



Healthy Rewards

For healthier Life




Valuable Discounts for Valuable Members

As a valued Al Koot member you are covered for unexpected illness or accident but what happens if you would like to make healthy choices such as lose or gain weight with the help of a Dietician or a Nutritionist; join a gym membership to stay active and healthy; treat your body and mind with a relaxing spa procedure?

For decades medical insurance companies have been following a set rules of business where certain services can not be covered under the medical program. At Al Koot Insurance & Reinsurance we want to go beyond the standard business of medical coverage

Introducing: Al Koot Healthy Rewards program

Take full advantage of being Al Koot member and enjoy a wide range of discounts on Diet and Nutrition centers, Weight management programs, Fitness and Gym memberships, Spa and Wellness centres and much more. Simply present your Al Koot medical insurance card and enjoy our very special offers





NUTRITION

Diet

Slimming



Nutrition & Diet Center



- 10% on premium package
- 5% on executive package
- 20% on Keto program
- 10% on Detox program
- 15% on Go Flat program

Nutrition and Diet center is the leader diet and weight loss health center in the middle east and Gulf, their mission goes beyond the concept of weight loss to that of helping the community reach a better way of living

Tel: 443608820 / 44320124

Ideal Diet



ideal diet
الغذاء المثالي

- 30% Exclusive offer on monthly meal membership
- 10% A LA CARTE ORDERS, Fresh Juices
- 25% DIET PLAN
- 15% CATERING

At Ideal Diet they believe that balanced nutrition is vital for maintaining overall health and wellness. To maintain wellbeing and stimulate body to naturally heal, one need to ensure intake of high quality food and a balanced diet. Ideal Diet offers monthly membership, consultation with nutritionist, healthy food catering and others.

Tel: 4488 7745

Website: hbgq.org/idealdiet





Diet Delight

- Free phone dietician Consultation
- 30% off one EMS & Fitness
- 10% off on Food Packages

Diet Delights was established in Lebanon in 2004 introduced to provide holistic 360 degree solutions to the health challenges facing the 21st century. Diet Delights offers clinical nutrition support, catering services and continuously building community awareness.

Tel: 4031 5411 or 31403692

Website: dietdelights.com.qa



Evolve

20% off Personal Training & Biomechanics @Home services

Evolve is a group of talented trainers and practitioners providing a range of high quality wellness services such as fitness training including preventative and curative exercise, nutrition, etc.

Tel: +974 5040 3234

Website: Evolvemindbodysoul Personal Training | Best Fitness Gym in Doha and Qatar





City Medical Centre

city medical center

Tel: (+974) 44353204

Email: info@citymedicaldoha.com

Website: [City Medical Center - Al Maamoura / Saad bin Majed, Doha, Qatar \(cmcdoha.com\)](http://City Medical Center - Al Maamoura / Saad bin Majed, Doha, Qatar (cmcdoha.com))

Service	Treatment	Number of sessions	Special price
Diet& Nutrition	Consultation / BMI / Analysis / Assessment / Report / Diet Plan/ Follow up / 1 time per month	1	450
EMS	Weight Loss & Slimming	10 (8+2 free)	1400
Eximia	Weight Loss & Slimming 7 days Program	8 (7 days program + 1 Free)	2600
Body Sculptor	Weight Loss & Slimming	6	2200
Lymphatic& Cellulite massage	Weight Loss & Slimming Per Part	1	300
Laser Hair removal	Skin & Body Care	2 fully body	1500
HydraFacial	Skin & Body Care	2	850
Facial Cleansing	Skin & Body Care	1	300
LED therapy	Skin & Body Care	8	1300



Cosmetology, Dermatology and Plastic Surgery



**NATURAL
FACE MASK**

Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do eiusmod tempor incididunt.

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DERMATOLOGY

Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do eiusmod tempor incididunt.

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**INNOVATIVE
COSMETOLOGY**

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تادوي
TADAWI | مجمع طبي
Medical Center

Tadawi Medical Center

- 20% on Consultation
- 30% on Dermatology Services

Tel: 4041 4243

Website: www.tadawi.me

Al Jameel Medical Center



- 20% on Laser hair removal services.
- 20% skincare services.
- 20% Botox and filler services

Tel: 4462 6848

Website: aljameelcentre.com

The Wellness Lab



THE WELLNESS LAB
DERMATOLOGY • WEIGHT LOSS • PHYSIOTHERAPY

- 20% on HIFU & Fractional Laser
- 20% on Botox & Filler Injections
- 30% on Dermatology Services
- 40% on Laser Hair Removal
- 50% on Slimming Sessions

The Wellness Lab strive to provide you with the highest quality of services with experienced professionals. They offer laser hair removal, Cosmetic and medical dermatology services and physiotherapy.

Tel: 4433 9444



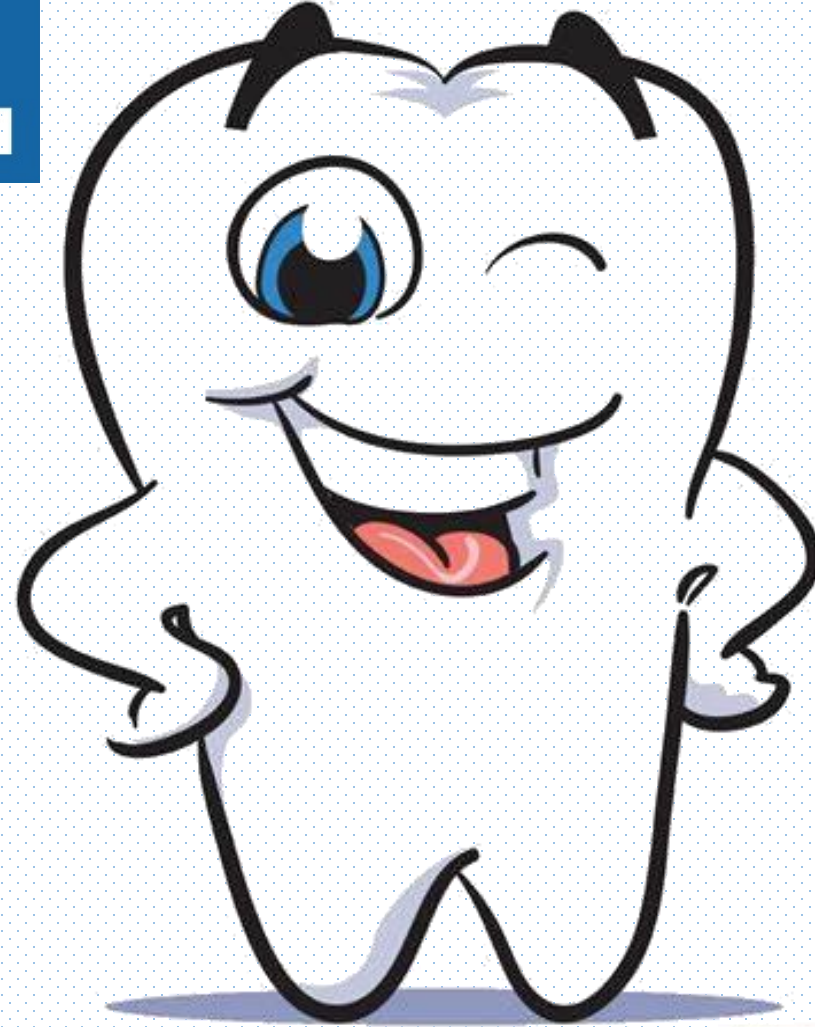
Magrabi Hospitals Eye, ENT, Dental Hospitals

- 40% oculoplastic cosmetic services
- 40% Rhinoplasty & other nose cosmetic surgeries

Tel: 4423 8888

Website: www.magrabi.com.

DENTAL





Tadawi Medical Center

- 20% on Consultation
- 30% on all Dental Services

Tel: 4041 4243

Website: www.tadawi.me



العيادات الملكية
ALMALAKIYA CLINICS

Al Malakiya Clinics

- 40% on all Dental Services

Tel: 4444 0116

Website: malakiyaclinics.com



Al Safwa Medical Center

- 20% on all Cosmetic Dental services

Tel: 4492 2099



مركز الدكتور مروان الكلا الطبي
DR. MARWAN KALLA
MEDICAL CENTER

Dr. Marwan Kalla Medical Center

- 20% on all Cosmetic Dental services

Tel: 44429185 or 44429186

Website: mkmcenter.com



Planet Medical Center



50% on all Dental Services

Tel: 4444 1129

Website: planetmedicalcenter.com

Boston Medical Center



20% on all Dental Services

Tel: 4443 8327

Website: bostonmedcare.com

British International Dental Center



20% on all Dental Services

Tel: 4411 7755

Website: qatardental.net

First Dental Center



40% on all Dental Services

Mob: +97450027223 Tele: 44427221

Email: info@firstdentalcentre.com

Magrabi Hospitals Eye, ENT, Dental Hospitals



- 40% Dental Cosmetic Services, Uncovered services, or in case of limit exceeded(excluding dental lab cost)
- Refractive surgeries is : 9000 QAR both eyes

Tel: 4423 8888

Website: www.magrabi.com.





Family planning

Tadawi Medical Center



- 20% on Gynaecology & Obstetrics Consultations
- 20% on Ultrasound

Tel: 4041 4243

Website: www.tadawi.me



Mental health



REWIRE



- Life coaching sessions 10% off.
- One-to-one meditation sessions 10% off.
- Conscious interior design for your home or office 10% off.
- Personal training sessions 10% off.

Instagram: @timetorewire \ @rewire_studio

Mobile: 3354 7072

Optical



Magrabi Optics

MAGRABI
OPTICAL

- 15% on Optical lenses & optical frames
- 10% on Contact lenses
- Free Eye test

The leading eyewear & eyecare brand in the Middle East, whose core business is dedicated to vision

Website: magrabioptical.com

Qatar Optics



- 20% Frames
- 20% Ophthalmic lenses
- 30% sunglasses
- Free Eye test

Tel:44448488

Optifashion



- 30% off Frames & Sunglasses
- 20% off Rx lenses
- 10% off Contact lenses

Tel: 4443 1913



Badie Optics

BADIE OPTICS
YOUR EYES . WE CARE .

- 30% Frames & sunglasses
- 20% Rx lenses
- 10% Contact lenses

Tel: 4443 1913

Optics center

OPTIC CENTRE

- 30% Frames & sunglasses
- 20% Rx lenses
- 10% Contact lenses

Tel: 4443 1913



Laboratories



Tadawi Medical Center



- 10% off on Laboratory tests

Tel: 4041 4243

Website: www.tadawi.me

Al Arabi Laboratory & Radiology



- 25% Laboratory Services
- 25% Radiology Services

Tel: 4450 0074

Gulf Laboratory & Radiology



- 25% Laboratory Services
- 25% Radiology Services

Tel: 4441 6724

American Hospital Clinics

- PCR test for 120 QAR only.

Tel: 44079601

Website: [American Hospital Clinics \(ahdqatar.com\)](http://American Hospital Clinics (ahdqatar.com))

Wellkins medical center



Covid Rapid Antigen Test at QAR 30

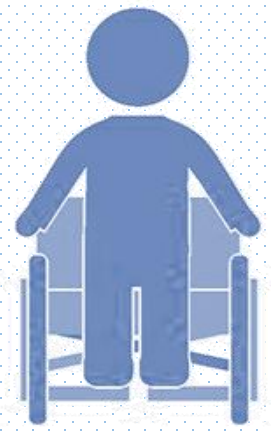
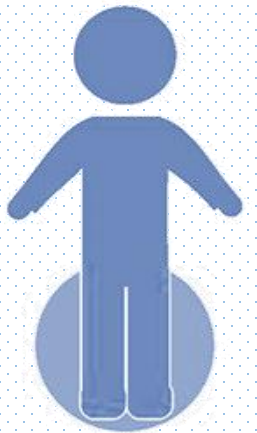
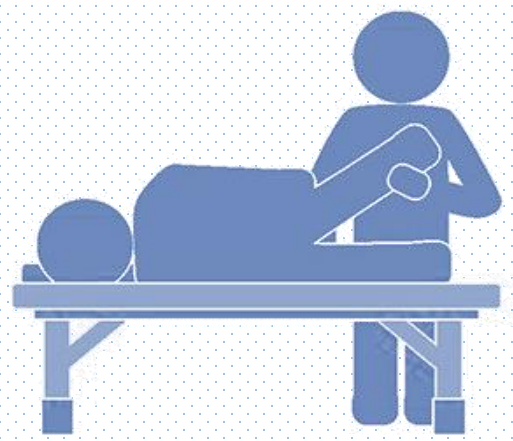
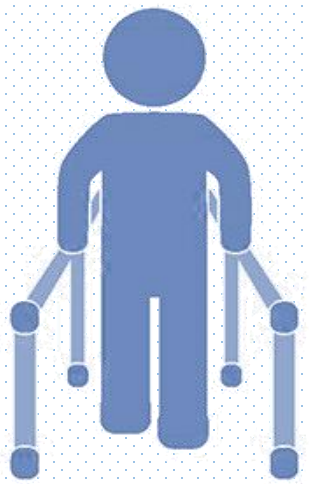
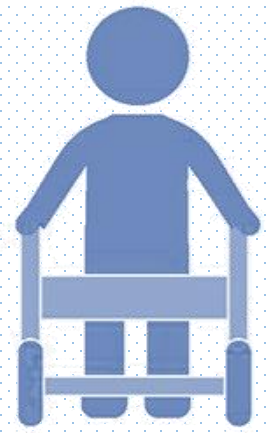
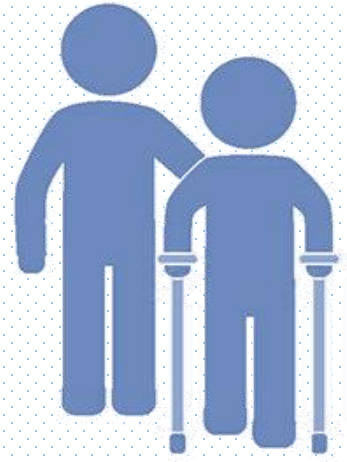
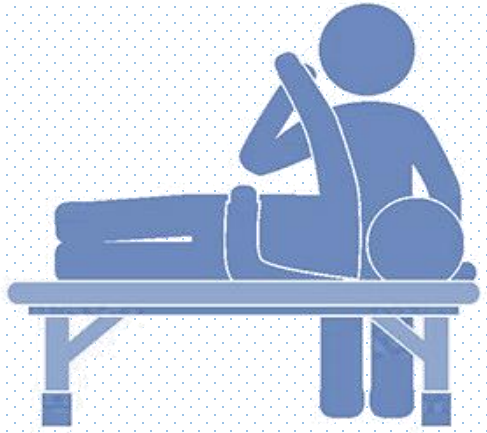
Tel: 4444 2099

Website: <https://wellkins.com/>





Physiotherapy



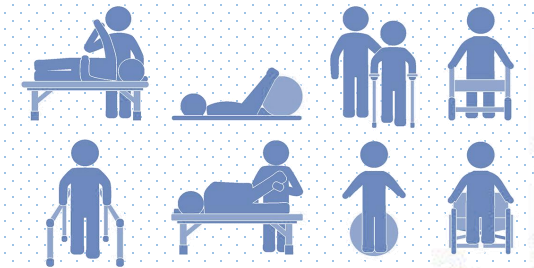


Tadawi Medical Center

- 30% on Physiotherapy treatment

Tel: 4041 4243

Website: www.tadawi.me



Meaningful Rewards for healthy culture

For more information or any support please contact our 24/7 Customer Care team:

+974 4040 2000
800 2000
customercare@alkoot-medical.com

