



Medical Travel, Personally Facilitated

INDEPENDENT CARE • PRIVATE SUPPORT • ANTALYA

A calm, well-organised way to arrange independent medical consultations in Antalya — and to recover well afterwards.

AYUDA RETREATS • ANTALYA, TÜRKİYE



Travelling for healthcare should not feel daunting.

Arranging medical care in another country raises practical questions long before it raises clinical ones. Who do I speak to? How do I get there? Who will explain things to me? What happens afterwards?

Ayuda exists to take that weight off you. We are an independent point of contact, arranging introductions, appointments and practical details, and remaining available while you are here.

Memorial Antalya Hospital is our principal hospital relationship for comprehensive health assessments and a broad range of specialist consultations. For services such as dentistry, hair restoration and fertility treatment, Ayuda also maintains working relationships with a small number of independent specialist clinics.

We facilitate the introductions and practical arrangements. All clinical assessment, advice and treatment decisions are made directly between you and the independent provider.



Memorial Antalya Hospital

WHO THIS IS FOR

People who want care arranged properly.

- Someone considering a preventive health assessment while away from ordinary pressures.
- Someone who has already decided to explore a procedure and wants the arrangements handled calmly.
- Someone travelling alone who would rather not manage a foreign healthcare system unaccompanied.
- Someone who wants privacy, discretion and a single point of contact throughout.
- Someone who wants time to rest and recover properly afterwards, rather than flying home the next morning.



A carefully facilitated journey

01

A first conversation

A private, informal conversation about what you are considering and what you would like to understand.

02

Relevant information gathered

Only with your written consent, and only what the clinician asks for. Anything shared is handled confidentially and passed directly to the provider.

03

Introduction to the provider

You are introduced to the hospital, department or independent specialist clinic you have chosen to approach. From that point, the clinical relationship is directly between you and the provider.

04

Independent consultation

A qualified clinician assesses you, explains options, risks and alternatives, and answers your questions.

05

The provider's own proposal

Any plan, quotation and consent come directly from the medical provider — never from Ayuda.

06

Travel and stay arranged

Flights advised, airport collection, accommodation, transport and interpreting all coordinated.

07

Someone with you

Non-clinical personal support before, during and after appointments, on terms agreed with you in advance.

08

Time to recover

Optional quiet days on the coast afterwards, at whatever pace suits you.

At every stage the clinical relationship is yours. Ayuda arranges, accompanies and looks after the practical detail.

Who does what

HOSPITALS, SPECIALIST CLINICS & THEIR CLINICIANS

- Provides all medical consultations and clinical assessments.
- Decides whether any examination, test, treatment or procedure is clinically appropriate.
- Explains risks, benefits, alternatives and possible outcomes.
- Obtains the guest's informed consent.
- Remains solely responsible for diagnosis, recommendations, treatment and clinical care.

AYUDA

- Acts as an independent facilitator and personal point of contact.
- Helps guests communicate what they are looking for.
- Arranges introductions, appointments and interpreting at the guest's request.
- Coordinates travel, airport collection, accommodation and local logistics.
- Provides non-clinical personal support before, during and after the visit.

Memorial Antalya Hospital is Ayuda's principal hospital relationship. For certain specialist services, Ayuda also facilitates introductions to established independent clinics.

What guests ask about

Independent consultations may be arranged through Memorial Antalya Hospital or, for certain services, through established independent specialist clinics, subject to individual clinical assessment.

PREVENTIVE HEALTH

Comprehensive check-ups and screening

FERTILITY & REPRODUCTIVE HEALTH

Consultation with independent specialists

HEALTHY AGEING & LONGEVITY

Preventive and healthy-ageing consultation

DENTAL

Consultation and restorative dentistry

ORTHOPAEDICS & SURGERY

Planned procedures, following assessment

WOMEN’S & MEN’S HEALTH

Age and lifestyle-related assessment

HORMONAL WELLBEING

Endocrine and menopause-related consultation

CARDIAC & NEUROLOGICAL

Specialist assessment and diagnostics

DERMATOLOGY, AESTHETICS & HAIR RESTORATION

Consultation with independent specialist clinicians

NUTRITION & WELLBEING

Dietetic and general wellbeing consultation

Indicative health assessment prices

The figures below are hospital-supplied guide prices in US dollars. They are presented in US dollars because this is the hospital's pricing currency; no euro conversion has been applied. Every price is confirmed directly by the hospital following individual medical review. Hospital charges only: Ayuda facilitation, accommodation, transport, interpreting and any retreat are quoted separately.

PREMIUM

\$3,950

Most comprehensive

Multi-specialist review, MRI/CT, cardiac testing, extensive laboratory screening and gastrointestinal investigation.

ADVANCED

\$2,200

Comprehensive prevention

Specialist review, MRI/CT, cardiac testing and extensive laboratory screening.

ESSENTIAL

\$1,250

Strong core assessment

Specialist review, imaging, cardiac assessment and core laboratory screening.

FOCUSED ASSESSMENTS

Women’s Health	\$600	Neurological	\$700
Gastroenterological	\$1,500	Detailed Cardiac	\$1,000
Heart Health Extended	\$325	Heart Health	\$180

Individual procedures are quoted only after medical review and are not included above.

Time to recover, not just to travel home.

Many people fly in, attend an appointment and fly straight home again. Where a clinician considers it suitable, some guests prefer to allow themselves a little more time.

Antalya makes a genuinely restorative place to spend the days either side: a warm climate, a quiet coast, good food and somewhere calm to stay.

Where it suits you, those days can be arranged as a short private retreat — rest, gentle movement, unhurried conversation — at whatever pace your clinician considers appropriate.



The Mediterranean coast at Side, an hour from Antalya.

What is looked after for you

- Airport collection and all local transport.
- Accommodation chosen to suit recovery, budget and privacy.
- Appointment scheduling and reminders.
- Interpreting and help with paperwork.
- A single point of contact throughout your stay.
- Someone to accompany you to appointments if you would like that.
- Meals, rest and quiet time arranged around your appointments.
- Help with onward or return travel.

Where requested and permitted by the provider, Nika can stay with you until the clinical team takes over and return as soon as permitted afterwards—so that a familiar, reassuring face is there before and after your procedure.



Nigar (Nika), Ayuda's local coordinator, welcoming a guest in Antalya.

Where the boundaries sit

- Ayuda provides practical facilitation and non-clinical personal support. It does not provide medical advice, diagnosis, treatment or emergency care, and does not supervise clinical care.
- All clinical assessment, advice, consent, treatment decisions and provider fees are agreed directly between the guest and the independent hospital or specialist clinic.
- Ayuda does not promise or guarantee any medical, dental, fertility, hair-restoration, aesthetic or personal outcome.
- Guests remain free to decide whether to consult or engage any professional introduced to them.
- Personal or medical information is handled confidentially, with the guest's written consent and only for the agreed purpose.

ENQUIRIES & PRIVATE PLANNING

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