



world-renowned London hospitals



Network of specialist clinics and outpatient centres

2000+ consultants



Latest in medical technology, diagnostics and treatments

### WOMEN'S HEALTH

#### SUPPORTING KEY TALENT ACROSS YOUR BUSINESS

For UK businesses, considering the impact of women's health is important to ensure both wellness, but also retention of key female employees.

Organisations are increasingly enhancing their healthcare benefits to support employees to live well, rather than focusing solely on sickness recovery. Women's health is an area where employees feel underserved. We have responded by creating flexible and accessible offerings to support employees across all life stages:

- Fertility care
- Maternity care
- Menopause care
- Supportive wellbeing programmes



# EMPLOYEE WELLBEING PROGRAMMES

#### FROM WORLD LEADING WOMEN'S HEALTH EXPERTS

In the modern business, employee wellbeing is key to productivity and satisfaction.

Supported by leading consultant doctors we can build tailored wellbeing packages to support the needs of your organization, whilst increasing engagement with your women's health benefits.







In association with



**HCA**Healthcare uk

## MENOPAUSE IN THE WORKPLACE

#### UNDERSTANDING HOW MENOPAUSE CAN AFFECT WORKING LIFE

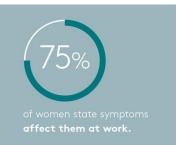
There are approximately 4.3 million working women in the UK and 50% of them go through the menopause without consulting a healthcare professional.

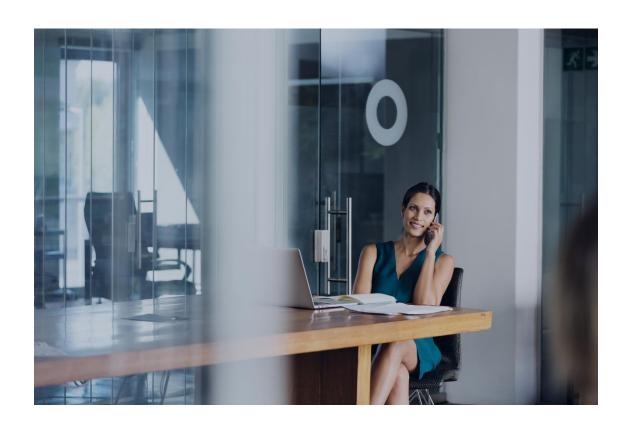
The menopause has been regarded as a taboo subject, especially at work.

This is changing as employers recognise the potential impact of the menopause on their key talent, and enhance their awareness of simple steps which can be taken to become a supportive organisation.











## MENOPAUSE IN THE WORKPLACE

#### PRIMARY CARE MENOPAUSE CLINICS

We now have dedicated menopause clinics run by a group of GPs with a special interest in menopause.

Women may have concerns as they begin to experience physical symptoms of the menopause such as hot flushes and insomnia, and may have questions around potential health risks associated with menopause such as osteoporosis.

Similarly working women may have concerns surrounding mental symptoms associated with the menopause such as anxiety, brain fog, and mood swings.

Our women's health GPs are all members of the British Menopause Society and offer dedicated time for women to talk through their concerns in confidence and access the right treatment options.









# MENOPAUSE IN THE WORKPLACE

### CONSULTANT MENOPAUSE CLINICS

**SIGNATURE** PACKAGE

Initial consultation with a consultant gynaecologist. Full blood count and hormone review.

COMPREHENSIVE REVIEW PACKAGE

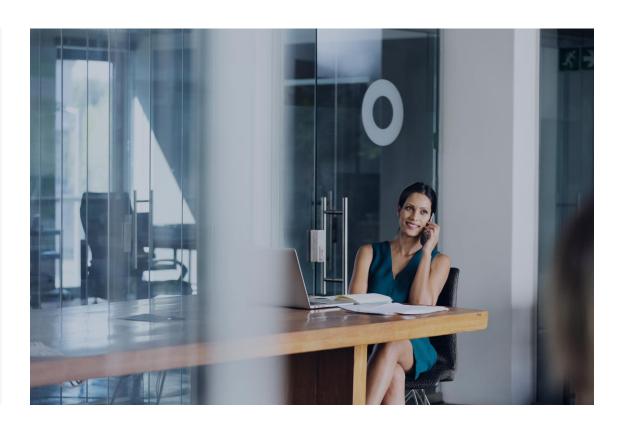
Three month review with a consultant gynaecologist and review of hormones.

**COMPLETE ANNUAL** PACKAGE

Comprehensive menopausal health check with a consultant gynaecologist including:

- Consultation
- Hormone review
- Transvaginal scan
  - Smear test
- Mammogram
- Full Blood Count
- Bone Density scan (DEXA)





# FERTILITY SERVICES

### A HOLISTIC APPROACH FROM THE LISTER FERTILITY CLINIC













## FERTILITY SERVICES

### DIAGNOSTICS AND TREATMENTS ACROSS THE WHOLE FERTILITY SPECTRUM

### Fertility treatments:

**IUI** - Intrauterine Insemination (IUI) is a process where sperm is specially prepared in the lab to concentrate those with the best quality and then directly placed into the woman's uterus around the time of ovulation. This is performed using a simple, minimally invasive procedure (similar to having a cervical smear) using a fine catheter and takes only a few minutes.

**IVF** - in vitro fertilisation (IVF) is used to treat a wide range of fertility problems. For many it may be the first-line treatment and for others may only be recommended if simpler treatments fail. At the Lister Fertility Clinic since 1988, we have helped couples give birth to **20,000** IVF babies.

**ICSI** - intracytoplasmic sperm injection (ICSI) treatment has allowed couples where there is a significant male factor problem to achieve treatment success similar to those with other causes of subfertility. Very few sperm are required as this process involves the direct penetration of the sperm into the egg.

### Fertility preservation:

**Egg freezing** - this allows allows women the option of freezing their eggs. This may offer a better chance of a successful pregnancy in the future than using older "fresh" eggs, which may be lower in both quality and quantity.

**Embryo freezing and transfer** - embryos can be frozen as part of a standard IVF cycle where any excess embryos of good quality not transferred are frozen, or they can be frozen as a standalone process for later use for fertility preservation purposes.

Treatment package	IUI	IVF	ICSI	Frozen Embryo Transfer	Egg Freezing
Initial consult	✓	✓	✓	✓	✓
Follow up consult		✓	✓		
Pathology	$\checkmark$	✓	✓		✓
Monitoring		✓	✓		✓
Medication	$\checkmark$	✓	✓	✓	✓
Treatment cycle	$\checkmark$	✓	✓	✓	✓
ICSI			✓		
Blastocyst culture		✓	✓		



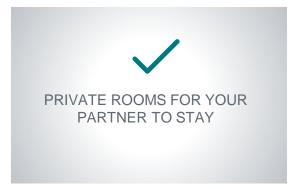
# MATERNITY SERVICES

### PUTTING YOU AND YOUR BABY FIRST AT THE PORTLAND HOSPITAL













# MATERNITY SERVICES

#### CONSULTANT PRICES

As the only fully private maternity hospital in the UK, The Portland Hospital places emphasis on safety and choice as well as providing a bespoke service to ensure that our maternity patients are looked after throughout pregnancy and birth.

The packages below are for the delivery of your baby at The Portland Hospital and do not include individual consultant fees. To discuss these packages or arrange your booking call our dedicated maternity advisor on 020 7390 6068.

	Consultant-led care*		
	Normal delivery	Emergency C-section	Elective C-section
	£5,185	£6,333	£6,758
Midwife booking appointment at hospital	✓	<b>✓</b>	/
Blood grouping at booking clinic appointment	✓	/	/
Hospital delivery	✓	<b>✓</b>	/
24 hour stay in a standard room from admission	✓	<b>✓</b>	/
Theatre fees covered	N/A	/	/
Midwife care throughout delivery and postnatal stay	✓	<b>✓</b>	/
Newborn baby check – consultant paediatrician	✓	/	/
Newborn nursery care during your stay	/	<b>✓</b>	/
Baby's first night stay in NICU if treatment is required	✓	<b>✓</b>	/
Accommodation and complimentary breakfast for partner	✓	<b>✓</b>	/
24 hour room service for new mother	<b>✓</b>	✓	/
Afternoon tea (served daily during your stay)	✓	/	/
Complimentary photography session and prints	✓	✓	<b>✓</b>
Complimentary gift on discharge	✓	✓	✓
Postnatal physiotherapy check	1	1	/

<sup>\*</sup>Consultant fees charged separately at approx. £10,000 from 10 weeks through to delivery

#### In association with



#### MIDWIFE-LED PRICES

		Midwife-led care		
	From 10th week of pregnancy	From 20th week of pregnancy	From 30th week of pregnancy £8,955	
	£10,305			
Midwife antenatal appointments	1	✓	/	
Consultant obstetrician fees*	1	<b>✓</b>	/	
12-week scan including nuchal scan and combined test	1	х	x	
20-week anomaly scan	1	✓	х	
56-week growth scan	1	/	<b>/</b>	
Antenatal appointments with consultant obstetrician	1	✓	/	
Routine hospital blood tests at booking clinic	1	/	/	
Midwife-led hospital birth	1	<b>√</b>	✓	
Resident obstetric anaesthetist	1	<b>/</b>	<b>/</b>	
24-hour stay from admission	✓	✓	/	
1:1 midwifery care throughout labour and birth	1	/	/	
Postnatal care	/	/	/	
Baby's first night stay in NICU, if treatment is required	✓	<b>√</b>	/	
Newborn nursery care during your stay (subject to availability)	1	/	/	
Accommodation and complimentary breakfast for partner	1	<b>√</b>	/	
24-hour room service for new mother	1	/	/	
Afternoon tea (served daily during your stay)	1	✓	/	
Postnatal physiotherapy and six-week tummy check	1	/	/	
Six-week postnatal check for new mother	/	/	/	
Complimentary gift on discharge	1	1	/	

## SUPPORTING WOMEN IN THE WORKPLACE

#### HEALTH SERVICES SUPPORTED BY YOUR CHOSEN BENEFITS CONSULTANT

Employee health benefits are a critical component to an organisation's benefits strategy as they seek to build a better workplace.

Valued and competitive women's health benefits are increasingly important to support an inclusive organisational culture.









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