StemGenn
THERAPEUTICS

Your Longevity Trip to *India*

A calm, step-by-step guide for international guests planning a longevity, fertility, women's health or regenerative programme in New Delhi — from your first video call to your follow-up at home.

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WELCOME

Why guests travel to New Delhi for their health

More people than ever travel not only for surgery, but for prevention, longevity assessment and women's health. A good trip, though, begins long before you board the plane.

Measured, not guessed

Every StemGenn programme begins with measurement — biomarkers, biological-age analysis, imaging and functional tests — so recommendations are built on your own biology.

Honest about evidence

We explain clearly what is proven, what is promising and what is still research. Stem cell therapies are offered only for approved indications or within approved clinical trials.

Registered clinicians

All clinical care is provided by registered medical practitioners, working together across longevity, women's and men's health, orthopaedics and aesthetics.

One coordinator

A single point of contact plans your schedule, stay and transfers, and stays with you from the first call to your follow-up at home.

What guests most often come for: CEO Cellular Week executive longevity programme · fertility and reproductive longevity (thin endometrium, low ovarian reserve, PCOS, male factor) · AYUVA Meridian for women in midlife · joints and knee osteoarthritis · healthy-ageing programmes · holistic and integrative care.

THE PLAN

Six steps to a calm, well-planned visit

1

Start with a video consultation

Share your recent reports and your goals. We tell you honestly what is realistic, what must be done in person and what can be done at home — before you spend anything on travel.

2

Receive a written plan

You get a day-by-day schedule, a clear list of tests and treatments, and an itemised quote. Optional items are marked as optional.

3

Arrange your visa

Many nationalities can apply online for India's e-Medical Visa, with an e-Medical Attendant Visa for companions. We provide the invitation letter.

4

Book flights and stay

Choose dates that include a rest day after arrival. We suggest accommodation close to the centre and arrange airport transfers.

5

Your programme in Delhi

Private, unhurried appointments with recovery built into the day — and time for holistic care such as yoga, infrared sauna or a nature walk if you wish.

6

Follow-up at home

You leave with a written report and plan. Follow-up tests can be done near you, with video reviews — coordinated with your own doctor if you prefer.

TIMING

How long should you plan to stay?

These are typical ranges. Your coordinator confirms the exact days once your plan is agreed.

PROGRAMME	TYPICAL TIME IN DELHI	NOTES
CEO Cellular Week	3–7 days	Formats from a focused reset to a full week; work-friendly scheduling.
Longevity & biological-age assessment	3–5 days	Testing early in the visit, results and plan before you leave.
Fertility & reproductive assessment	5–7 days	Some options depend on your cycle; a second short visit may be needed.
AYUVA Meridian (women's midlife)	3–7 days	Measurement, hormones and a long-term plan.
Joint care & knee osteoarthritis	3–5 days	Assessment, any procedure and early recovery.
Holistic & integrative care	3–10 days	Can be combined with any clinical programme.

> Plan one extra rest day after a long-haul flight. If a procedure is part of your plan, your clinician will advise when it is safe to fly home.

BEFORE YOU FLY

Visa, documents and packing

Visa basics

- Many nationalities can apply online for India's **e-Medical Visa**.
- Companions apply for an **e-Medical Attendant Visa**.
- Some nationalities (for example Bangladesh) apply through an Indian Visa Application Centre instead.
- We issue the hospital invitation letter.
- Always check current rules on the official Government of India visa portal before applying.

Documents to bring

- ☐ Passport and visa (plus printed copies)
- ☐ Recent blood reports, scans and discharge summaries
- ☐ A list of your current medicines and doses
- ☐ Details of allergies and past surgeries
- ☐ Travel and health insurance documents
- ☐ Contact details of your own doctor

Hand luggage

- ☐ All medicines in original packaging, plus prescriptions
- ☐ Copies of key reports
- ☐ Comfortable, loose clothing for assessments
- ☐ A reusable water bottle

Good to know

- ☐ Delhi is warm most of the year; winters (Dec–Feb) are cool, especially in the evenings.
- ☐ Card payments are widely accepted; carry a little local currency.
- ☐ Indian Standard Time is GMT +5:30.

COMFORT & CARE

Feeling at home in New Delhi

Food

Halal, vegetarian, vegan, Jain and gluten-free food are widely available. Tell us your needs and we will suggest suitable places and accommodation.

Language

Our team works in English and Hindi. Arabic, French, Russian, Uzbek and Bangla interpreters can be arranged on request.

Faith & privacy

Prayer times are respected in your schedule. Female clinicians and coordinators can be requested wherever possible, and every visit is private and discreet.

Family

Companions are welcome. We help plan family accommodation and can arrange assessments for family members during the same visit.

Holistic care during your stay: yoga, meditation, breathwork, infrared sauna, cold plunge, detox nutrition and early-morning nature walks can be added around your clinical plan — so your time in India restores you as well as informs you.

CHOOSING WELL

Questions to ask any centre

Whether you choose StemGenn or another centre, these questions protect you.

- Who will provide my clinical care, and are they registered medical practitioners?
- Which of your recommendations are proven, which are promising, and which are still research?
- Is this therapy approved in India for my condition, or offered within an approved clinical trial?
- Will I receive a written plan and an itemised quote before I travel?
- What results are realistic for someone like me — and what if it does not help?
- What follow-up will I receive after I return home, and who do I contact if I have a concern?
- How will my personal and medical information be kept private?

> Be cautious of anyone who guarantees results, pressures you to decide quickly, or offers unapproved stem cell treatments as routine care.

BEGIN FROM HOME

Start with a private video consultation

Share your reports, ask your questions and receive a clear, written plan before you book a single flight.

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PLAN YOUR TRIP

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StemGenn THERAPEUTICS

New Delhi, India

This guide is for general information only and is not medical advice. Programmes and treatments are offered only after individual assessment by a registered medical practitioner, may not be suitable for everyone, and results vary. Visa, travel and flight information changes — always confirm current requirements with official sources and your airline. Stem cell therapies are offered only for approved indications or within approved clinical trials under Indian regulations.