

Our expertise
at the service *of health*



ELLIPSE HEALTHCARE

About us

Ellipse Healthcare specialises in the management of private healthcare facilities, combining medical services, high-quality patient care standards and modern equipment.

At Polyclinique Les Cocotiers, we apply international standards while promoting local medical expertise, providing care in a reliable and well-adapted environment.

Within our Check-up Center, we offer health assessments by appointment.

Contact

polycliniquelescocotiers.com

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Check-up ***Center***

Your health assessment in one day.

POLYCLINIQUE
LES COCOTIERS
ELLIPSE HEALTHCARE



A medical facility in the heart of *Cotonou*

Fully renovated and re-equipped to international standards, Polyclinique Les Cocotiers is opening a new chapter in its history. Designed to provide high-quality care, it brings together an experienced medical team, state-of-the-art equipment and an environment focused on patient comfort.

Polyclinique Les Cocotiers

- A facility committed to quality, both in patient care and in the rigour of its clinical protocols.
- Modern technology providing reliable and secure diagnostics, with centralised results.
- Experienced doctors and specialists covering more than 10 medical and surgical specialties, all based on the same site.
- A strategic location in the heart of Cotonou, offering easier access.

Our health assessment programmes

Explore our range of health assessment programmes. Detailed information on each option is available in the accompanying information sheets.

Young Programme

A health assessment for 18–30 year-olds to check key health indicators and help prevent future risks.

Duration: Half day

Essential Programme

A comprehensive assessment for adults under 40 who want to review their health and focus on prevention.

Duration: Half day

Standard Programme

An in-depth assessment for adults aged 40–55 to identify risk factors early.

Duration: 1 day

Premium Programme

A comprehensive and personalised health assessment designed for people over 55.

Duration: 1 day

Women's Health+ Programme

A targeted health check-up including prevention, screening and personalised follow-up.

Duration: 1 day

Sports Programme

A health assessment for active individuals to evaluate fitness levels and support safe physical activity.

Eye Health Programme

A comprehensive visual assessment to help prevent, detect and monitor common eye conditions.



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Young Programme

(Men / Women)

The **Young Programme** provides a targeted health assessment focused on early detection and prevention.
It offers a structured first step towards understanding your health and adopting a healthy lifestyle.



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Young Programme

Who is this programme for?

This programme is designed for **young adults aged 18 to 30** who wish to undergo their first health assessment.

Programme Content

Vital Signs Assessment
Measurement of key physiological indicators to establish an initial overview of health status.

Medical Consultation
A consultation with a doctor to review overall health, lifestyle habits and individual needs, with personalised preventive advice.

Targeted Laboratory Tests
Tests include a complete blood count (CBC), fasting blood glucose, screening for infections (HIV, hepatitis and other serological tests), as well as kidney and liver function assessments.

Cardiovascular Assessment
An electrocardiogram (ECG) may be performed to assess heart function.

Vision Test
Visual acuity screening to identify potential vision problems that may affect daily life.

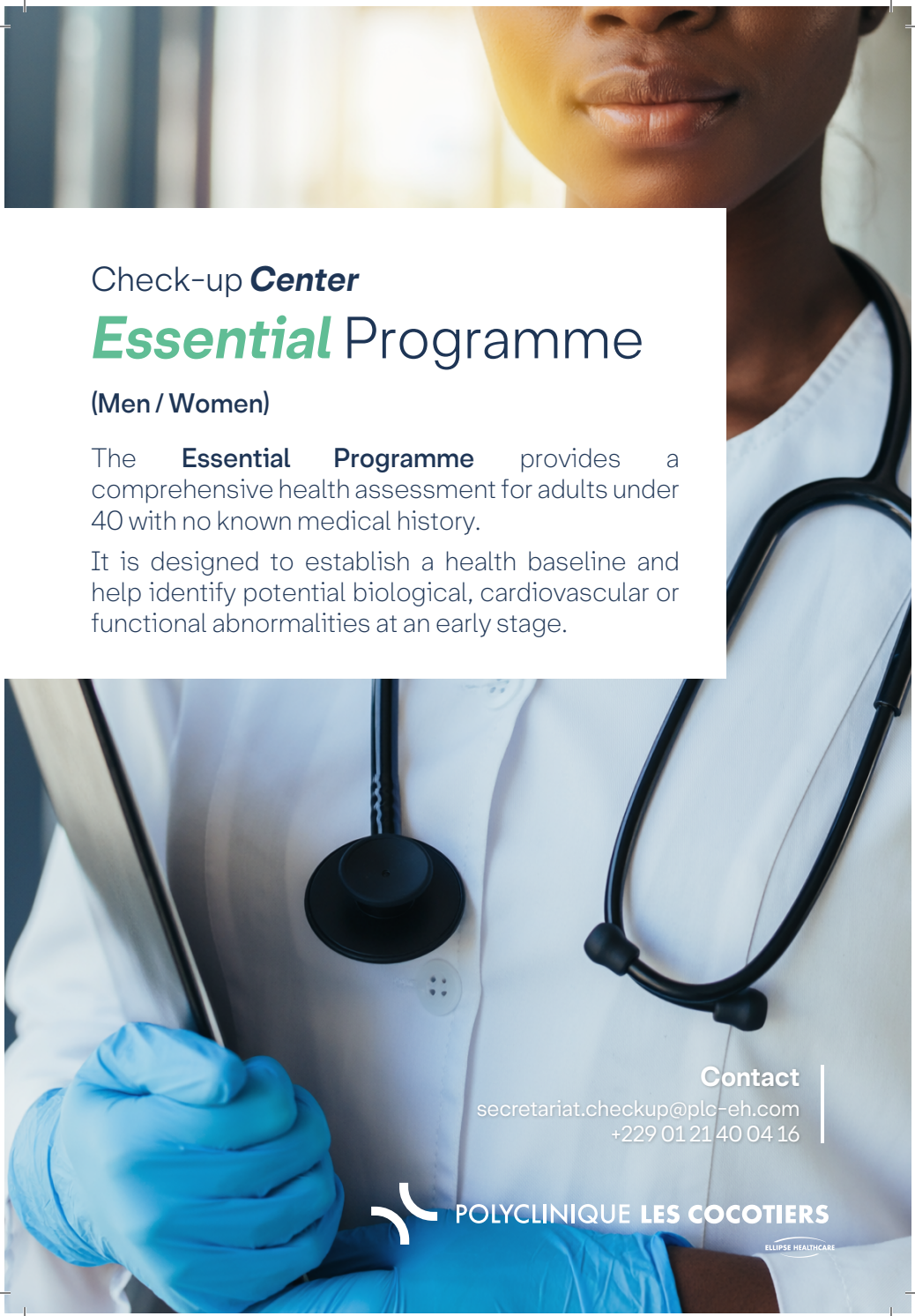
Hearing Test
A hearing assessment may be carried out to detect any sensory impairments.

Fees

Complete programme: **200 000 FCFA**

Report & Follow-up

A **clear medical report** is provided, together with practical advice on lifestyle, nutrition and prevention.



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Essential Programme

(Men / Women)

The **Essential Programme** provides a comprehensive health assessment for adults under 40 with no known medical history.

It is designed to establish a health baseline and help identify potential biological, cardiovascular or functional abnormalities at an early stage.

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Essential Programme

Who is this programme for?

This programme is intended for **adults under 40** who wish to review their health status and take a preventive approach to their wellbeing.

Programme Content

Vital Signs Assessment
Measurement of key health indicators (blood pressure, heart rate, weight and height) to evaluate overall health.

Comprehensive Medical Consultation
A clinical consultation and in-depth examination to identify risk factors and provide an overall health assessment.

Functional and Cardiovascular Tests
Electrocardiogram (ECG), combined with visual and hearing assessments.

Medical Imaging
Chest X-ray to assess the lungs and cardiovascular structures.

Standard Laboratory Tests
Blood tests including fasting blood glucose, total cholesterol and HDL cholesterol, triglycerides, creatinine, and liver function markers (AST, ALT, Gamma-GT and alkaline phosphatase).

Additional Tests
Complete blood count (CBC), urine dipstick test and infectious disease screening (HBsAg, HCV and HIV, subject to consent).

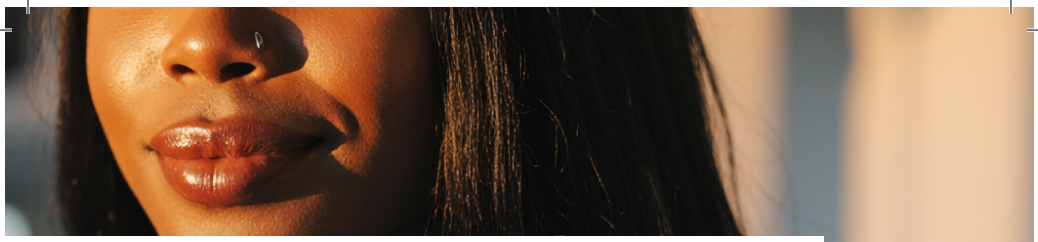
Check-up Physician Consultation
Medical review including interpretation of results and personalised recommendations.

Fees

Complete programme: **200,000 FCFA**

Report & Follow-up

A **personalised medical report** is provided, including interpretation of results and tailored health recommendations.



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Standard Programme

(Men / Women)

The **Standard Programme** combines an extended laboratory assessment with targeted imaging and functional examinations.

It helps identify key cardiovascular and metabolic risk factors, supporting early prevention and intervention.

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Standard Programme

Who is this programme for?

This programme is designed for **adults aged 40 to 55**, as well as individuals with risk factors related to lifestyle or family history.

Programme Content

Vital Signs Assessment
Measurement of key health indicators to evaluate cardiovascular and metabolic health.

Comprehensive Medical Consultation
An in-depth clinical assessment to analyse individual risk factors and guide appropriate care.

Extended Laboratory Tests
Comprehensive blood tests including a full lipid profile, fasting blood glucose, electrolyte panel, and kidney and liver function assessments. These tests help identify major cardiovascular and metabolic risk factors.

Abdominal-Pelvic Ultrasound
Imaging examination of the abdominal organs (liver, kidneys, gallbladder and pancreas) to detect potential abnormalities.

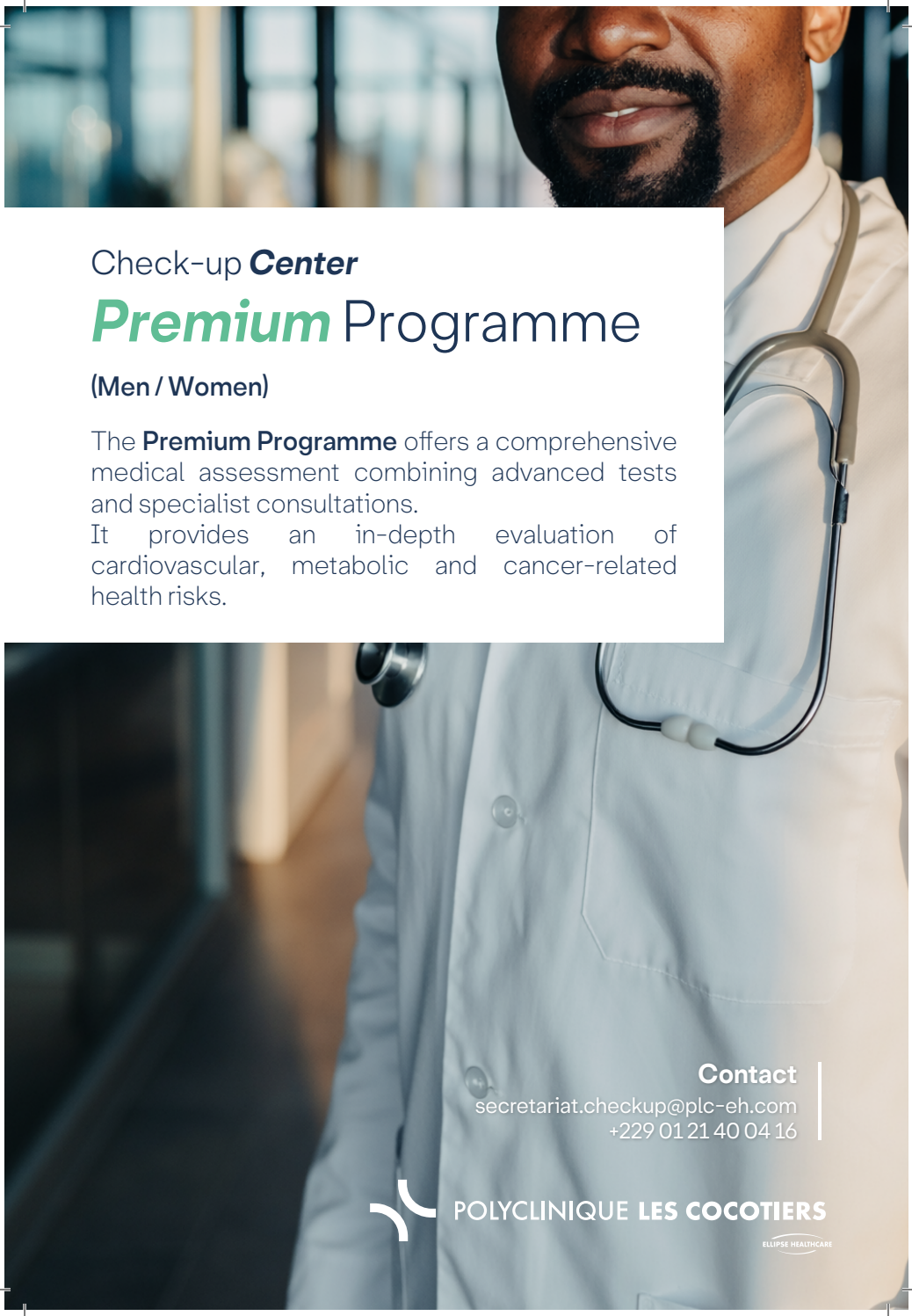
Vision and Hearing Tests
Assessment of visual and hearing acuity to help identify sensory impairments at an early stage.

Fees

Complete programme: **275,000 FCFA**

Report & Follow-up

A **concise medical report** is provided, including interpretation of results and personalised health recommendations.



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Premium Programme

(Men / Women)

The **Premium Programme** offers a comprehensive medical assessment combining advanced tests and specialist consultations.
It provides an in-depth evaluation of cardiovascular, metabolic and cancer-related health risks.

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Premium Programme

Who is this programme for?

This programme is designed for **adults over 55**, as well as anyone seeking a comprehensive and personalised health assessment.

Programme Content

Vital Signs Assessment and Comprehensive Medical Consultation
An in-depth clinical assessment to evaluate overall health and identify potential risk factors.

Comprehensive Laboratory Tests
Extensive testing to assess metabolic, kidney, liver and hormonal function, including lipid profile, blood glucose and thyroid assessments.

Targeted Cancer Screening
Mammography for women and bladder-prostate ultrasound for men.

Functional and Cardiovascular Assessments
Electrocardiogram (ECG) and cardiovascular function evaluation as part of the overall assessment.

Medical Imaging
Additional imaging examinations may be performed according to clinical needs and medical findings.

Specialist Consultation
A specialist consultation, particularly in cardiology, is included to refine the medical assessment.

Vision and Hearing Tests
Assessment of visual and hearing acuity to help identify sensory impairments at an early stage.

Fees

Complete programme: **350 000 FCFA**

Report & Follow-up

A **comprehensive medical report** is provided, including personalised recommendations and a tailored health action plan.



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Women's Health+ Programme

The **Women's Health+ Programme** is specifically designed for the prevention and monitoring of women's gynaecological health.



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Women's Health+ Programme

Who is this programme for?

This programme is designed for **women over 35** or those with a **personal or family history of gynaecological conditions**.

Programme Content

Vital Signs Assessment and Medical Consultation
An initial consultation to assess overall health and review medical and gynaecological history.

Comprehensive Laboratory Tests
A full analysis to screen for metabolic, hormonal or inflammatory abnormalities, including a lipid profile, blood glucose, kidney and liver function tests, as well as thyroid function tests (TSH, T4).

Comprehensive Gynaecological Consultation
A thorough clinical examination carried out by a gynaecologist to assess gynaecological health and provide personalised advice.

Cervical Smear Test
Screening for precancerous lesions and cervical cancer.

Pelvic Ultrasound
Assessment of the uterus and ovaries to identify any potential abnormalities.

Mammogram
Breast imaging examination used to screen for breast cancer, depending on age and risk factors.

Fees

Complete programme: **350 000 FCFA**

Report & Follow-up

A **detailed medical report** is provided, together with personalised recommendations for appropriate gynaecological follow-up.



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Sports Programme

(Men / Women)

The Sports Programme provides a comprehensive medical assessment designed to evaluate physical fitness and help prevent risks associated with sporting activities.

It combines clinical examinations, laboratory tests and functional assessments to support both performance and overall health.

The programme helps identify potential abnormalities and ensures safe participation in sport.



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Sports Programme

Who is this programme for?

This programme is designed for anyone **aged 18 and over** who regularly takes part in individual or team sports (football, volleyball, basketball, etc.).

Programme Content

Vital Signs Assessment
Measurement of key health indicators to evaluate overall health status.

Comprehensive Medical Consultation
An in-depth clinical assessment to evaluate fitness for sporting activities.

Functional and Laboratory Assessments
Vision and hearing assessments, combined with laboratory tests including total cholesterol, HDL cholesterol, triglycerides, fasting blood glucose, kidney function tests, electrolyte panel and liver function tests.

Infectious Disease Screening
Screening for HBsAg, hepatitis C and HIV (subject to consent).

Urine Dipstick Test
Rapid screening for potential urinary abnormalities.

Exercise Stress Test
Functional assessment used to evaluate the cardiovascular response to physical exertion.

Chest X-ray
Imaging examination to assess thoracic structures.

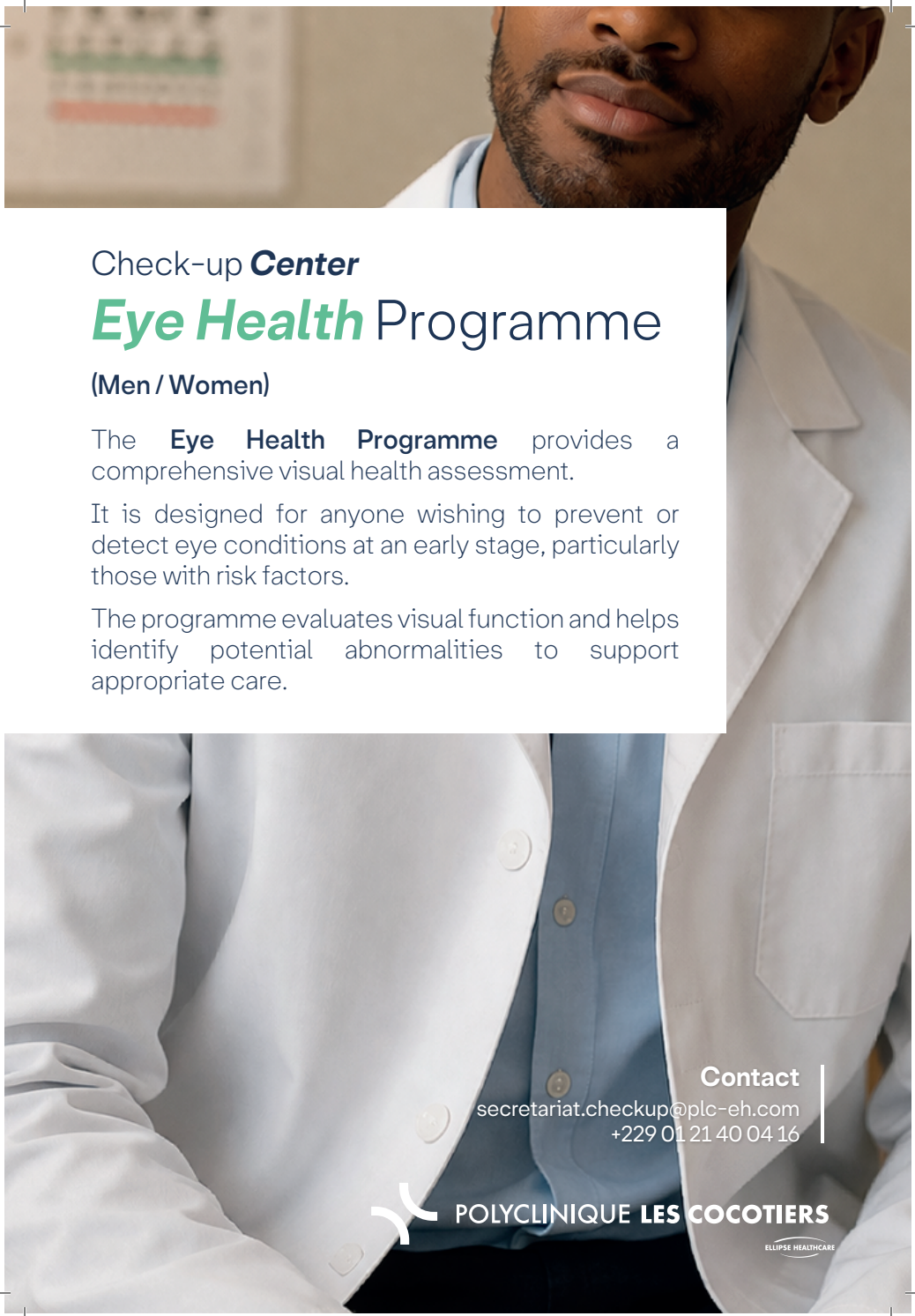
Check-up Physician Consultation
Medical review and personalised guidance based on the results.

Fees

Complete programme: **250,000 FCFA**

Report & Follow-up

A **concise medical report** is provided, including interpretation of results and personalised health recommendations.



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Eye Health Programme

(Men / Women)

The **Eye Health Programme** provides a comprehensive visual health assessment.

It is designed for anyone wishing to prevent or detect eye conditions at an early stage, particularly those with risk factors.

The programme evaluates visual function and helps identify potential abnormalities to support appropriate care.

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Eye Health Programme

Who is this programme for?

This programme is intended for **adults over 35**, as well as patients with a history of diabetes, high blood pressure or sickle cell disease.

Programme Content

Comprehensive Ophthalmology Consultation + Eye Pressure Measurement
A complete eye health assessment, including intraocular pressure measurement to help screen for glaucoma.

Vision Assessment
Evaluation of visual acuity to detect potential vision problems.

Fundus Examination
Examination of the retina and internal eye structures to identify any abnormalities.

OCT (Optical Coherence Tomography)
High-resolution imaging used to analyse the different layers of the retina.

Automated Visual Field Test
Assessment of peripheral vision to detect possible visual field loss.

Pachymetry
Measurement of corneal thickness, useful for the diagnosis and monitoring of glaucoma.

Check-up Physician Consultation
Medical review and guidance based on the results obtained.

Fees

Complete programme: **150 000 FCFA**

Report & Follow-up

A **concise medical report** is provided, including interpretation of results and personalised health recommendations.