



## PREVENTIVE CARE PROGRAMS

The impact of COVID 19 can be felt in every sphere of life, but nowhere more than in healthcare. If there is one thing that the world has learnt from the pandemic, it is that **prevention is better than cure**. No amount of money and status can take away the suffering and pain that comes with a disease.

Through our Preventive Care Programs, we guide you to take the right proactive steps towards your health NOW, before you get sick. These programs are designed in a way to benefit everyone, no matter how young or old you are.

The human body has an amazing mechanism of fixing things by itself. If there is a problem in the body, it works towards handling and overcoming it. You must therefore invest in this flawless system, so it can do its job effectively and that's where the scope of this program comes in.

**The key benefits of the Preventive Care Programs:** These programs are designed towards your preventive wellness and healthcare and adopting a lifestyle that can prevent and manage future sickness, narrowing morbidity, especially if you are genetically predisposed to it.

- **Get individualized attention by our team of professionals:** Receive personalized guidance from our integrative experts.
- **Practice the four-pronged approach:** Focus on the four pillars to health: balanced nutrition, adequate exercise, quality sleep, and emotional well-being.

- **Identify your risk factors and red flags:** Become aware and address your risk factors to make your prevention plan effective.
- **Review your family history through a proper diagnosis:** Get an understanding of your family history and genetic predisposition.
- **Address early warning signs:** Identify and address earlywarning signs before they become alarming signs.
- **Identify and prevent diseases:** Address and avoid thepossible onset of a health condition at an early stage.
- **Discover a new preventive lifestyle:** Adopt a new and improved lifestyle that can keep you healthy for years to come.
- **Get invited to an exclusive webinar with Luke:** Receivean invitation to a personalized webinar where Luke talks about specific disorders and learn how practicing a few techniques can improve your health.

## Price and Package for the Preventive Care Programs 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, medical history, medical reports, family history, risk factors, and your health goals.
- Two customized food plans are created over a span of one month 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

1 month: ₹10000 (Inclusive of taxes)

USD rates are applicable to anyone residing out of India.

1 month: \$130

