



PREGNANCY CARE PROGRAM

A specialized and tailored program that carries a holistic and 360-degree approach towards pregnancy – a life-changing event in a woman’s life. The program aims at giving the mother-to-be personalized care and support and the healthiest possible experience throughout the pregnancy. The program focuses on not just nutrition and superfoods, but also critical aspects like bonding between mother and child, coping mechanisms to combat stress and fear, and guiding the expecting mother about the right kinds of exercise and movement, emotional health, and guidance on managing sleep.

An expecting mother can join the program during any stage (trimester) of her pregnancy. The plan will be customized according to the mother and the baby’s requirements during that stage. In case, the delivery date falls within the program duration, the plan will also focus on postnatal care like lactation and breastfeeding.

The key benefits of the Pregnancy Care Program:

This program focuses on critical aspects like dietary changes, exercise, and physical activity among others to help make this sensitive phase of your life easy, stress free, and joyful. The key benefits of this program are to:

- **Obtain guidance from an integrative team of experts for a holistic pregnancy:** Benefit from our team of pregnancy care experts to identify and fulfil individual needs of our expectant mothers in terms of health and lifestyle.

- **Manage common pregnancy symptoms and challenges:** Handle pregnancy symptoms holistically depending on the case and trimester.
- **Address the psychological and physiological changes during pregnancy:** Handle various changes a woman's body and mind go through with effective remedies.
- **Manage and prevent pregnancy complications:** Prevent or control complications like gestational diabetes, preeclampsia, thyroid disorders, anemia, and obesity.
- **Prepare for a healthy delivery and healthy baby:** Build strength to prepare the body for a healthy delivery as well as improve the physical and mental development of the child for years to come.
- **Gain access to a specially customized pregnancy handbook:** A special handbook that has pregnancy myths and facts, guidance to prepare the mind and body for birth, exercise do's and don'ts, prenatal activities, garbha sanskar, and other vital information provided to all expectant mothers.
- **Acquire emotional assistance from an expert:** An emotional counsellor is available to help equip the mother-to-be to have a positive and healthy pregnancy.

Price and Package options for the Pregnancy Care Program:

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

Pregnancy Care Program with Luke

Program Description:

- Our integrative team of senior nutritionists, clinical dietitians, and lifestyle coaches create a customized plan for you after studying your medical history, medical reports, and your health goals.
- Your coaching revolves around the four pillars of health that Luke strongly advocates: quality sleep, balanced nutrition, emotional detox, and adequate exercise.
- Customized food plans are created by taking into consideration your condition, trimester, body's requirements, work timings, travel plans, availability of ingredients, allergies, and so on.
- 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 based on which phase of pregnancy you are in.

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.

- One call is scheduled with a lactation consultant during the program.
- One call is scheduled with Charmi Gala (Head of our Pregnancy Vertical) during the program.
- One video call is scheduled with an emotional counsellor within the first month of the program.
- 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: ₹120000 (inclusive of taxes)

6 months: ₹216000 (inclusive of taxes)

9 months: ₹305000 (inclusive of taxes)

12 months: ₹384000 (inclusive of taxes)

USD rates are applicable to anyone residing out of India.

3 months: \$1550

6 months: \$2800

9 months: \$3950

12 months: \$4950

Pregnancy Care 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 medical history, medical reports, and health goals.
- Your coaching revolves around the four pillars of health that Luke strongly advocates: quality sleep, balanced nutrition, emotional detox, and adequate exercise.
- Customized food plans are created by taking into consideration your condition, trimester, body's requirement, work timings, travel plans, availability of

ingredients, allergies, and so on.

- Once your program ends, a one-time maintenance guidedocument created by Luke and your nutritionist is shared with you, which will help you continue on your journey based on which phase of pregnancy you are in.

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.
- One call is scheduled with a lactation consultant during the program.
- One call is scheduled with Charmi Gala (Head of the Pregnancy Vertical) during the program.
- One video call is scheduled with an emotional counsellor within the first month of the program.
- 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: ₹75000 (inclusive of taxes)
6 months: ₹135000 (inclusive of taxes)
9 months: ₹190000 (inclusive of taxes)
12 months: ₹240000 (inclusive of taxes)

USD rates are applicable to anyone residing out of India.

3 months: \$950
6 months: \$1700
9 months: \$2400
12 months: \$3000

