



مبادلة للرعاية الصحية  
Mubadala Health

## Microbiome Wellness Program

Your Fasttrack Path to a Happier Gut!



For more information and to book an appointment, please contact us:

☎ 800 77

✉ [info-mhdubai@mubadalahealth.ae](mailto:info-mhdubai@mubadalahealth.ae)

🌐 [mubadalahealthdubai.com](http://mubadalahealthdubai.com)



Our groundbreaking gut health program allows you to explore the hidden world within you. As you embark on a transformative journey with our revolutionary testing capabilities and our multi-disciplinary team of innovative wellness experts, you'll receive an unparalleled understanding of your gut microbiome, unraveling its intricate complexities and empowering you with valuable insights for optimal well-being.

Our in-depth approach delves deep into the genetic profile and composition of your intestinal microbiota and DNA of the entire microbial community residing in your gut, uncovering their functions and impact on your well-being.



This precise understanding translates into personalized recommendations tailored to your specific gut health needs, offering you the opportunity to maximize your potential for a healthier, more balanced life.

## Get Started Now!

### Contact us

Contact us at 800 77 to book your appointment. Our bilingual schedulers will assist you in choosing the right package. You can also visit our clinic and meet our Guest Ambassador for an appointment.

### Choose your package

Select from various options that suit your needs. Whether you prefer remote or in-person consultations with doctors and dietitians, we have the package for you.

### Pre-evaluation

Fill out a comprehensive questionnaire sent to you before your visit. This helps us understand your symptoms and ensure the appropriateness of the test.



### **Microbiome testing**

Pick up the test kit from Mubadala Health Dubai or arrange for home delivery, depending on your chosen package.

### **Follow-up appointment**

After the test, schedule an appointment at the clinic or book teleconsultation to discuss your results with a doctor and dietitian.

### **Multidisciplinary team assessment**

Our multidisciplinary team of experts, including gastroenterologists, dietitians, and laboratory scientists, will review your test results.

### **Detailed reports and recommendations**

Receive a comprehensive report on your gut microbiome's composition and function, along with personalized recommendations based on the test results. Your doctor and dietitian will explain the findings during your follow-up.

### **Care plan creation**

A customized care plan will be developed, which may include nutritional counseling, dietary planning, exercise programs, lifestyle adjustments, and appropriate interventions.

### **Nutrition advice and physical activity coaching**

Enjoy a nutritional counseling session led by a registered dietitian, tailored to your specific dietary needs. Additionally, collaborate with experienced fitness trainers and physical therapists to further enhance your wellness journey.

## **Psychological support**

Recognizing the impact of psychosocial factors on gut health, we offer psychological counseling to address stress and anxiety that can influence gut dysbiosis ("imbalance" in the gut microbial community). This additional support complements our personalized gut health program, strengthening its efficacy.