

Catching up with your health check-up

Without a shred of doubt, healthcare has always been of paramount importance in our daily lives, but the viral pandemic has propelled it to the forefront of all our priorities. If anything, these challenging times have enabled us to strengthen our healthcare facility and realise its potential.

As most products and many services took the digital route with their availability online, health check-ups are also a part of this transition. Hospitals and healthcare providers being at the forefront to combat the pandemic continue to make our lives easier by offering home services.

Owing to this facility, with just a few clicks and calls, we can now avail basic health services at our doorstep. This saves time by cutting down travel time and is very helpful for people who are ailed or old, and face difficulty travelling. Furthermore, it may even curb the spread of the coronavirus through asymptomatic cases.

Most obviously, apart from getting



tested for the virus, there is now a host of other tests that can be availed within the comfort of our homes, such as general blood tests. Testing a sample of blood can act as a peephole to one's overall health condition by revealing any discrepancies in the specimen, giving us a general idea about our overall health status.

In the battle against coronavirus where there are unprecedented instances of crests and troughs in the number of cases, visiting hospitals that house several victims of the lethal virus may possibly be very risky. Thus, by availing home service for medical tests, you can book a time to get your tests done

and expect to receive this facility right at your home.

Renowned hospitals such as United Hospital Limited, Square Hospitals Limited, Evercare Hospital, and Labaid Specialized Hospital among others are providing such facilities. However, if the situation is such that you cannot avoid paying a visit to the hospital, make sure to take extra hygiene measures. Wearing masks, carrying sanitizers, and maintaining strict social distancing are just to name a few.

Furthermore, apart from medical tests, several hospitals are providing additional health services in an effort to digitise the

process and make it easy for us to attain superior healthcare. Some advancements include booking appointments via apps or website, live video consultation from doctors, and options for online pharmacy.

The ongoing pandemic has compelled us to improve our healthcare system and go digital. In fact, to some extent, it has altered how we perceive the healthcare scenario of Bangladesh and enabled it to rise to its potential.

Stay well, stay safe!

By Fariha Amber
Photo: Collected

HOROSCOPE



ARIES
(MAR. 21-APR. 20)

Be transparent with your boss. Get involved in creative groups. Don't get involved in uncertain financial deals. Your lucky day this week will be Monday.



TAURUS
(APR. 21-MAY 21)

Find ways to advance financially. Be clear with your partner about your motives. Avoid disputes with family. Your lucky day this week will be Saturday.



GEMINI
(MAY 22-JUN. 21)

Rely on your own ideas. Opportunities to make advancements are evident. Loved ones won't be pleased with unfulfilled promises. Your lucky day this week will be Sunday.



CANCER
(JUN. 22-JUL. 22)

Avoid being overbearing. Don't expect everyone to be honest. Avoid individuals who are already committed to others. Your lucky day this week will be Saturday.



LEO
(JUL. 23-AUG. 22)

Don't let anyone bully you. Avoid being frivolous. Exercise discipline regarding bad habits. Your lucky day this week will be Wednesday.



VIRGO
(AUG. 23-SEP. 23)

Secret affairs will come back to haunt you. Don't make rash decisions. Avoid getting involved in other people's problems. Your lucky day this week will be Thursday.



LIBRA
(SEP. 24-OCT. 23)

Use your innovative mind to surprise youngsters. Keep things in moderation. Relationships will go through a rough patch. Your lucky day this week will be Saturday.



SCORPIO
(OCT. 24-NOV. 21)

Pleasure trips will bring about new friends. Think before you leap. Insincere gestures are likely this week. Your lucky day this week will be Wednesday.



SAGITTARIUS
(NOV. 22-DEC. 21)

Find time to rediscover each other. Make gains by working together. Don't be rushed into anything. Your lucky day this week will be Saturday.



CAPRICORN
(DEC. 22-JAN. 20)

One-sided relationships are likely. Make improvements to enhance your appearance. Travel will be on your mind. Your lucky day this week will be Sunday.



AQUARIUS
(JAN. 21-FEB. 19)

Your attitudes are changing rapidly. You will have problems keeping secrets. Put your cash into long-term investments. Your lucky day this week will be Wednesday.



PISCES
(FEB. 20-MAR. 20)

Don't forget to pamper yourself. Don't go looking for trouble. You may find that you're being used. Your lucky day this week will be Friday.