



Onsite Health Check - FAQ's

1. What is Onsite Health Check?

All fulltime Adobe employees are eligible for sponsored health check at selected Medical Centers. However, employees who are unable to avail the benefit at medical center will have the opportunity to complete their health checks in the office premises, which is completely optional for employees. If an employee chooses to take Onsite Health checkup, they will not be able to have missing tests like TMT, USG etc. on offsite basis.

2. Who is eligible for Health Check Tests?

All full time Adobe employees are eligible for the program once in 365 days from their last availed health check. Employee can either have Onsite or Offsite health checkup basis their choices and preferences once in 365 days from the last time they had availed the health checkup. Employees cannot have onsite health checkup and then avail the offsite health checkup also.

3. When is the program starting?

Please refer the program schedule as outlined below (please note dependents will be covered strictly on Saturday only):

Sampling - Noida				
	Wednesday	Thursday	Friday	Saturday
Location	13th Nov	14th Nov	15th Nov	16th Nov
Sector 132	08:30 – 15:30	08:30 - 16:00	08:30 - 16:00	10:00 to 14:00
Room Name	Aswatha			
Sector 25 A	08:30 - 16:00	12:00 - 20:30	12:00 - 21:00	10:00 to 14:00
Room Name	Almora			

Doctor Consultation - Noida				
	Monday	Tuesday	Wednesday	Thursday
Location	25th Nov	26th Nov	27th Nov	28th Nov
Sector 132	10:00 - 16:00	10:00 - 16:00	10:00 - 16:00	10:00 - 16:00
Room Name	Doctors Room			
Sector 25 A	10:00 - 16:00	10:00 - 16:00	12:00 - 19:00	12:00 - 19:00
Room Name	Doctors Room			



Sampling - Bangalore				
	Wednesday	Thursday	Friday	Saturday
Location	20th Nov	21st Nov	22nd Nov	23rd Nov
PTP	08:30 - 16:00	08:30 - 16:00	08:30 - 16:00	10:00 to 14:00
Room Name	Recreation Room			
PTC	08:30 - 16:00	12:00 - 21:00	12:00 - 21:00	
Room Name	Yoga Room			

Doctor Consultation - Bangalore				
	Monday	Tuesday	Wednesday	Thursday
Location	02nd Dec	03rd Dec	04th Dec	05th Dec
PTP	10:00 - 16:00	10:00 - 16:00	10:00 - 16:00	10:00 - 16:00
Room Name	Doctors Room			
PTC	10:00 - 16:00	10:00 - 16:00	12:00 - 19:00	12:00 - 19:00
Room Name	Doctors Room			

External Medical Centre to conduct the Camp

Bangalore and Noida – MEDCIS Pathlabs India Private Limited

For any query please reach out to Medi Assist Customer support at via email on customerhealthcheck@mahs.in or you can call us on 080 - 67617570 (Mon – Sat – 08 AM to 08PM) or reach out ERC at erc@adobe.com

4. How do I book an appointment?

All regular employees can login at adobe.medibuddy.in with their OKTA login and click on Onsite Registration link on the Home page.

5. Can I book an appointment on the same day of the event?

Yes, you will be able to book the appointment for Onsite health check up on the same day. However you can only book the appointment if the below mentioned criteria's are met:

- You are eligible to book Non-Fasting, Vitamin D3 & B12 and BMD, due to fasting of 10 hours to 14 hours might not be met.
- If there are available slots for a given time slot,
- If you are booking the available slot before 11:00 AM, post 11:00 same bookings will not be possible.



6. Can I book health checks for my dependents?

Yes, you can book health check for your dependents. Health Checks for all dependents are payable by Employees. Dependents enrolled in Group Medical Insurance Policy as well as siblings or cousins can be registered for health checks, dependents can be registered for Saturdays only.

7. Why are onsite and offsite packages different?

Certain tests like Radiology (X-ray, Ultrasound Scan) require large equipment's and cannot be installed in the office premises. Hence, Onsite packages are carved to ensure maximum tests that can be covered inside the office premises. However onsite packages are optional for the employees, as they can either choose between Onsite Health package or Offsite Health checkup once in 365 days from last time, they had utilized a health checkup. We will not be able to conduct the missing tests like Radiology, USG on an Offsite basis in case and employee has already utilized the Onsite Package.

8. What are the onsite packages for Employees?

Employees have 3 packages to choose from:

- Package 1 – Fasting package,
- Package 2 - Non-Fasting and
- Package 3 - Vitamin D3 & B12 with BMD. (Exclusively on Onsite basis, this is not available on Offsite basis)

Please note: An employee will not be able to book Package 3 - Vitamin D3 & B12 with BMD incase if they have taken the Vitamin D3 & B12 with BMD test once in the last 365 days in any of the Onsite health checkup for Adobe. Depending upon the convenience, Employee could choose their package or their dependents.

9. What are Fasting and Non-Fasting packages?

Health Checks are recommended to be conducted post fasting for 10-12 hours and early morning as the parameters are more accurate while fasting, especially Blood Sugar and Lipid Profile. However, employees or dependents who find it difficult to observe fast, can opt for Non-Fasting package where complete Lipid Profile is not available.

10. When do the registrations begin?

Registrations for Onsite Health Check will open from 07th November 2019.

11. Can a payment can be made at the day of the camp?

Registrations and payments can be made on the day of the camp. However, since the slots are limited, it is advisable to book your slots in advance to avoid last minute rush.

12. Are the dependents / Parent's tests to be paid?

Dependent's tests need to be paid by employees and the appointment slots can be booked only for Saturday as per the dates mentioned on the slots.



13. Can I reschedule my appointment?

Yes, you may cancel the existing appointment and then reschedule the same yourself. The process for rescheduling is – All regular employees can login at adobe.medibuddy.in with their OKTA login and click on Onsite Registration link on the Home page, you will find the booking page, on the 2nd tab you will find ‘History’. Please click on the ‘History’ Tab and click on the appointment id you had booked this will give you the option to ‘Cancel’. Once you have cancelled this you can go to the 1st Tab ‘Booking’ and book the appointment again as per your convenience, slots will be confirmed as per availability.

14. Why is Vitamin D3 and B12 important? Is it included in the onsite?

Vitamin D3 and B12 test is included in the onsite camp and will help measure the calcium absorption as well as general immunity of the person. Employees who avail onsite health check can choose to complete their Vitamin tests also, if not completed already. However, if you have already availed your health check in last 365 days or plan to avail in the next few days, you can register to complete your Vitamin D3 and B12 tests.

Those who have already availed Vitamin tests during last onsite will have to wait for 365 days from availed date to be eligible again.

15. Will I be pricked multiple times for collecting blood samples?

The Nurses and paramedic staff’s collecting your samples are trained professionals and will take utmost care in ensuring that only required number of samples and unused needles will be used for each employee. If you have thin vein’s syndrome or the serum collected is less than required standard to perform any diagnosis only then you may be approached at a later stage by us for any home/office collection. This is extremely rare and depends on individual’s health status.

16. After how many days of health check tests does the employee receive the medical report?

Employees would receive the reports on the day on the Onsite Doctor consultation. All regular employees can login at adobe.medibuddy.in with their OKTA login and click on Onsite Registration link on the Home page click on menu then click on repository.

Reports for yourself and your spouses will be available in 7 working days from the date that you had taken your onsite health checkup. You can carry a printout of the Health checkup report on the day of your Doctor Consultation. Ex – employees booking Onsite health check for the 14th Nov in Noida should book for Doctor Consultation for 25th Nov or later date.

17. My health reports are deviating, is there anything else that we should know?

This test requires you to give your blood sample. Any phlebotomy can have the following rare associated incidences:

- Discomfort, swelling, bruising or dizziness while or immediately post phlebotomy, the phlebotomist would know how to deal with the same. Kindly do not panic and inform the local onsite coordinator immediately for support.
- In case your blood sample gets lysed, your coordinator will approach you for a fresh sample collection, the same day or another mutually decided date.



- The diagnostic lab has a certified quality protocol in place. Factors such as physiological disturbances, fever, dehydration, hemolysis, etc. can cause variation in reported results.
- **Should you note any discrepancy**, the same should be brought to the attention of local coordinator and due clarity sought. This is to inform you that Medi Assist and its affiliates may contact you in case of deviated values for further checkups. Please note that the test reports might vary in case you get the tests done from a different diagnostic center. This happens due to varied food intake prior to taking the health check-up. Also if the date when you had the onsite health checkup done at campus and you had taken another medicals lab report on a different date there may be a difference in reading due to behavioral, physical, precautionary or change in food habits.

18. What is the procedure for Onsite Health Check?

Please note that you must mandatorily carry the following information with you to the Venue of Health check:

- Printed copy of appointment confirmation letter. Please sign on the confirmation letter before submitting at the Registration desk
- Employee ID.

Instructions for Health check:

- You are requested to (observe) overnight fasting of 10 - 12 hours. Only water can be taken.
- Report to the Venue at your registered appointment time. The SPOC at the Registration desk would assist you with the process. Please collect your Onsite Health Check-Checklist to keep a tab on all the tests you would need to undergo at the site. Please return the check list to the SPOC on completion of your tests.
- The Health Check process would take approximately 30 min. You would be given a token number based on the time slots available for your ECG/Lung Function test.
- We request your cooperation in this to give you a better experience
- Avoid smoking & consuming alcohol for a minimum of 12 hours before the check-up.
- You can resume with your daily activities after your health check-up.
- The reports would be handed over to you on the day of your Onsite Doctor consultation. Please attend the Doctor consultation as per your scheduled appointment.
- Do not exercise immediately before the tests. Relax and keep calm during the check-up
- Do not wear any jewelry or carry cellphone with you in order to avoid electromagnetic disturbances in ECG readings
- It is advisable to wear loose fitting clothes while going for the check up
- You will have to carry the print out of email confirmation for Health check and Doctor Consultation respectively along with your employee ID to the venue for availing the services.

19. What is the charge for Onsite health checkup for my dependents, or employees who are not eligible but would like to benefit from the health checkup (eligibility of 365 days is not met)?

Below mentioned charges are excluding 18% tax.



Dependents	Fasting	Non - Fasting
Base Health Package	Rs 1450	Rs 1350
Vit D3 & B12, And BMD	Rs 1500	Rs 1500

20. I am unable to book the appointment in a slot that I prefer?

We have inbuilt capacity for each 30 mins, ensuring that we don't have queue up at the venue. Appointments are booked on a first come first serve basis. Once the limit of employees is reached you will not be able to overbook for that duration. You will be able to book for any slot available that day when the limit hasn't been reached. 15 employees in 30 mins is the maximum capacity.

**List of Packages – for Employees and Dependents are mentioned below in Annexure -1 **

Non-Fasting
Haemogram
Hemoglobin, PCV, MCHC, MCV, MCHC, TLC, DLC, Peripheral Smear, Platelet Count, ESR
Biochemical Parameters
HBA1C
Uric Acid
Lipid Profile
Total Cholesterol
Cardiac Assessment
ECG
Kidney Assessment
Serum Urea
Serum Creatinine
Complete Urine Analysis
General Investigations
Blood Grouping and Rh Typing
Liver Function Test
Total Protein
Albumin
Globulin
A/G Ratio
SGPT
Alkaline Phosphates
SGGTP
Serum Bilirubin Total

Fasting
Haemogram
Hemoglobin, PCV, MCHC, MCV, MCHC, TLC, DLC, Peripheral Smear, Platelet Count, ESR
Biochemical Parameters
HBA1C
Uric Acid
Lipid Profile
Total Cholesterol, HDL, LDL, Triglycerides Screening, Ratio of Cholesterol/HDL
Cardiac Assessment
ECG
Kidney Assessment
Serum Urea
Serum Creatinine
Complete Urine Analysis
General Investigations
Blood Grouping and Rh Typing
Liver Function Test
Total Protein
Albumin
Globulin
A/G Ratio
SGPT
Alkaline Phosphates
SGGTP
Serum Bilirubin Total



Serum Bilirubin Direct
Consultations
Lung Function
Lung Function Test
Thyroid Profile

Serum Bilirubin Direct
Consultations
Lung Function
Lung Function Test
Thyroid Profile

Additional Tests
Employee & Dependents
Vitamin D3 and B12, And BMD

Note: You can also benefit from the Basic eye and dental consultation on your site without any booking or eligibility. This will be available for all 4 days of the camp on your location as per the schedule mentioned above. This will be on a complimentary basis.