela Palace hotel, 30 minutes from Chennai international airport, where AIWO Wellness Center is based.

Can I come with my wife or partner for the wellness treatment?

Yes, they also can avail of wellness treatment, at the same price. Or if they do not take wellness treatment, sharing the room would cost an additional charge of \$150 /night. If they need a separate room, it would cost \$300/night with food, laundry, transportation and services.

Is accommodation included in the package?

Yes, the package covers food and accommodation at a five-star hotel as well as laundry and airport transportation cost. However, alcohol is not included, and we do not recommend taking alcohol during your stay.

Who will assist with the visa process?

You can apply online for a tourist visa by following this link:
<https://indianvisaonline.gov.in>. AIWO can also assist when required.

How do I know my personal details are confidential and safe?

AIWO makes sure to follow ethics and privacy guidelines to protect your medical records, personal health information about therapies and mental health needs.

Will I get assistance if I have any pre-existing illness?

For pre-existing illnesses, AIWO will assist you to get an expert opinion from renowned hospitals in Chennai.

What about my appointment/meeting with the doctor?

We will arrange for your appointment with the doctor at your convenience.

How can I share my medical records before arrival?

You can email us at info@aiwo.com.

What is the total package cost?

The total package cost is \$4995. For couples or those sharing a room, the cost is \$9000 for two people.

How long should I stay for my wellness treatment?

We recommend a stay of seven full days to go through the complete program, but if not possible, a minimum of five full days.

- For 5 days program, it would cost \$4995
- For 7 days program, it would cost \$6000

How to get in touch with the AIWO?

For more information on our offerings, contact us on info@aiwo.com or Whatsapp +91 96000 74567. We are here to support you.

Is sightseeing available?

There will be an abundance of free time to enjoy exploring Chennai and its famous landmarks. We can arrange a guide and car and schedule it based on your convenience.

AIWO

85, Santhome High Rd, MRC Nagar, Raja Annamalai Puram,
Chennai, Tamil Nadu 600028



1800-572-2496 (Toll-free)
70584 00000

www.aiwo.com

info@aiwo.com

