

WOMEN'S HEALTH SERVICES

In association with



HCA Healthcare UK

6

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

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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.



PROVIDE ADVICE FROM
LEADING EXPERTS



SUPPORT HEALTH BENEFIT
ENGAGEMENT



BREAST CARE



GYNAECOLOGY



FERTILITY



MENOPAUSAL HEALTH



MATERNITY SERVICES

In association with



HCAHealthcare 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.



Around 3 out of 4 of all women **will experience some menopause symptoms.**



8 out of 10 menopausal women **are in work.**



75% of women state symptoms **affect them at work.**



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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.



**30 MINUTES WITH
WOMEN'S HEALTH GP**



**ONLINE AND IN-CLINIC
CONSULTATIONS**



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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	<p>Comprehensive menopausal health check with a consultant gynaecologist including:</p> <ul style="list-style-type: none">• Consultation• Transvaginal scan• Mammogram• Full Blood Count• Hormone review• Smear test• Bone Density scan (DEXA)



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FERTILITY SERVICES

A HOLISTIC APPROACH FROM THE LISTER FERTILITY CLINIC



OVER 20,000 LISTER BABIES
BORN TO-DATE



PROVIDING FERTILITY
SERVICES FOR OVER 30 YEARS



SATELLITE LOCATIONS
ACROSS GREATER LONDON
AND THE CITY



SUPPORTING OVER 2,000
COUPLES EVERY YEAR



In association with



HCAHealthcare uk

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 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	✓	✓	✓		✓
Monitoring		✓	✓		✓
Medication	✓	✓	✓	✓	✓
Treatment cycle	✓	✓	✓	✓	✓
ICSI			✓		
Blastocyst culture		✓	✓		

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MATERNITY SERVICES

PUTTING YOU AND YOUR BABY FIRST AT THE PORTLAND HOSPITAL



ONLY UK PRIVATE MATERNITY
HOSPITAL WITH NEONATAL
INTENSIVE CARE UNIT
(NICU)



ENHANCED MATERNAL
CRITICAL CARE UNIT ON-SITE



24/7 OBSTETRIC RESIDENT
ANAESTHETIST ON-SITE



PRIVATE ROOMS FOR YOUR
PARTNER TO STAY



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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	✓	✓	✓
Blood grouping at booking clinic appointment	✓	✓	✓
Hospital delivery	✓	✓	✓
24 hour stay in a standard room from admission	✓	✓	✓
Theatre fees covered	N/A	✓	✓
Midwife care throughout delivery and postnatal stay	✓	✓	✓
Newborn baby check – consultant paediatrician	✓	✓	✓
Newborn nursery care during your stay	✓	✓	✓
Baby's first night stay in NICU if treatment is required	✓	✓	✓
Accommodation and complimentary breakfast for partner	✓	✓	✓
24 hour room service for new mother	✓	✓	✓
Afternoon tea (served daily during your stay)	✓	✓	✓
Complimentary photography session and prints	✓	✓	✓
Complimentary gift on discharge	✓	✓	✓
Postnatal physiotherapy check	✓	✓	✓

*Consultant fees charged separately at approx. £10,000 from 10 weeks through to delivery

MIDWIFE-LED PRICES

	Midwife-led care		
	From 10th week of pregnancy	From 20th week of pregnancy	From 30th week of pregnancy
	£10,305	£9,855	£8,955
Midwife antenatal appointments	✓	✓	✓
Consultant obstetrician fees*	✓	✓	✓
12-week scan including nuchal scan and combined test	✓	X	X
20-week anomaly scan	✓	✓	X
36-week growth scan	✓	✓	✓
Antenatal appointments with consultant obstetrician	✓	✓	✓
Routine hospital blood tests at booking clinic	✓	✓	✓
Midwife-led hospital birth	✓	✓	✓
Resident obstetric anaesthetist	✓	✓	✓
24-hour stay from admission	✓	✓	✓
1:1 midwifery care throughout labour and birth	✓	✓	✓
Postnatal care	✓	✓	✓
Baby's first night stay in NICU, if treatment is required	✓	✓	✓
Newborn nursery care during your stay (subject to availability)	✓	✓	✓
Accommodation and complimentary breakfast for partner	✓	✓	✓
24-hour room service for new mother	✓	✓	✓
Afternoon tea (served daily during your stay)	✓	✓	✓
Postnatal physiotherapy and six-week tummy check	✓	✓	✓
Six-week postnatal check for new mother	✓	✓	✓
Complimentary gift on discharge	✓	✓	✓

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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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