



HEALUXE
GLOBAL
Healing Beyond Borders

MEDICAL TRAVEL TO KERALA: COSTS, SAFETY AND CHECKLIST FOR INTERNATIONAL PATIENTS

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WELCOME: IS THIS GUIDE FOR YOU?

This guide helps you decide, in about 15 minutes, whether treatment in Keralam, India could suit you, what it may cost, and how to prepare safely .

It is written for Australians and international patients who are:

- Waiting a long time for elective surgery or a procedure.
- Facing high out-of-pocket costs for dental, fertility , cosmetic or orthopaedic care.
- Planning a trip to India and wanting to combine travel with treatment or recovery.
- Looking for recovery or wellness care, such as Ayurveda, after treatment.

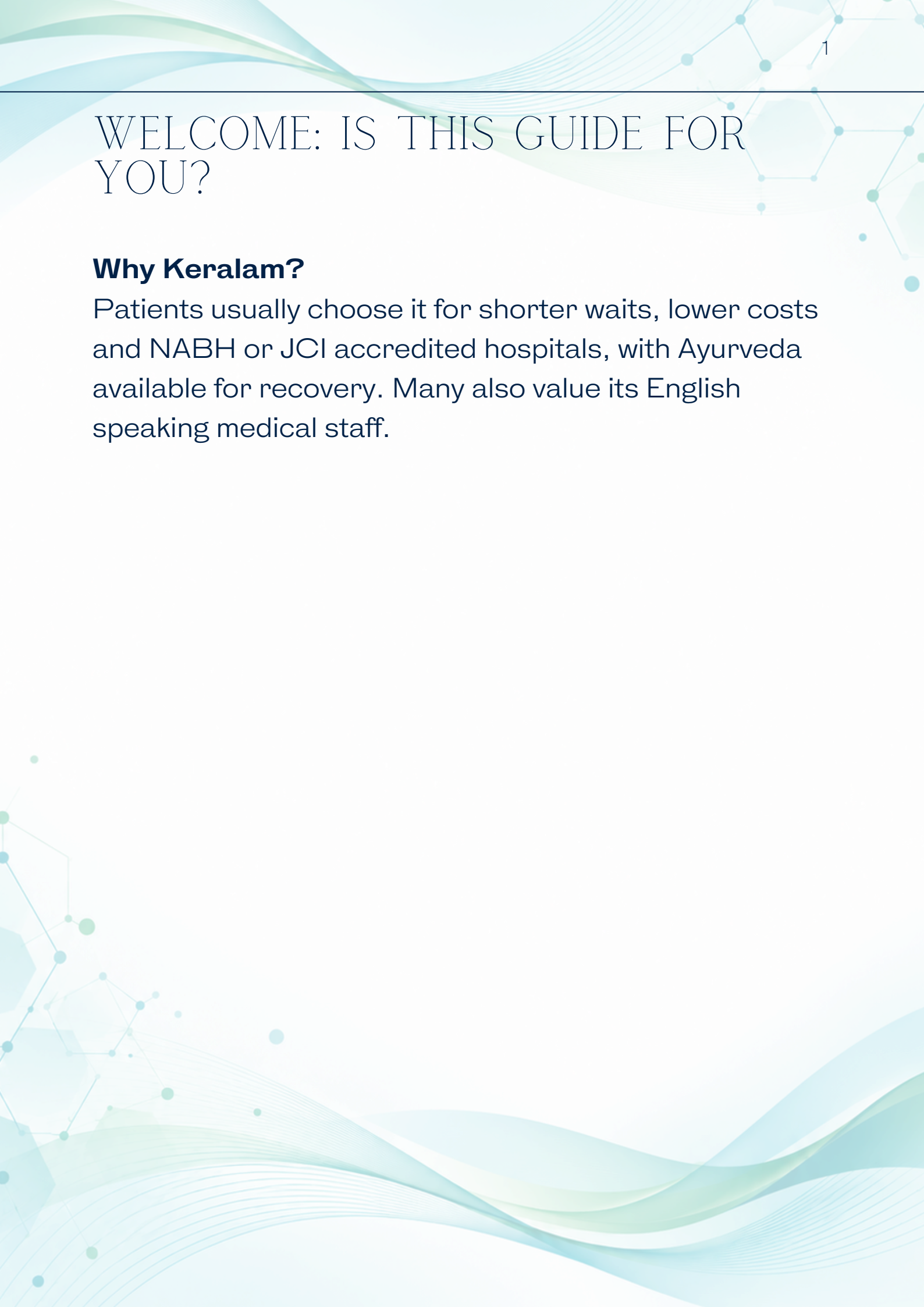
What Healuxe Global does?

Healuxe Global is a Melbourne-based coordination service founded and led by a registered Australian nurse. We connect you with NABH- and JCI- accredited hospitals and wellness centres in Kerala, and help with information gathering, treatment planning with your chosen provider , and travel logistics.

What we do not do?

We do not provide medical advice or diagnosis, and we cannot guarantee outcomes. All clinical decisions are made by your treating doctors.

Please discuss any plan with your GP or specialist first.



WELCOME: IS THIS GUIDE FOR YOU?

Why Keralam?

Patients usually choose it for shorter waits, lower costs and NABH or JCI accredited hospitals, with Ayurveda available for recovery. Many also value its English speaking medical staff.

WHAT IT MAY COST: AUSTRALIA VS KERALA?

For many procedures the hospital cost in Keralam is roughly a quarter to a third of private prices in Australia, which we use here as a benchmark.

The ranges below are indicative only , in AUD , with US dollar equivalents; your quote depends on the hospital, surgeon, implant or technique, room type and your health.

Procedure	Typical private cost in Australia	Indicative cost in Kerala
Knee replacement (one knee)	AUD 20,000 to 35,000 (USD 14,000 to 24,500)	AUD 6,000 to 10,000 (USD 4,200 to 7,000)
Hip replacement	AUD 22,000 to 35,000 (USD 15,000 to 24,500)	AUD 7,000 to 11,000 (USD 5,000 to 7,700)
Coronary bypass surgery	AUD 40,000 to 70,000 (USD 28,000 to 49,000)	AUD 8,000 to 14,000 (USD 5,600 to 9,800)
Dental implant with crown (one tooth)	AUD 4,000 to 6,500 (USD 2,800 to 4,500)	AUD 700 to 1,500 (USD 500 to 1,050)
Cancer surgery (for example bowel or liver, one hospital stay)	AUD 25,000 to 50,000 (USD 17,500 to 35,000)	AUD 7,000 to 14,000 (USD 4,900 to 9,800)

US dollar figures use roughly 1 AUD = 0.70 USD (mid-market rate, mid-2026) and are rounded. Exchange rates move daily , so check the current rate before you budget. Cancer treatment costs vary widely by cancer type and stage. The figure shown is for one surgical hospital stay and excludes chemotherapy , radiation, immunotherapy and ongoing monitoring. Speak with your oncologist before considering treatment overseas.

Always add the travel costs. These are not included in the hospital figures above:

- Return flights for you and a companion
- Accommodation before and after your hospital stay
- Visa fees, local transport and meals
- Travel and medical–evacuation insurance
- Follow-up care, tests or physiotherapy after you return home

Check what each quote includes.

Ask whether it covers surgeon and anaesthetist fees, implants, medications, room type, physiotherapy , and what happens if you need extra days or a second procedure. Get the quote in writing before you commit.

Medicare and insurance.

- Public health systems (such as Medicare in Australia) and many private health insurers generally do not cover treatment overseas. Confirm with your health insurer and your travel insurer before you book.

IS IT SAFE? AN HONEST ANSWER

Accredited hospitals in Keralam meet recognised standards, but every surgery and every long journey carries risk, and no one can guarantee an outcome. Safety depends on choosing the right hospital, the right surgeon and the right timing.

What accreditation tells you.

NABH (National Accreditation Board for Hospitals and Healthcare Providers, India) and JCI (Joint Commission International) assess hospitals against published quality and patient-safety standards. Accreditation is a good starting point, not a promise of results, so also ask about the surgeon's own experience.

Real risks to understand before you go:

- Blood clots (deep vein thrombosis) after surgery and long flights
- Wound infection, including infections that resist common antibiotics
- Complications after you have flown home, when your surgeon is far away
- Differences in care routines, medications and record-keeping from your home country
- Rushed decisions: planning a trip around a surgery date can pressure you to skip checks

How to lower the risk:

1. Talk to your GP or specialist at home first, and share your medical history and scans.
2. Ask the Keralam surgeon how many of your procedure they perform each year , and their complication rate.
3. Allow enough time in Keralam. Do not book a flight home until your surgeon says you are fit to travel.
4. Ask about clot prevention for the flight home, such as compression stockings, movement and medication.
5. Take full discharge summaries, operation notes, implant details and scans home for your GP .
6. Buy travel insurance that covers medical complications and evacuation, and read the exclusions.

Who should think twice.

Talk to your own doctor first if you have heart, lung or kidney conditions, diabetes, a recent clot or are pregnant.

HOW THE JOURNEY WORKS WITH HEALUXE GLOBAL

The process takes roughly 4 to 10 weeks from first call to surgery , depending on your procedure and visa timing.

1. **Discovery call** (20 minutes, free). Tell us what you need, your timeline and your questions. There is no obligation.

2. **Share your records.** With your consent, send recent reports, scans and any Australian quotes. We pass them to the hospital team.

3. **Specialist review.** A Keralam consultant reviews your records and, where possible, speaks with you by video before you travel.

4. **Written treatment plan and quote.** You receive the proposed procedure, expected length of stay and an itemised cost estimate to compare with your home country quote.

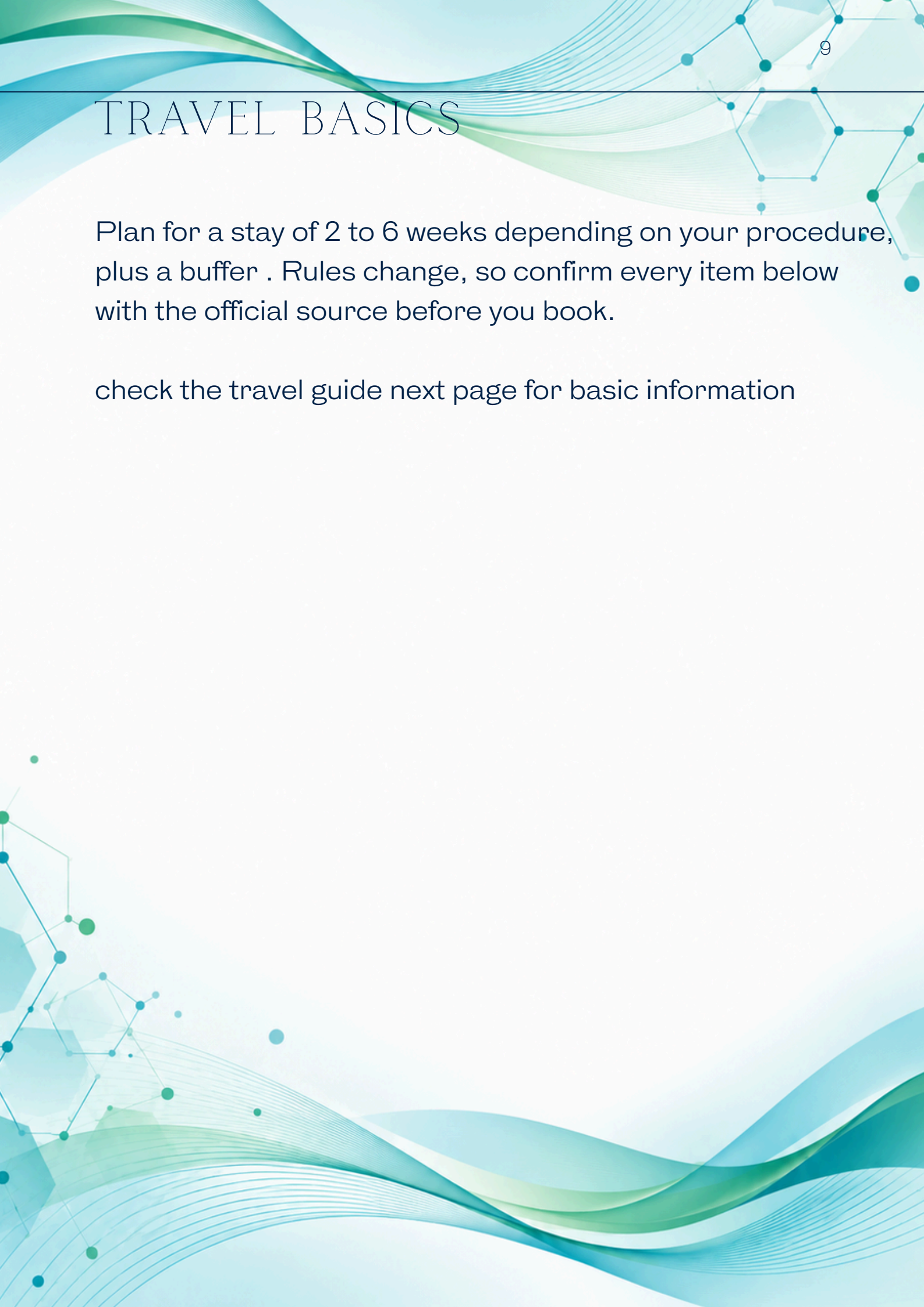
5. **Your decision.** Talk it over with your GP , family and companion. You can stop at anystep.

6. **Travel arrangements.** We help with the medical visa and invitation letter , flights, airport pickup, hotel and hospital stay coordination.

7. **Treatment and recovery in Keralam.** On-the-ground support includes language help, transport and a companion stay , with optional rehabilitation or A yurvedic recovery .

8. **Returning home.** With your consent, we share discharge summaries and reports with your GP , and arrange virtual follow-up consults with your Keralam consultant.

Support is available during business hours (9am to 5:30pm, Melbourne time) and through local partners in India during your stay .



TRAVEL BASICS

Plan for a stay of 2 to 6 weeks depending on your procedure, plus a buffer . Rules change, so confirm every item below with the official source before you book.

check the travel guide next page for basic information

Topic	What to know
Visa	Medical patients usually apply for an Indian e-Medical visa, and a companion for an e-Medical Attendant visa. Apply through the official Indian government e-visa portal, and allow time for the hospital invitation letter. Check current fees, validity and processing times.
Passport	Check the validity requirement for entry to India, and carry copies of your passport and visa.
Flights	Kochi is Keralam's main international gateway, with many routes from overseas connecting through Asia or the Middle East. Choose an aisle seat and plan to move often.
Fitness to fly	Your surgeon decides when you can fly home. Keep your return date flexible.
Companion	Bring a support person if you can. They help with decisions, mobility and the flight home.
Accommodation	Choose a quiet place near the hospital with lift access and a private bathroom if mobility is limited.
Insurance	Take travel insurance that covers medical complications and evacuation, and read the exclusions.
Health prep	See your GP or a travel doctor 6 to 8 weeks before leaving about vaccinations, food and water precautions and your regular medications.
Money	India uses the rupee. Carry a travel card, tell your bank you are travelling and keep some cash for small expenses.
Time zone	India Standard Time is UTC+5:30. Check the time difference with your home country, especially when booking video consults.

YOUR MASTER CHECKLIST

Tick items off as you go.

Before you decide

- ☐ Talk to your GP or specialist about your plan
- ☐ Get your home-country quote and waiting-time estimate in writing
- ☐ Book a discovery call and ask for a written Keralam quote
- ☐ Compare total cost, including flights, stay, insurance and follow-up
- ☐ Check what your health insurer or national health scheme will not cover

4 to 8 weeks before travel

- ☐ Send medical records, scans and a medication list
- ☐ Complete a video consult with your Keralam consultant
- ☐ Apply for your e-Medical visa (and your companion's)
- ☐ Buy travel insurance that covers complications
- ☐ See a travel doctor about vaccinations and medications
- ☐ Book flights with a flexible return date

What to pack

- ☐ Passport, visa, insurance papers and printed copies
- ☐ Medical records, scans, allergy list and medication list
- ☐ Regular medications in original packaging, plus extras
- ☐ Loose, comfortable clothing and non-slip shoes
- ☐ Compression stockings if your surgeon recommends them
- ☐ Phone, charger, universal adapter and emergency contacts

In Keralam

- Confirm the final cost before treatment
- Give written consent only after you understand the procedure
- Ask for a copy of every report, scan and implant card
- Follow hospital guidance on rest, walking and wound care
- Do not book your flight home until you are cleared to fly

Back home

- See your GP within the first week and hand over your discharge summary
- Book physiotherapy or follow-up tests if advised
- Attend your virtual follow-up with your Keralam consultant
- Know the warning signs and who to call.

QUESTIONS TO ASK YOUR SURGEON AND HOSPITAL

- How many of this procedure do you perform each year, and what are your complication rates?
- Will you personally perform my surgery and follow my recovery?
- Which accreditations does the hospital hold, and are they current?
- What are the infection-control and clot-prevention routines?
- What does the quote include and exclude, and who pays if I need extra days?
- How will follow-up work after I return home?

AFTERCARE AND WHAT TO DO AT HOME

Good aftercare is planned before you leave your country, not after you return. Make a plan with your GP and your Kerala consultant.

Your handover pack

Bring home your discharge summary , operation notes, implant or device details, scans, medication list and wound-care instructions. With your consent, Healuxe Global can send these to your GP .

Follow-up

Arrange a GP visit within the first week, any physiotherapy you need, and a virtual follow-up with your Keralam consultant. Seek urgent medical help in your home country if you have any of these after surgery or a long flight:

- Pain, swelling, warmth or redness in one leg or calf
- Sudden shortness of breath, chest pain or coughing blood
- Fever , chills, or a wound that is red, swollen, leaking or smells
- Severe pain that is getting worse, or sudden loss of movement or feeling.

For life-threatening symptoms, call your local emergency number (000 in Australia) straight away and tell the team where your surgery took place. Then let your Keralam consultant and Healuxe Global know so records can be shared quickly.

Because national health schemes (such as Medicare in Australia) may not cover complications of overseas treatment, check your insurance cover and keep all receipts.

AYURVEDA AND WELLNESS PROGRAMS

Kerala is known for Ayurveda, a traditional system of medicine, and many visitors combine a program with their treatment trip or take one on its own. Ayurveda is used by some people for stress relief and general wellbeing, but it may not suit every condition and its effectiveness varies.

Programs Healuxe Global can help you explore include:

- Panchakarma detox programs
- Stress and burnout recovery programs
- Ayurvedic rehabilitation after surgery
- Nutrition, meditation and yoga integration

Before you book:

- Discuss it with your GP or specialist, especially if you take regular medication, are pregnant or have recently had surgery .
- Do not start an Ayurvedic program straight after surgery without your surgeon's approval.
- Ask which practitioner will supervise you, and what qualifications they hold.
- Ask for a full list of any herbal products, and check them against your medicines.
- Treat Ayurveda as a complement to medical care, not a replacement for it.

YOUR NEXT STEP: A FREE 20-MINUTE DISCOVERY CALL

Book a call to ask questions, share your situation and request a written quote. There is no obligation, and you can stop at any point.

- **Website:** www.healuxeglobal.com.au
- **Email:** contact@healuxeglobal.com.au
- **Phone / WhatsApp:** +61 488 715 707
- **Location:** Melbourne, Australia
- **Support hours:** 9am to 5:30pm, Melbourne time

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Important information. This guide is general information only and is not medical, legal or financial advice. Healuxe Global does not provide clinical care, diagnosis or treatment, and does not guarantee any outcome. All treatment decisions are made by you and your treating healthcare providers.

Costs shown are indicative and may change; confirm all prices, visa rules, insurance cover and travel requirements before you book. Always speak with your GP or specialist before deciding on treatment overseas.