



CARDIOVASCULAR REHAB PROGRAM

The heart is an important organ as its main function is to keep blood that's 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's important to keep it healthy with a well-balanced lifestyle and avoid things that can damage it. Whether you are looking at managing an existing cardiovascular condition, have undergone a heart attack or cardiac failure, procedures like stenting or a bypass, or are simply looking at managing symptoms like high blood pressure and triglycerides for prevention, our Cardiovascular Rehab Program helps you find a way.

The key benefits of the Cardiovascular Rehab Program:

The Cardiovascular Rehab program aims to give complete holistic and personalized support to improve your heart's present and future health. The key benefits of this program are:

- **Personalized nutritional plans from experts:** Get personalized 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 your cardiac issues and

related comorbidities and introduce a new lifestyle to build holistic health using the five 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:** Constant hand holding, coaching, and follow-ups to understand your progress, challenges, and scope of further improvement.
- **Improve cardiac health and address risk factors:** Get guidance on various lifestyle practices that can help improve heart health and enable you to live a healthy and normal lifestyle ahead.
- **Focus on prevention and recovery:** Receive guidance on prevention and post-surgery recovery (if any), handling the prescribed medicines the right way with minimum side effects.

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 personalized plan for you after studying your lifestyle, medical history, medical reports, and your health goals.
- Personalized 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 five pillars of health that Luke strongly advocates: cellular nutrition, adequate exercise, quality sleep, emotional wellness, and reconnecting with the spirit.
- 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 personalized 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.
- Personalized food plans are created taking into consideration your work timings, travel plans, availability of ingredients, allergies, and so on.
- Your coaching revolves around the five pillars of health that Luke strongly advocates: cellular nutrition, adequate exercise, quality sleep, emotional wellness, and reconnecting with the spirit.
- 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

