



CARDIOVASCULAR REHAB PROGRAM

The heart is an important organ as its main function is to keep the blood that is full of oxygen circulating throughout the body along with delivering nutrients to the cells and removing waste products. Because the heart is crucial to survival, it is important to keep it healthy with a well-balanced lifestyle and avoid things that can damage it. If, however, for some reason like a heart attack or cardiac failure, it gets damaged, it has to undergo procedures like stenting or a bypass to get better and requires definite aftercare, which is called cardiovascular rehabilitation. This program is designed to help you improve your health and help you recover from a heart attack and other forms of heart disease.

The key benefits of the Cardiovascular Rehab Program:

The Cardiovascular Rehab Program cannot change your past, but it can help you improve your heart's future. The program aims at giving holistic and personalized support to help patients get back on their feet and move towards normalcy. The key benefits of this program are:

- **Customized nutritional plans from experts:** Get customized nutritional plans to help you make necessary changes or enhancements in your diet, habits, and lifestyle that help support your heart health.
- **Access to our integrative team that specializes in cardiac care:** Benefit from a holistic and integrative approach used by our team of cardiac care experts ranging from clinical dietitians, nutritionists, and lifestyle coaches.

- **Addressing the root cause and making lifestyle a part of their new routine:** Find the root cause of the cardiac event and introduce a new lifestyle to build holistic health using the four pillars of health.
- **Invitation to an exclusive webinar with Luke:** Get invited to a personalized webinar where you can learn how practicing a few techniques can improve your health.
- **Ensuring sustainability of healthy changes and habits through regular follow-ups and check-ins:** Get constant handholding, coaching, and follow-ups to understand the patients progress, challenges, and scope of further improvement.
- **Improving cardiac efficiency and strength and reducing symptoms:** Get guidance on various lifestyle practices that can help improve heart health, build strength gradually, and enable you to live a healthy and normal lifestyle.
- **Enabling a smooth recovery post the cardiac event:** Receive guidance on post-surgery recovery, handling the prescribed medicines the right way with minimum side effects and slowly getting back on your feet one day at a time.

Price and Package options for the Cardiovascular Rehab Program

We offer two packages for the benefit of our clients. Both packages include all key benefits and features listed above. The assigned team and the variations listed here are the only differentiating factors.

Cardiovascular Rehab Program with Luke's Senior Team

Program Description:

- Our integrative team of senior nutritionists, clinical dietitians, and lifestyle coaches create a customized plan for you after studying your lifestyle, medical history, medical reports, and your health goals.
- Customized food plans are created taking into consideration your work timings, travel plans, availability of ingredients, allergies, and so on.
- Regular detox plans are shared as required to help support your body's repair mechanisms, thus steering you in the direction of good health.
- Your coaching revolves around the four pillars of health that Luke strongly advocates: quality sleep, balanced nutrition, emotional detox, and adequate exercise.
- Once your program ends, a one-time maintenance guideline document created by Luke and your senior nutritionist is shared with you, which will help you continue on your journey to good health.

Please note that this is an online program and is open to participation from anyone globally.

- Online chat support is available from Monday to Friday, 9 a.m. to 7 p.m.
- Different time zones other than Indian Standard Time will be handled accordingly.
- The assigned team's responses will be based on their appointments, hospital rounds, calls, and meetings. They will respond at the earliest.
- The team is off on weekends and on public holidays. In case of an emergency, feel free to contact us.

Package Variations:

- Your case, progress, and way forward are reviewed and discussed with Luke every five days.

- One video call is scheduled at the start of the program with you and a senior nutritionist assigned to you followed by voice calls every week.
- You are added to an online chat group created to guide and coach you during the program. This group consists of your senior nutritionist, dietitian, or lifestyle coach, and a quality control team.

Total Program Cost

3 months: ₹112000 (inclusive of taxes)

6 months: ₹201000 (inclusive of taxes)

12 months: ₹358000 (inclusive of taxes)

USD rates are applicable to anyone residing out of India.

3 months: \$1450

6 months: \$2600

12 months: \$4600

Cardiovascular Rehab Program with Luke's Team

Program Description:

- Our integrative team of nutritionists, clinical dietitians, and lifestyle coaches create a customized plan for you after studying your lifestyle, personal details, blood reports, and your health goals.
- Regular detox plans are shared as required to help support your body's repair mechanisms, thus steering you in the direction of good health.
- Customized food plans are created taking into consideration your work timings, travel plans, availability of ingredients, allergies, and so on.
- Your coaching revolves around the four pillars of health that Luke strongly advocates: quality sleep, balanced nutrition, emotional detox, and adequate exercise.
- Once your program ends, a one-time maintenance guideline document created by Luke and your

nutritionist is shared with you, which will help you continue on your journey to good health.

Please note that this is an online program and is open to participation from anyone globally.

- Online chat support is available from Monday to Friday, 9 a.m. to 7 p.m.
- Different time zones other than Indian Standard Time will be handled accordingly.
- The assigned team's responses will be based on their appointments, hospital rounds, calls, and meetings. They will respond at the earliest.
- The team is off on weekends and on public holidays. In case of an emergency, feel free to contact us.

Package Variations

- Your case, progress, and way forward are reviewed and discussed with a head nutritionist every five days.
- One video call is scheduled at the start of the program with you and a nutritionist assigned to you, followed by voice calls every alternate week.
- You are added to an online chat group created to guide and coach you during the program. This group consists of your nutritionist, dietitian, or lifestyle coach, and a quality control team.

Total Program Cost

- 3 months: ₹68000 (inclusive of taxes)
- 6 months: ₹122000 (inclusive of taxes)
- 12 months: ₹217000 (inclusive of taxes)

USD rates are applicable to anyone residing out of India.

- 3 months: \$875
- 6 months: \$1575
- 12 months: \$2800

