



Established 2016  
**ASSAM HEALTHCARE**



A Citizen Driven Enterprise



[www.assamhealthcare.coop](http://www.assamhealthcare.coop)

## A PROFILE August 2022

शरीरमादां शूलु धर्म साधनम्  
- कालिदास, कुमारसम्भवम्

शरीरमाद्यं खलु धर्म साधनम्  
- कालिदास, कुमारसम्भवम्

## Overview



The Health in India 2016 report reveals that more than 70% of spells of ailments were treated in the private sector. Many rely on borrowings for hospitalisation and a vast majority on savings. Buying medicines for non-hospitalised treatment accounts for the majority. Quality of care in another issue that worries patients.

Disturbingly, studies reported collusive behaviour in healthcare. One such study found the frequency of 'referrals' for diagnostic tests was very high; doctors usually suggested a particular diagnostic laboratory, and these tests might not have been necessary for many instances. There is a 'usual practice' of paying commissions to the referring doctors by these diagnostic labs. The Assam Healthcare Cooperative Society Ltd. is the first in the country established without government patronage to address some of these issues by leveraging the collective power of the citizens.



### Our Vision

Our vision is to develop an affordable and people-centred healthcare model and promote evidence-based medicine to reduce unnecessary investigations and medicalisation.



### Our Mission

Guided by the cooperative principles, we aim to create a sustainable enterprise to make medical care affordable to citizens and expand securing cooperation from other like-minded civic organisations and medical service providers; we share capabilities with them to attain a competitive advantage over the unscrupulous players.

### GET IN TOUCH

**Dr Jayanta B Sarma**, Chairman  
jayanta.sarma@assamhealthcare.coop  
**Shri Jagadish Sarma**, Vice Chairman  
**Dr Sujit Bordhan**, CEO  
sujit.bordhan@assamhealthcare.coop

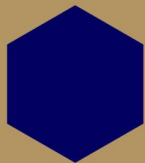
#### OFFICE

9085228863 (WhatsApp)/ 03613574086 (Landline)  
222, Abani Complex, Guwahati Club, Guwahati-781003  
Cooperative Society Registered No. G-05/2016-17 (Sep 2016)  
CSR Activities Registered No. CSR00034023 (July 22)  
contact@assamhealthcare.coop  
membership@assamhealthcare.coop



A growing and sustainable model of enterprise





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**ASSAM HEALTHCARE**



People together are stronger

A Citizen Driven Enterprise



The cooperatives worldwide established themselves in various segments of the economy as successful players but are not a force in the healthcare sector in India as yet. There is no reason why cooperatives can't play a critical role. The Assam Healthcare Cooperative Society strives to be a strong and caring alternative in the healthcare sector.

## Services



### Avail of a Discount

- At leading diagnostic centres, hospitals, clinic and pharmacies (10-40%) in Assam & New Delhi.
- Refer to the up to date list of partners (page 3).



### Preventative Health Check

- We regularly conduct Chronic Disease Preventative Community Outreach Health Check-up Camps.
- Contact us to organise one.



### Aarogyam Health Check-up

- Save on Aarogyam Packages and over 300 diagnostic tests at Thyrocare, Guwahati Club. We provide a home collection service (page 4).



### Planning & Development

- Patient transport, Homecare, Tele Medicine, Physiotherapy
- General Practitioner's Network
- Medical Negligence Claim Advice
- Group Medical Insurance
- Diagnostic Centre & Hospital

## Partners

We have partnered with selected hospitals, diagnostic centres and clinics, which provide cash discounts on your out-of-pocket medical expenses. Our developing partnership will create a network of medical service providers across the state and country and bring you the best savings when it comes to medical expenses. **We will be focussing on the quality of care as our collective strength grows.**



SRL Diagnostics



NEMCARE Hospital



Down Town Hospital



Ayursundra Hospital

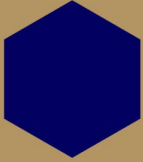


Medi City Medanta



Apollo Indraprastha





# ASSAM HEALTHCARE

Established 2016



A proven self-help model for good times and bad

A Citizen Driven Enterprise



We currently serve more than 8,000 beneficiaries, and the number is increasing. The **BENEFICIARY CARDHOLDERS** of the Society avail of a discount between 10-40% at several diagnostic centres, hospitals and pharmacies. The number of our partners is increasing throughout Assam. We are planning to include hospitals outside the state in our next phase of expansion. An up-to-date list is available at <https://assamhealthcare.coop/membership-benefit>.

By partnering with us, Hospitals, Diagnostic Centres and other Service Providers reach our 8000+ members directly and reduce their marketing cost passing on the benefits.

## Hospitals

- Ashtha Hospital, Dibrugarh East-01
- Apeksha Hospital, Dibrugarh-05
- Ayursundra Hospital, Guwahati-35
- NEMCARE Hospitals, Guwahati-05
- Marwari Hospital, Guwahati-08
- NEMCARE Hospitals, Tezpur
- GATE Hospital, Guwahati-20
- Swagat Surgical Institute, Guwahati-11
- Sight First Eye Clinic, Guwahati-7
- Arya Hospital, Guwahati-08
- Arya Wellness Centre, Guwahati-32
- KGMT Hospital, MT Rd, Guwahati-24
- Health City Hospital, Guwahati-22
- Agile Hospital, Guwahati-22
- Excelcare Hospital, Guwahati-33
- Hayat Hospital, Odalbakra, Guwahati-34
- Down Town, G.S. Road, Guwahati-05
- Northeast Cancer Hospital, Guwahati-23
- Pratiksha Hospital, Guwahati-36
- Pragati Nursing Home, Nalbari-35
- Swasti Hospital, Rangia-54
- Chandraprabha Eye Hospital, Jorhat-01
- Indraprastha Apollo, New Delhi-76
- Medanta, The Medicity, Haryana-01
- Sanjivani Hospital and RCSL, Barpeta-1
- Angkuram Hospital, Barpeta-14
- UBER Research & Health, Barpeta-1
- JNSM Polyclinic, Mangaldoi-25

## Diagnostic Centres and Clinics

- Thyrocare, Guwahati Club, Guwahati-3
- SRL Diagnostics-Skylab, Ulubari Flyover, Guwahati-07
- Apex Diagnostics, Guwahati-5
- Primus, Bhangagarh, Guwahati-5
- Panacea, Bhangagarh Guwahati-5
- Path Care, Uday Nagar, Guwahati-22
- Assam HealthCare & Diagnostic Centre, Guwahati-7 & Tinsukia
- Dr Lal Path Labs, Guwahati-21
- Healthcare Diagnostic Centre, Guwahati-5
- Vivan Diagnostics, NH 37, Guwahati-40
- Samiksha Diagnostic Centre, Guwahati- 21
- Assam BURC Laboratory, Barpeta-1
- Jyoti Pathology Laboratory, Jorhat-01
- Breathe Clinic & Diagnostics, Guwahati-6
- Chikitsa Clinic & Diagnostics, Guwahati-12
- Apollo Clinic, Bora Service, Guwahati-7 & Athgaon, Guwahati-1
- Medishade, Guwahati- 3
- Barthakur Clinic, Guwahati-4

## Opticals & Dentists

- Friends Optical, Guwahati-01, 03 and 24
- Prabhu Vision & Optical, Jorhat-01
- Nidaan Dental Care, Hatigaon, Guwahati-38 & Garigaon, Guwahati-12

## Pharmacies

- Aushadhaalaya, ABC Bus Stop, Guwahati-05
- New Upasam Medico's, Chandmari Colony, Guwahati-03
- The Muskan Medical, Opp. Kamrup Academy H.S. School, Guwahati-03
- Kakoli Medicos, Odalbakra, Near Hayat Hospital, Guwahati-34
- Anjitha Medicare, Vijaya Bank Complex, Beltola Rd, Guwahati-28
- Rajarshi Medico's, Opposite Hayat Hospital, Guwahati-34
- Divine Medical, Near Dispur Polyclinic, Guwahati-06
- Nistha Medical, Baruah Chariali, Jorhat-01
- Maa Medical Hall, Jail Road in front of JMCH, Jorhat-01
- CP Medicos, Malow Ali, Jorhat-01
- Life Drugs, AT Road, Opposite Chawk Bazar, Jorhat-01
- Bhaskar Medical Store, Tarajan, Jorhat-01
- New Sanjivani Medical, Baruah Chariali, Jorhat-01
- Jyotishman Drugs, Jorhat- 01
- State Medical Stores, Teok-12
- MN Medical Store in front of Civil Hospital, Titabar
- MN Drugs Store, Titabar Tiniali-30
- Neevedita Medical, Mariani-34

**MEDICAL SERVICE PROVIDERS ENHANCE THEIR REPUTATION BY JOINING AS OUR PARTNER**

**Jayanta B Sarma**

Chairman

**Jagadsih Sarma**

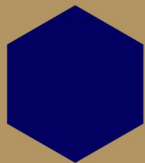
Vice Chairman

**Sujit Bordhan**

Chief Executive Officer

**Board of Directors:** Dr Ramen Talukdar, Mr Surendra Nath Kalita, Mr Parameswar Sharma, Mr Shyamal Bhattacharyya, Mr Dipak K Pathak, Shri Premkanta Chaudhury, Shri Samujjal K Bhattacharyya, Shri Utpal Barua, Shri Rajendra K Gupta, Dr Bijuli Goswami, Dr Dipti Rekha Sarma, Dr Bhupendra Deva Sarma, Dr Nripen Barkataki, Advocate Dhiraj Baruah **Invitees:** Mr Rahul Goswami, Mr Pinku Chaudhury, Mr Sazzad Alam, Mr Dhruba Garg, Prof Arup K Hazarika, Mr Manjit Nath, Mr Hriday Ranjan Pathak, Mr Hiranya Goswami, Mr Rana Basistha, Mr Karendra Kalita, Mr Jayanta Talukdar, Mr Arup Sarma, Mr Asish Baruah





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People together are stronger

A Citizen Driven Enterprise



Be part of a journey toward citizen-owned medical services. You can avail of up to 40% discount on your medical bill in our partner hospitals, diagnostic centres, opticians, dentists and pharmacies. Today, many semi-government organisations and private companies are taking advantage of the welfare benefits by making their staff members.\* Join by following the four steps below.

\*Pollution Control Board, Secondary Education Board of Assam, SS University of Health Sciences, Indradhanush Gas Grid Limited, and discussion is going on with quite a few organisations like Star Cement who are looking to offer their employees welfare benefit.

## Join



Compose a message with personal details viz., Name, Address, DOB, Phone.

01



Transfer Rs. 500 per head to:  
A/C No. 37171614127 /  
IFSC SBIN0007976 (SBI).

02



03

Attach the transaction proof & a Passport Photo of each applicant.



Send by WhatsApp to 9085228863 or email to membership@assamhealthcare.coop

04



Over 300 blood tests and 'AAROGYAM' health check-up profiles at hugely subsidised rates for members at Cooperative's THYROCARE GQC, Guwahati Club-03 centre.

Home collection is available.

Call 9085228863 (WhatsApp) 0361-3574086 (Landline)

**Thyrocare**<sup>®</sup>

World's largest preventive care laboratory

ACCREDITED | NETWORKED | BARCODED

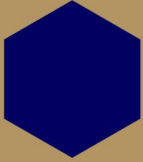
Members claimed over

**Rs.50 Lacs\***

▲ in 2021-22

\*Data from only 12 hospitals and diagnostic centres

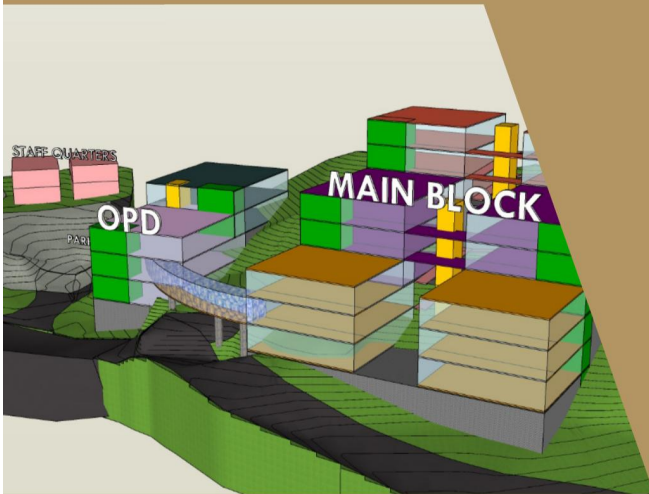




# ASSAM HEALTHCARE COOP

Co-operative enterprises build a better world

A Citizen Driven Enterprise



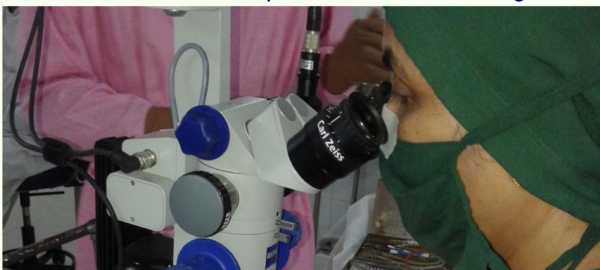
We are planning a hospital with a difference!  
A not-for-profit enterprise with citizen ownership.

- Maternity & Child Health
- Elderly and Long-Term Care
- Physiotherapy and Rehabilitation
- OPD (same-day diagnostics)
- Elective Surgery for Senior Citizens
- Renal Dialysis

ADVERTISEMENT

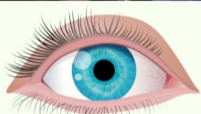
## SIGHT FIRST the eye clinic

Sight First, The Eye Clinic, a multispecialty Eye Hospital, was established in December 2003 by Dr Subhra Kinkor Goswami and Dr Bijuli Goswami with a mission to eliminate needless blindness. It provides the most effective eye care with Surgical facilities and is well equipped with the latest state-of-the-art technology. The Clinic provides a 10% discount to the Assam Healthcare Cooperative Society members.



**Consultation:**  
Monday - Saturday  
9 AM-1 PM & 5 PM-7 PM

+91 98-64-98-81-88  
+91-98-64-91-18-79  
Rajgarh Road  
Bhangagar, Guwahati-07  
sightfirst89@gmail.com  
www.sightfirsteyeclinic.com



**BETTER VISION  
BETTER TECHNOLOGY  
BETTER RESULTS**

### ASSAM HEALTH CARE DIAGNOSTIC CENTRE

Maya Ville, House No. 97,  
Borthakur Mill Road, Ulubari,  
Ghy - 781007, Assam  
Phn. No.: 0361-2456510,  
9707218402

Rongagora Road, Opposite  
Women's College, Tinsukia -  
786125, Assam  
Phn. No.: 8099400503,  
03747960017

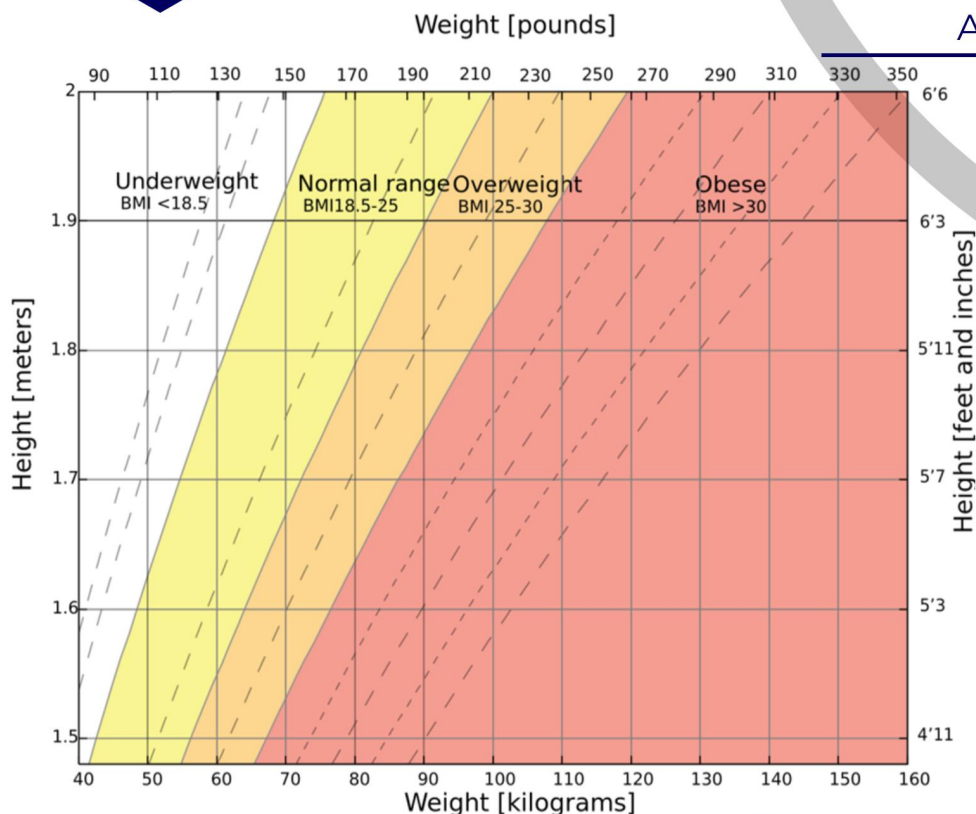
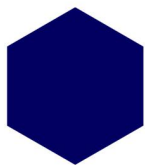
**SERVICES**

- ✦ LABORATORY
- ✦ ULTRASOUND
- ✦ ECHO, ECG, PFT
- ✦ X-RAY
- ✦ EEG, EMG
- ✦ ENDOSCOPY

**OPD Clinic**

- ✦ HEART CLINIC
- ✦ LIVER CLINIC
- ✦ CHILD CLINIC
- ✦ ENT CLINIC
- ✦ GYNAE CLINIC
- ✦ DIABETOLOGY CLINIC
- ✦ MEDICINE CLINIC
- ✦ ORTHOPAEDIC CLINIC
- ✦ KIDNEY CLINIC
- ✦ UROLOGY CLINIC
- ✦ SKIN CLINIC
- ✦ RHEUMATOLOGY CLINIC
- ✦ NEUROLOGY & NEURO SURGERY CLINIC

For Appointment/Home Collection No.  
**0361-2456510 / 9707218402**



## NCD Prevention\*

- Get your Blood Pressure and BMI checked.
- Get Aarogyam B profile done (Lipid, Liver, Thyroid and Kidney functions, Iron Deficiency, Serum Electrolytes, HBA1C, and Complete Hemogram).
- Check if you are up to date with your vaccinations.



## THE WORLD IS GETTING FATTER



### HOW DO I KNOW WHETHER I AM OVERWEIGHT?

Calculate your body mass index (BMI) using this formula

$$BMI = \frac{\text{weight (kg)}}{\text{height}^2 \text{ (m}^2\text{)}}$$



### OBESITY KILLS!

- 7 common diseases due to obesity:
- Arthritis • Cancer • Infertility • Heart Diseases
  - Back Pain • Diabetes • Stroke



## ABC TO OBESITY PREVENTION

### SIMPLE RULES TO STAY IN SHAPE

#### A dopt New Healthy Habits



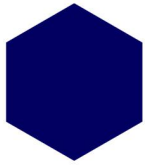
#### B alance Your Calorie Intake



#### C ontrol Your Weight Gain



\*If you're aged 40 to 74, an annual Health-Check around your birthday is a good idea. As we get older, we have a higher risk of high blood pressure, heart disease or type 2 diabetes. Health checks can spot the early signs of these and help prevent them by supporting you to reduce risk factors. It's a great way to get personalised advice on keeping yourself healthy and active. For example, long-term complications of diabetes affect the eyes (retinopathy), heart (cardiovascular disease), kidneys (nephropathy), and nerves and feet (neuropathy), which you can prevent.



**Table 1** Recommended Adult Immunization Schedule by Age Group, United States, 2020

Vaccine	19–26 years	27–49 years	50–64 years	≥65 years
Influenza inactivated (IIV) or Influenza recombinant (RIV) <sup>or</sup> Influenza live, attenuated (LAIV)	1 dose annually			
Tetanus, diphtheria, pertussis (Tdap or Td)	1 dose Tdap, then Td or Tdap booster every 10 years			
Measles, mumps, rubella (MMR)	1 or 2 doses depending on indication (if born in 1957 or later)			
Varicella (VAR)	2 doses (if born in 1980 or later)		2 doses	
Zoster recombinant (RZV) (preferred) <sup>or</sup> Zoster live (ZVL)			2 doses <sup>or</sup> 1 dose	
Human papillomavirus (HPV)	2 or 3 doses depending on age at initial vaccination or condition	27 through 45 years		
Pneumococcal conjugate (PCV13)	1 dose			65 years and older
Pneumococcal polysaccharide (PPSV23)	1 or 2 doses depending on indication			1 dose
Hepatitis A (HepA)	2 or 3 doses depending on vaccine			
Hepatitis B (HepB)	2 or 3 doses depending on vaccine			
Meningococcal A, C, W, Y (MenACWY)	1 or 2 doses depending on indication, see notes for booster recommendations			
Meningococcal B (MenB)	19 through 23 years	2 or 3 doses depending on vaccine and indication, see notes for booster recommendations		
Haemophilus influenzae type b (Hib)	1 or 3 doses depending on indication			

  Recommended vaccination for adults who meet age requirement, lack documentation of vaccination, or lack evidence of past infection
   No recommendation/Not applicable

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FROM

NEMCARE HOSPITALS

GMCH ROAD, BHANGAGARH, GUWAHATI – 781005 . CONTACT- 8822201201, 0361 2469697.



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Friends Optical

Guwahati-01, 03 and 24

Assam Healthcare Cooperative members avail up to 20% discount on your pair of frames and glasses.



## PANACEA MEDICAL RESEARCH AND DIAGNOSTIC CENTRE

### Panacea whole body Check-Male Panel (61 Tests)

- Thyroid Function Test
- Lipid
- LFT
- KFT
- CBC
- Urine RE
- FBS
- Vit D3
- Vit B12
- RA Factor
- HS CRP
- PSA
- ECG
- USG Whole Abdomen

~~11,580/-~~  
OFFER PRICE  
**3,990/-**

### Panacea whole body Check-Female Panel (61 Tests)

- Thyroid Function Test
- Lipid
- LFT
- KFT
- CBC
- Urine RE
- FBS
- Vit D3
- Vit B12
- RA Factor
- HS CRP
- CA 125
- ECG
- USG Whole Abdomen

~~12,050/-~~  
OFFER PRICE  
**3,990/-**

### Panacea Diabetes Monitor & Check Panel (41 Tests)

- FBS
- HbA1c
- Lipid
- LFT
- KFT
- Urine RE &  
Microalbumin

~~5,140/-~~  
OFFER PRICE  
**1,350/-**

### Panacea Fever Check Panel (22 Tests)

- Blood RE
- Widal
- MP
- Urine RE
- Dengue

~~930/-~~  
OFFER PRICE  
**700/-**

### Panacea Obesity Check Panel (61 Tests)

- CBC
- Lipid
- KFT
- Thyroid function  
Test
- FBS
- LFT
- Urine RE
- HbA1c

~~5,960/-~~  
OFFER PRICE  
**2,000/-**

### Panacea Basic Health Check Panel (10 Tests)

- Hb
- Cholesterol
- Triglyceride
- ALT
- AST
- RBS
- Creatinine
- Sodium
- Potassium
- TSH

~~1,980/-~~  
OFFER PRICE  
**500/-**

**CONTACT US** +91 94352 01222/7086020200



panaceahelp15@gmail.com



www.panaceadiagnosis.in



Bhangagarh, Rajgarh Road,  
Near Bharalu Bridge,  
Guwahati-781005, Assam

## With best compliments from M/S Darshana Project Consultancy (DPC)

Proprietor: Shri Parameswar Sharma, M. Val (RE), Ex. Official, State bank of India  
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Govt. Registered Valuer No. CAT-1/4/2017-18  
IIV Registered No. CAT-1-CLM-2314



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