

A gift that lasts forever

A Year With varam

A comprehensive maternity care package



A Year With
varam

A Year with Varam, where every moment is cherished,
and every woman is held close to our hearts.

At Varam, we recognize that the journey of pregnancy is a momentous chapter in a woman's life filled with joy, anticipation, and the promise of new beginnings. Our commitment to you goes above and beyond; it is a promise to be your steadfast companion from the **prenatal stage** and into the **post - partum period** , ensuring that you and your newborn receive unparalleled care, love, and support.



**Comprehensive
Maternity Care**





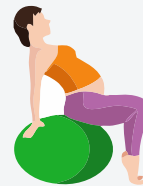
Why Moms-to-be choose VARAM

Guiding you through labour and beyond

- As your body prepares for labour
- Understanding the birthing process
- Recognising the signs of labour



- Managing through labour
- Medical interventions during labour
- Revisiting your birth plan
- Breathing and positions for labour
- How your partner can support
- Pain Management in labour



- Understanding newborn care
- Deciphering newborn behaviour
- Empowering breastfeeding
- Cherishing the postnatal period





Diet Counselling



NT Scan +
Double Marker



Blood Test



Early Pregnancy Scan

1st Trimester
(06-13 weeks)



1st MONTH

2nd MONTH

3rd



: **93840 02420**
General Enquiry
(9AM-6PM)

Why choose **A year with varam**

Nurturing Pregnancy Wellness:
Comprehensive Care for Each Trimester



Pre-Delivery Care / Antenatal



Diet Counselling



Antenatal
wellness exercises



Blood Test



Anomaly Scan



Diet Counselling



Lactation Counselling



Fetal Heart Monitor
(CTG /NST)



Blood Test



Growth + Doppler Scan

2nd Trimester
(14-28 weeks)



3rd Trimester
(after 28 weeks)



MONTH

4th MONTH

5th MONTH

6th MONTH

7th MONTH

8th MONTH

9th MONTH



: **93840 52499**

Gynecologist Support (24/7)



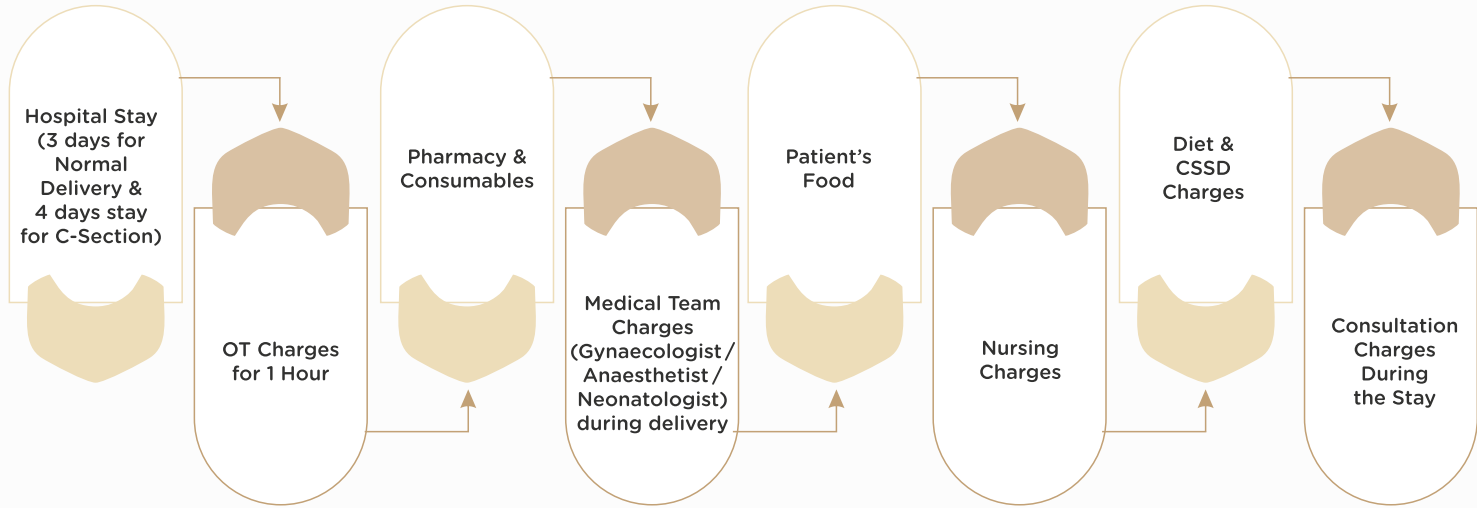
: **044 4524 2424**

after hours Emergency Support

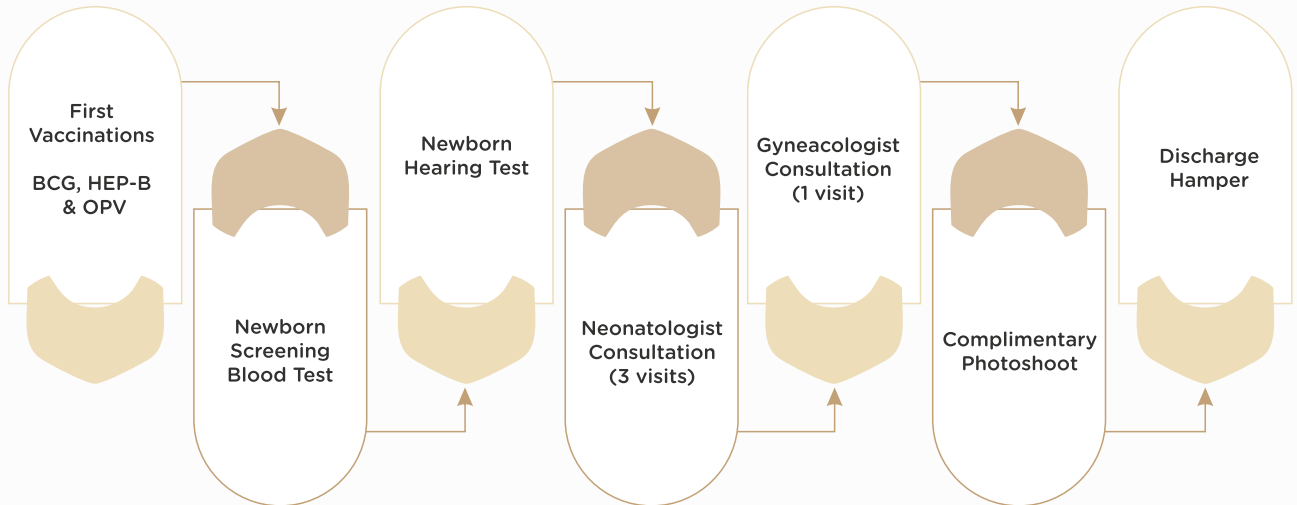
Holistic Maternity Care



Delivery Care / Perinatal Care



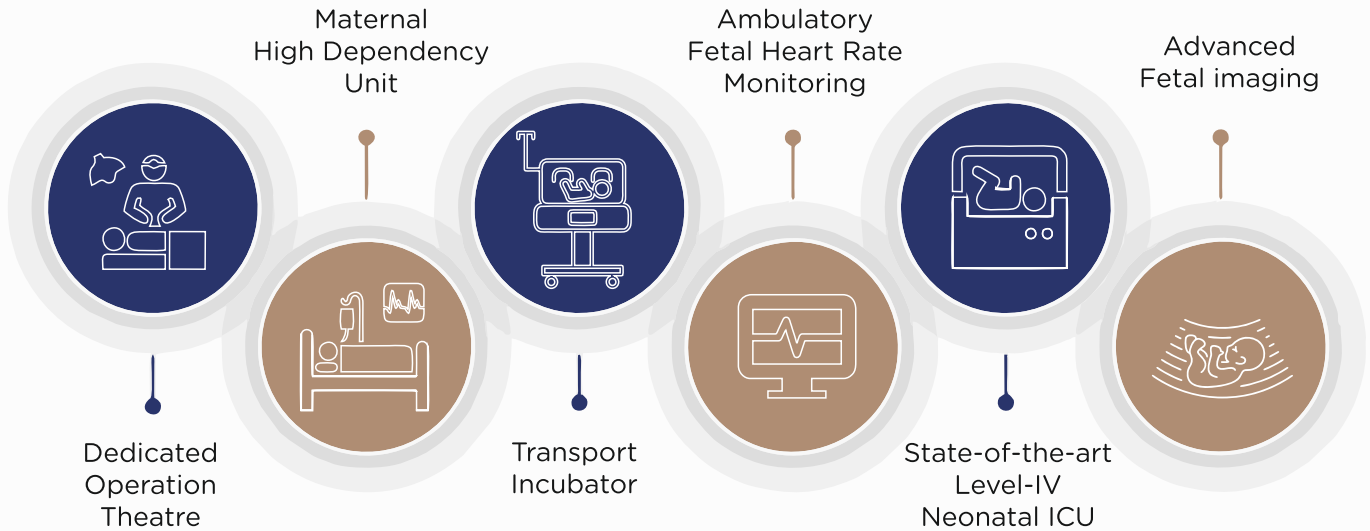
Postnatal Care



VARAM Labour suite



Facilities



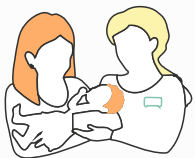
Maternity Wellness with additional benefits



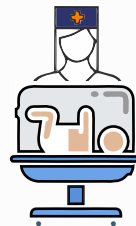
Prenatal Yoga
Nurturing Strength and Serenity
10 Session of Prenatal Yoga
+2 session of Lamaze,
a total of 12 sessions



Nutrition
A complete guide for pregnant mothers throughout their pregnancy



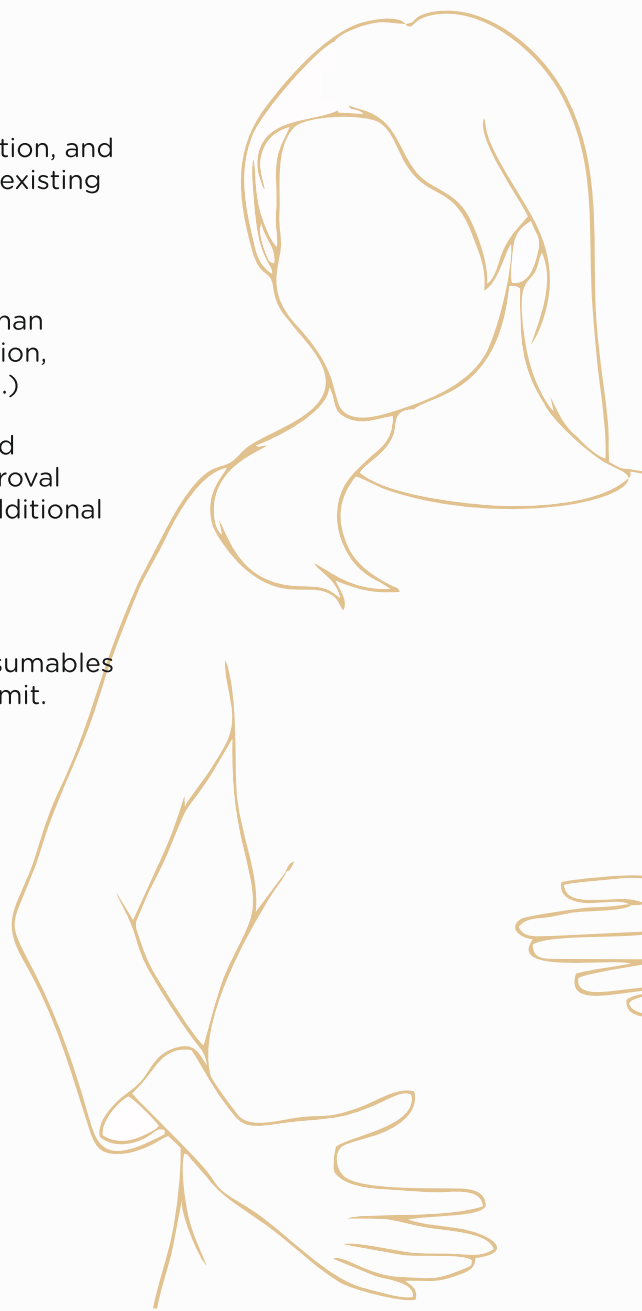
Lactation Consultation
Additional support for breastfeeding mothers. It's important to note that specific care plans may vary based on individual health needs and hospital policies



Neonatal Intensive Care Unit (NICU)
In cases of premature birth or complications requiring specialised care with 24/7 Neonatologist support for the newborn.

Exclusions

- Triple/Quadruple marker
 - Any stay beyond the package
 - Epidural Anaesthesia/ECHO/3D & 4D scans/Kiwi assisted labor
 - Any lab investigations beyond the package
 - OP Pharmacy
 - Consumables exceeding the limit during delivery
 - External/Cross consultation
 - Any additional prenatal classes
 - Fetal procedures
 - Investigations, medication, and treatment for any pre-existing medical condition
 - Any admission other than delivery (i.e., Observation, Steroids, Infusions, etc.)
 - Any charges above and beyond insurance approval will be subjected to additional payment
 - Attenders' food
 - Any pharmacy or consumables beyond the package limit.
 - Baby bill
- ▶ These exclusion apply to all, with an additional charge of 20,000/- for twins & 30,000/- for triplets





varam



MGM HEALTHCARE

72, Nelson Manickam Road, Aminjikarai, Chennai - 600 029 ☎ : +91 44 4524 2424

www.varambymgm.in

