



COMPANY PROFILE

HEALTH SOLUTIONS FOR LIFESTYLE PROBLEMS

AskADoc is a healthcare provider founded in 2007 by four medical doctors with the vision to empower individuals to take charge of their health. The company now operates an outpatient medical centre in Nairobi, through which we provide our targeted healthcare services.

OUR SERVICES



*Occupational
Health Services*



*Be Well Lifestyle Modification
Services & Health Coaching*



Diabetes and Blood Pressure Clinic



*Healthcare
Consultancy
Services*

1. Occupational health services

We have three Designated Health Practitioners (DHP's) appointed by the Directorate of Occupational Safety and Health Services (DOSHS) under the Ministry of Labour, to provide occupational health assessments.

These including:

- a) Pre- & post employment medical examinations
- b) Annual/periodic medical examinations
- c) Fitness to work medical assessments
- d) WIBA assessments
- e) Ergonomic surveys.

Over the last 6 years we have conducted over 15,000 occupational medical examinations in various industries including security, manufacturing, oil & gas, motor, and horticulture, among others.



2. Be-Well Lifestyle Modification services

These include Health coaching at individual and group level, educational wellness sessions on multiple forums and Lifestyle change promotional activities.

3. Diabetes and Blood Pressure Clinic

Focus and holistic medical management of these chronic lifestyle conditions, as well the associated risk factors, such as obesity and high cholesterol

4 Healthcare consultancy

We offer bespoke healthcare solutions on health care to corporates. These have included providing medical support for the Tusker Project Fame, setting up and running an obstetric gynaecologic clinic, operating a 10-bed hospital, medical insurance benefits restructuring and implementation of ILO workplace HIV Stigma in Health Workers program.

OUR CLIENTS

