

We aim to work in partnership with both carers and clients from all age groups providing professional and humanistic support to help attain a state of mental well-being, promote independence and regain control over their lives.

Counselling Service

Counselling is designed to help people who wish to make changes in their life by offering a confidential and supportive space where issues can be tackled and areas of concern discussed. Counselling is not an advisory service. It is an opportunity to make sense of your individual circumstances with a therapist who helps identify the choices for change, and supports you during the process of change.

Occupational Therapy

Provided by a skilled, creative and caring therapist who can provide a holistic and individual service to people so that they can improve their lives and ensure they are living to their full potential and as independently as possible. Occupational Therapists work with people to give them greater independence by improving their ability to do the things that are important to them.

Yoga

YOGA The word yoga means union. Union of mind and body into stillness. Yoga invites us to harmonize our body, breath and mind as a way to experience wakefulness and compassion in our daily lives. The path of hatha yoga involves physical exercises that enhance our cardiovascular system, strengthen our muscles, improve our digestive activity and cleanse our entire body.

Meditation

Meditation is a practice, aiming to prevent thoughts in a natural way, by deeply relaxing the physical body and then trying to keep the mind completely clear of all thoughts.



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A Centre of Excellence for Ultimate Health



Experience it for yourself >>>

Available to all nationalities on the Costa del Sol

A Centre of Excellence for Ultimate Health

Years of experience led to the formation of Clinica Medicare, a centre of excellence, and a nurse led service providing an innovative and holistic approach to healthcare here on the Costa del Sol. The people behind Medicare clearly understand what makes real quality healthcare, whatever your age or situation:

- A Care coordination centre
- Access to highly trained Doctors, Specialists and Nurses
- Fully legal, regulated and authorised company
- A fully comprehensive service catering for all your health needs.
- Using the latest equipment and facilities

The Comfort of Prime Doctors, Specialists, and Nurses

Our team consists of highly trained professionals who specialise in individual holistic healthcare, they are committed to providing the best quality innovative and modern care, using the latest techniques, equipment and procedures.

Strict Regulations for Peace of Mind

Clinica Medicare is a fully legal and registered company, subject to in-depth and regular inspection by the relevant authorities. We do not only exceed the strict criteria set by the Junta de Andalucía but comply and exceed the standards set in Europe.

High standards are underpinned by a track record of many years of experience.

Mission Statement:

"HEAL AND RESTORE THE BODY AND OPEN THE MIND"

Quality in every aspect of care

SERVICES:

- Well Women Clinic
- Diabetes Clinic
- Vaccination Clinics (Children & Travel)
- Hypertension Clinic
- Community Mental Health Team
- Practice Nurses
- Chiropody
- Counselling Service
- Nutrition
- Yoga Classes
- Men's Health Clinic
- Asthma Clinic
- Wound Care Clinic
- Weight management
- Health Assessments
- General Practitioners
- Dyslexia Assessment
- Occupational Therapy
- Alternative Therapies
- Meditation Classes

More about our services

Women's Health

For women to gain the most from healthcare, that care must be gender focused and offer regular assessment, education and intervention when necessary. At Clinica Medicare we offer a full healthcare service designed for women at all stages of their life's, from sexual health and contraception, to menopause management and full ante-natal care. As a multi-disciplinary clinic we have a team that includes a G.P and a Gynaecologist, as well as advisors on alternative therapies.

Men's Health

Men are often renowned for taking risks, generally you get a kick out of driving in the fast lane of life and acting as if you are invincible, and sadly this is mission impossible. Looking at recent trends, the incidents of testicular cancer and prostate cancer are increasing sharply. With a few simple changes to your life style you could dramatically improve your motor, its functioning and durability as well as stamina and performance.

Diabetes Clinic

Regular monitoring and support, good sound advice for people living with diabetes:

- Diet advice
- Regular blood check ups
- Weight management
- On-going and long term support in your language
- G.P and Specialist back up

Wound Care

Specialist wound care and ulcer management, using the latest and proven techniques, supported by The Wound Care Society, UK.

Asthma Clinic

Successful management, support and advice to allow you to control your asthma and not let it control you. Clinics run by a Degree trained Nurse Specialist in Asthma.

Hypertension Clinic

Successful management and education in hypertension in a supported environment.

Vaccination Clinic

Vaccination programmes available for both Children and travel. Using the latest vaccines and adhering to all current polices.

Community Mental Health Team

A Specialist team of Nurses skilled in delivering high quality treatment and care, who recognise that recovery is possible and are guided by a holistic view that sees the person as a whole and not only the symptoms.

**Just call to discover a new quality in care
on (00 34) 952 852 567**