

e—AarogyaKendra Package of Services

The annexure below details the comprehensive range of preventive, promotive, curative, counselling, referral, and specialist services delivered through e-Aarogya Kendra centres across maternal health, child health, communicable and non-communicable diseases, geriatric care, mental health, and allied specialties.

Areas	Treatment, Care and Management	Counselling, Support, Motivation, Education and Referral
Maternal Health	Early diagnosis of pregnancy; Regular antenatal check-ups (includes screening for hypertension, diabetes, anaemia; iron; folic acid & calcium supplementation; identification and referral of high-risk pregnancy; postnatal check-ups)	Counselling for institutional delivery; nutrition, enabling Take Home Rations (THR) for pregnant women through Anganwadi workers
Neonatal and Infant Health (0 to 1 year old)	Examination of low birth weight/ preterm newborn /other high-risk newborns and management or referral as required	Counselling for early breast feeding; improved weaning practices; identification of congenital anomalies, other disabilities and appropriate referral; family/community education on prevention of infections; complete immunization; vitamin A supplementation; care of common illnesses of new-borns; mild dehydration; pneumonia case management
Child and Adolescent Health	Prompt and appropriate treatment of diarrhoea/acute respiratory infection (ARI), referral where needed; adolescent health services: personal hygiene; detection & treatment of anaemia and other deficiencies in children and adolescents	Growth monitoring, prevention through infant and young child feeding (IYCF) counselling; access to food supplementation; convergence with integrated child development services (ICDS); deworming; detection of severe acute malnutrition (SAM), referral and follow-up care for SAM; prevention of anaemia, use of iodised salt; prevention of diarrhoea in pre-school and school children; biannual screening; school health records; eye care; de-worming; early detection of growth abnormalities; delays in development; and disability
Reproductive Health and Contraceptive Services	Identifying eligible couples; motivation for family planning; delaying first child; spacing between children; access contraception (OCP, condoms)	Counselling for IUCD insertion and removal
Management of Common Communicable Diseases & Basic OPD Care (acute simple illness)	Diagnosis and management of common fevers; ARIS; diarrhoea; urinary tract infections; skin infections (scabies, abscesses); indigestion; acute gastritis; symptomatic care for aches and pains; management of common colds; acute suppurative otitis media (ASOM); injuries; pharyngitis; laryngitis; rhinitis; URI; sinusitis	Counselling for disease prevention, wellness and fitness

Areas	Treatment, Care and Management	Counselling, Support, Motivation, Education and Referral
Management of Common Non-communicable Diseases	Screening for over-35 age group on annual basis; opportunistic screening for diabetes and hypertension; hypertension / diabetes mellitus medication; follow-up diagnostics; diagnosis of common respiratory morbidities (COPD, bronchial asthma); treatment of chest symptomatic ailments	Refer for specialist consultation and early referral for complications, silicosis, fluorosis, follow-up care. Epilepsy: early case identification, enable specialist consultation through referral
Dental Care	Recognition of dental fluorosis; treatment for glossitis, candidiasis, fever blisters, aphthous ulcers	Education on oral hygiene & substance abuse, in community and schools; referral for gingivitis, dental caries, oral cancers
Eye Care/ENT Care	Screening for blindness and refractive errors; community screening for congenital disorders; eye care in new-borns; screening for visual acuity, cataract and refractive errors; identification & treatment of common eye problems (conjunctivitis, spring catarrh, xerophthalmia); first aid for injuries, nosebleeds; recognising congenital deafness, other common ENT conditions	Referral, counselling and support for blindness, other eye disorders
Geriatric Care	Management of common geriatric ailments	Counselling, supportive treatment, and pain management
Management of Mental Illness	Identification of people in need of deaddiction support	Community education and preventive measures against tobacco use and substance abuse; referral of cases with mental illness; follow up medication, counselling/ support