



# Lab Medica

●●●● Group

## Company Profile



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# About Us...

Lab Medica was founded in 1995 by Mr. Richard Ramrekha as a small-scale private medical laboratory. The laboratory situated in San Fernando provided its services for patients through physician referrals as well as companies seeking services such as drug and alcohol testing.

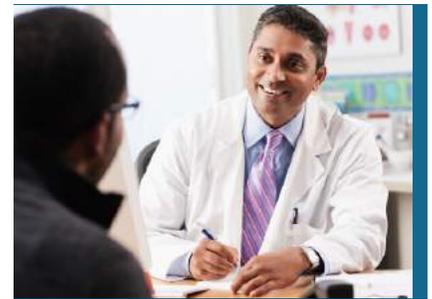
With a strategic vision to grow the organization into a full fledged medical facility, our management embarked on heavy business development initiatives. Identifying key market segments such as the Occupational Health Industry, Life and Health Insurance Sector, Private Physicians Markets and Private Individual Health, our team focused on products that satisfied niche needs for these segments.

By developing our product portfolio, increasing our capacities through the opening of additional branches and increase staffing, Lab Medica continued its growth path into a major quality competitor in the private medical services industry. From a staff of three (3) employees Lab Medica grew into the Lab Medica Group of Companies Ltd. comprising of five unique entities namely;

- + HealthNet Caribbean - Network of five (5) modern health care facilities which includes: Primary Care Doctor Visits, Specialist Doctors Visits, Dentistry and Ultrasounds
- + Lab Medica Laboratory - Provider of an exclusive array of Laboratory Testing
- + South Coast Medical Center - Provider of a specialize range of Occupational & Wellness Medical Services
- + MedCare Plus - An innovative product which neatly bundle the services we offer into a medical plan making health care services affordable and accessible through a network of providers within our system.
- + CubaTrin Medical Supplies - Distribution company established for distribution and selling of pharmaceuticals

## OUR SERVICES

- Doctor Visits
- Dental Services
- Laboratory Services
- Ultrasound
- ECG
- Dietitian Services
- Executive Medicals
- DNA Paternity Testing
- Occupational Health Services
- Workplace Drug & Alcohol Testing
- Life Insurance Medicals
- Health Plans



# Family Medicine



Our Family Medicine is available to patients of all ages from infancy through adulthood. Family members from one household may opt to see the same Family Medicine physician as their family doctor. This helps to better manage patients with family or genetic risk factors. Our doctors are trained in the diagnosis and management of complex problems as well as long term care of patients with chronic disease and geriatric issues. They also provide preventative care for young adults so to prevent the onset of chronic diseases such as diabetes, hypertension, stroke, heart disease and cancer. With multiple locations throughout Trinidad, we make it convenient to visit a primary care provider when you need one.

Our integrated model is built upon a team approach that brings together physicians, nurses, medical assistants and other clinical staff to deliver coordinated care that includes:

- Preventative Healthcare
- Management of existing medical conditions
- Healthcare programs for chronic conditions
- Diabetes Diagnosis & Management
- Cardiac Disease Screening
- Cancer Screening
- Renal Disease Detection and Management
- Nutritional & Dietary Counselling
- Weight Loss and Obesity Management
- Coordination between primary care physicians and specialists
- Diagnostic Tests to support disease detection & management



# Dental Services



Our general dentists practice all aspects of General Dentistry including diagnosis, restorative procedures, prosthodontics and some oral surgery. They are dedicated to pursuing continuing education and providing the highest quality of dental care to the community.

- Full Dental Exams
- X-rays (Conventional and Digital)
- Intra -oral camera
- Silver and tooth colored filling
- Tooth Whitening
- Porcelain Crowns
- Bridges
- Night guards
- Oral Surgery

Our Dental Clinics  
accept ALL  
Health Plans  
Co-Pay and Claims

Our Dentists provide treatment of periodontal (gum disease) problems, and endodontic (root canal) problems. Patient education is always a high priority for us. We utilize a patented education method with animated state-of-the-art videos to facilitate the understanding of all dental procedures.

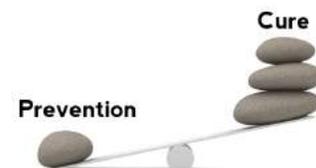




# Preventative *Medicals*

## PREVENTATIVE MEDICAL & DENTAL PACKAGES

PREVENTION IS BETTER THAN CURE  
The saying, "an ounce of prevention is worth a pound of cure"  
is especially true when applied to health care.



When you come to the Lab Medica Group for your annual exam, you are making an important decision to take responsibility for your health and overall quality of life. Rather than treating a condition after it has progressed, preventative care focuses on preventing disease and maintaining proper health by incorporating a healthy lifestyle.

Our doctors will be able to recommend preventative care steps and goals depending on your overall health, family history, gender and age.  
Some of our Preventative Care Packages to Choose from

### Preventative Care Packages Males

Men's Health I - \$799  
Full Medical & Dental Exam  
Fasting Blood Glucose & Lipid Profile  
Full Blood Count  
Kidney Test (Creatinine)  
Liver Tests (AST/ALT)

Men's Health II - \$999  
Full Medical & Dental Exam  
Fasting Blood Glucose & Lipid Profile  
Full Blood Count  
Kidney Test (Creatinine)  
Liver Tests (AST/ALT)  
ECG

Men's Health III - \$1199  
Full Medical & Dental Exam  
Fasting Blood Glucose & Lipid Profile  
Full Blood Count  
Kidney Test (Creatinine)  
Liver Tests (AST/ALT)  
ECG  
PSA

### Preventative Care Packages Women

Women's Health I - \$799  
Full Medical & Dental Exam  
Fasting Blood Glucose & Lipid Profile  
Full Blood Count  
Kidney Test (Creatinine)  
Liver Tests (AST/ALT)

Women's Health II - \$999  
Full Medical & Dental Exam  
Fasting Blood Glucose & Lipid Profile  
Full Blood Count  
Kidney Test (Creatinine)  
Liver Tests (AST/ALT)  
ECG

Women's Health III - \$1199  
Full Medical & Dental Exam  
Fasting Blood Glucose & Lipid Profile  
Full Blood Count  
Kidney Test (Creatinine)  
Liver Tests (AST/ALT)  
ECG  
Pap Smear



# Laboratory Services



Lab Medica offers a full range of laboratory service, dedicated to providing world-class care. Our Laboratories offer high quality, clinically impactful pathology and laboratory diagnostic services combined with readily available consultation with experienced pathologists and laboratory scientists.

We offer testing for:

- Endocrinology & Diabetes
- Cardiac Diseases & Lipid Testing
- Oncology and Cancer Markers
- Rheumatology & Other Auto Immune Disorders
- Urology, Nephrology/Kidney Disease Detection & Management
- Gastroenterology & Stool Testing
- OB/GYN-Prenatal and Antenatal Testing
- Fertility and Hormonal Levels
- Allergy and Immunology
- HIV, Hepatitis, Dengue, Chick V & other Infectious Diseases
- Bacterial, Fungi, Viruses and Parasitic Infections
- DNA Paternity Testing
- Drug & Alcohol Testing



# Ultrasounds



In a modern state of the art facility our Ultrasound Services are geared to provide patients with the comfort and assurance of a high level of quality service. Physicians can now rely on a facility that provides fast and accurate results at the most affordable rates.

Our practice uses state-of-the-art imaging systems, which provide unprecedented image quality for medical diagnosis in a wide range of areas including abdominal, obstetrics and gynecology, vascular, musculoskeletal and other soft tissue areas of the body.

Our Diagnostic Medical Personnel are highly skilled, demonstrating their professional competency by earning and maintaining registration with the Radiographer Board of Trinidad & Tobago.

- o Carotid Doppler
- o Venous Doppler
- o Obstetric Doppler
- o Renal Artery Doppler
- o Obstetric
- o Upper Abdomen (Pancreas, Liver, Gall Bladder, Prostate & Urinary System)
- o Pelvis
- o Trans-vaginal
- o Anomaly Scan
- o Kidneys and Urinary System
- o Thyroid
- o Breast



# *Electrocardiogram*

## *(ECG)*

An ECG (electrocardiogram) is a test that measures the electrical activity of the heartbeat. With each beat, an electrical impulse (or “wave”) travels through the heart. This wave causes the muscle to squeeze and pump blood from the heart. A normal heartbeat on ECG will show the timing of the top and lower chambers.

An ECG gives two major kinds of information. First, by measuring time intervals on the ECG, a doctor can determine how long the electrical wave takes to pass through the heart. Finding out how long a wave takes to travel from one part of the heart to the next shows if the electrical activity is normal or slow, fast or irregular. Second, by measuring the amount of electrical activity passing through the heart muscle, a cardiologist may be able to find out if parts of the heart are too large or are overworked.



# Occupational Medicals



Managing occupational health and welfare issues in the workplace means taking steps to promote employees well-being and prevent illness and injury. Our portfolio covers a complete range of services dealing with health management, wellness, worker rehabilitation and medical programs that helps prevent illness and injury.

Our knowledge is powered by our resident Physicians, Laboratory Scientists and Occupational Health Technicians enabling us to offer services ranging from Medical Examinations to Health & Medical Surveillance and as far as Worksite Education and Employee Counselling. Indeed, our bank of resources and experts in the field will attest to the fact that we are the exclusive provider of the whole spectrum of occupational health services.

## Services Include:

- Pre-Employment Medical
- Annual Medicals
- Fitness and Return to Duty Medicals
- OGUK-UKOOA (Off Shore Medicals)
- Respiratory Fit Medicals
- Hearing Tests (Audiometry)
- Lung Function Monitoring (Spirometry)
- Substance Abuse Testing (Drug and Alcohol)
- On site medical mobile service
- Complete range of medical and diagnostic services



# O.G.U.K. Medicals



Offshore medicals are carried out to ensure an individual is fit to work in an offshore oil and gas exploration and production environment and to promote good health in general. The Lab Medica Group is fully equipped with a certified O.G.U.K. certified doctor, available 8:00AM - 4:00PM.

O.G.U.K. Medicals include -:

- Physical Examination – including doctors review and measurements of such things as height, weight, vision, urine
- Drug Test
- Audiometry (hearing test)
- Spirometry (breathing test)



# *Audiometry*



Preventing hearing loss through early identification by an audiogram or hearing test is a must to meet legislative requirements, but it also has other big benefits such as assessing the effectiveness of your noise exposure management system, and identifying individuals with hearing limitations, which can lead to serious incidents.

Audiometric testing assesses a person's ability to hear tones at various frequencies and decibels (loudness). It helps to determine the effectiveness of ear protection and the degree of hearing loss related to exposure to noise and non-occupational illness.

Our audiogram tests include documenting a comprehensive noise exposure history and determining current hearing status by checking for recent loud noise exposure and physically examining the ear. A technician then conducts testing at six frequencies at various decibel levels. A trusted physician will review the history and clinical information to determine testing status and provide intervention when needed. Finally, your authorized representative receives a secure and confidential report of results.

Identifying hearing loss early makes it possible to prevent further damage and helps motivate people to comply with hearing protection measures. In many workplaces, the ability to hear can prevent potentially fatal accidents.



# Spirometry



Spirometry Testing is a common lung function test that assesses how well your lungs work by measuring how much air you inhale, how much you exhale and how quickly you exhale.

Spirometry is used to diagnose asthma, chronic obstructive pulmonary disease (COPD) and other conditions that affect breathing. It is one of the most important tests in diagnosing lung disease. Spirometry is a painless test and can be completed in about 15 minutes.

## How Does It Work?

A Spirometry test requires you to breathe into a tube attached to a machine called a spirometer.



# *Drug and Alcohol Testing*



At the Lab Medica Group, we understand that drug use in the workplace can create problems and that drug use adversely affects job performance, workplace safety, and many other work-related activities. Testing employees for drug abuse is most often conducted for pre-employment, post-accident, random testing, return-to-duty and post-rehabilitation. Drug testing supports a safer and more productive workplace the kind of environment in which people want to work. Maintaining the highest level of safety, productivity and morale benefits both employers and employees.

Our Company is a DATIA (The Drug and Alcohol Testing Industry Association) Accredited Specimen Testing & Collection Facility. Our accreditation from DATIA ensures Quality, Integrity and Responsibility in all that we do. As a client, you are assured that our company meets US accepted standards for the drug and alcohol testing industry.



# *Onsite Mobile Medical Services*

Our mobile medical and occupational health services are an ideal solution for those clients doing large volume annual testing, or need temporary onsite medical and health services.

We can provide you with a solution that includes any combination of technicians and physicians including occupational health professionals and nurses.

Our mobile fleet includes a 20 Feet-Wheeler Trailer Clinic with :-

- Exam Room
- Drug and Alcohol Testing Station
- Lab Room
- Audio Booth
- ECG Room
- Pulmonary Function Test Station

For any of our Occupational Health Services or Medical Solutions, please call us at 868-285-4636 or send us an email at [info@lmgc.co.tt](mailto:info@lmgc.co.tt)



# Health Plans



At Lab Medica Group we understand the importance of delivering superior medical services to individuals and insurance plans carriers in the changing environment. Our ability to interface with claims management systems through our robust ICT infrastructure enables us to process individual plans and claims in a highly efficient manner. Through our trained adjudicators the Lab Medica Group can easily adapt itself to any client system to allow for seamless service without any hassle to our customers.

Easy completion of claim forms and receipts are done to facilitate our patient's unique needs. We service all health plans and seek to provide genuine, accurate and proficient service to all our clientele.

Some of the Major Plan Providers we service are:

- Sagikor - Caricare
- Guardian Life
- Pan American
- Clico
- Beacon
- Tatil
- Cuna Caribbean



# Insurance *Medicals*

Medical Insurances Services Unit

Insurance Medicals Made **Simple**.

At the Lab Medica Group we understand that the Insurance Industry needs a medical facility which provides the "one stop" solution for clients with quality service, confidentiality and expediency.

Hence, we have built our medical insurance services portfolio under one roof. Our staff understands that clients take time off from their hectic schedule for Insurance Medical Exams and that convenience is what they look for.

Clients can expect when they come into any of our Lab Medica Group Clinics their medical exam and tests are done rapidly and on the same day at one location. Our service is prompt, fast and efficient so that your clients can return to their workplace or home as quickly as possible.

**M.I.S.U. - YOUR END TO END SOLUTION**



**APPOINTMENT**



**MEDICAL/LAB TESTS**



**UNDERWRITING  
DEPARTMENT**



For More Information,  
Contact us at  
389-8539 or  
[support@lmgc.co.tt](mailto:support@lmgc.co.tt)

# HealthNet Medical and Dental Discount Card

For a onetime fee of just **\$50 TT**  
you have life time discounts on all services  
listed on our discount card.

## BENEFITS FOR YOU

- Medical and Dental Discounts
  - Any Number of Visits
    - No Renewal Fee
    - No Age Restriction





# MedCare Plus

MedCare Plus is an innovative product which neatly bundles the services we offer into a medical plan. The plan is designed to offer persons health care services which are very affordable and accessible through a network of providers within our system.

Members of our plan can access a wide array of discounted medical, dental, urgent care, and diagnostic services including Free Unlimited Doctors Visits and Free Full Annual Medical Packages at our network of clinics and health care providers.

Unlike most plans, Medicare Plus has absolutely no restrictions in becoming a member, regardless of age or pre-existing medical conditions. It is the ideal plan whether you are an individual, family or group.

MedCare Plus is also ideal for Groups and especially for those persons who cannot qualify for traditional Health Insurance. Employers can also incorporate Medicare Plus as part of their employee benefit programs or medical surveillance for their workers

MedCare plus can also be blended with other major Health Insurance Plans which can help reduce the costs of claims and premiums hikes for entities with group health insurance.



**+ FREE UNLIMITED DOCTOR VISITS**

**+ FREE ANNUAL PREVENTATIVE MEDICAL**

**+ UNLIMITED DISCOUNTS ON ALL OUR SERVICES AT HEALTHNET**



Cuban Medicine and Pharmaceutical Drugs is recognized internationally to be of a high quality. Various research centres in Bioengineering, Genetics and Molecular Immunology has been well established in producing ground breaking medical drugs for the treatment of wide array of disease conditions.

CubaTrin Medical has successfully developed relationships with Pharmaceutical Houses and Research Centers to explore and develop a market for Pharmaceuticals in Trinidad & Tobago.

CubaTrin is now a new distribution company established for distribution and selling of pharmaceutical drugs with the following areas:

- Oncology: Cancer Treatment Drugs
- Endocrinology: Diabetes, Thyroid,
- Autoimmune Diseases: Rheumatoid Arthritis, Systemic Lupus
- Fertility
- Cardiovascular: Anti- hypertensive's, Anti- Lipids (Cholesterol lowering drugs)
- Communicable Diseases- HIV, Vaccines



CIMAvax-EGF®



CIMAhher®



BACTIVEC®



# Do *You* Know Your Numbers?



- Blood Pressure 120/80 mm HG
- Fasting Blood Glucose 76-110 mg/dl
- Body Mass Index (BMI) 18.5-25.0
- Total Cholesterol Less than 200mg/dl
- Bad Cholesterol - LDL Less than 130 mg/dl
- Triglycerides Less than 150 mg/dl
- Kidney Test - Creatinine Less than 1.4 mg/dl
- PSA ( Prostate Test) 0-4 ng/ml
- Blood Count (Haemoglobin) **Male** 13-18 g/dl,  
**Female** 11.5-16.5 g/dl

## What's Yours?



**Book your Annual Medical Check Up Today!**

- |  |                  |
|--|------------------|
| 449 Munroe Road, Cunupia                 | - 285-5642, 4637 |
| 8 Saddle Road, Maraval                   | - 285-4632, 4640 |
| 112 Eastern Main Road, Barataria         | - 285-4635, 4642 |
| 22 Eastern Main Road, Tacarigua          | - 221-6715       |
| Issac Junction JTA Plaza, Couva          | - 285-4641, 4643 |
| 37-39 Princess Margaret St, San Fernando | - 285-7262       |

# The Lab Medica Group



## Advantage



## Convenient Locations

- 449 Munroe Road, Cunupia
- 8 Saddle Road, Maraval
- 112 Eastern Main Road, Barataria
- 22 Eastern Main Road, Tacarigua
- Issac Junction JTA Plaza, Couva
- 37-39 Princess Margaret Street, San Fernando



## Medical Mobile Unit

Experience quality healthcare at your doorsteps!  
We bring the full clinic experience to you.  
Have the advantage of saving downtime for your employees.



## Statistical Report

Our statistical report details findings out of your employee's medicals. This report can be your guide to setting up just the right health surveillance programs for your staff.



## Fully Accredited Laboratory

Our Company is a DATIA (The Drug and Alcohol Testing Industry Association) Accredited Specimen Testing & Collection Facility which ensures Quality, Integrity and Responsibility in all that we do. As a client, you are assured that our company meets US accepted standards for the drug and alcohol testing industry.



# QUALITY CARE

*Affordable Rates*



At the Lab Medica Group,  
we offer healthcare that is -:

- High Quality
- Efficient
- Patient Centered
- Reliable



## For More Information, Contact Us Today!

### Administration Center

449 Munroe Road, Cunupia - 285-5642, 4637, 4636, 4630

### HealthNet Caribbean

449 Munroe Road, Cunupia- 285-5642, 4637

8 Saddle Road, Maraval - 285-4632, 4640

112 Eastern Main Road, Barataria - 285-4635, 4642

22 Eastern Main Road, Tacarigua - 221-6715

Issac Junction JTA Plaza, Couva - 285-4641, 4643

### SouthCoast Medical Centre

37-39 Princess Margaret Street, San Fernando - 285-7262

### Lab Medica Laboratory

#### Main Laboratory

449 Munroe Road, Cunupia - 285-5642 , 4637

### Specimen Collection Centers

50 Independence Avenue, San Fernando - 290-1258

All Health Net Branches Nationwide

South Coast Medical Center

Email : [info@lmgc.co.tt](mailto:info@lmgc.co.tt) Website : [www.lmgc.co.tt](http://www.lmgc.co.tt)