



WELLNESS PROGRAM

Achieve your health goals that are sustainable with customized health care plans created by our integrative team of healthcare professionals, with a focus on addressing the root cause to prevent and manage a variety of diseases and lifestyle conditions.

The key benefits of the Wellness Program:

This program is designed to instill a deeper sense of well-being and health. The key benefits of this program are:

- **Personal attention by professionals:** Benefit from a holistic and an integrative approach used by our team of experts ranging from clinical dietitians, nutritionists, lifestyle coaches, and doctors.
- **Four-pronged approach:** Focus on the four pillars of health: balanced nutrition, adequate exercise, quality sleep, and emotional well-being.
- **Addressing the root cause and not suppressing symptoms:** Identify and address the condition right from its root and not just symptomatically.
- **Consistent reporting and updates:** Review the progress and discuss challenges week on week.
- **Effort to create a new attitude and sense of self:** Improve the quality of your life and sense of well-being.

- **Inculcating new habits and a healthy lifestyle:** Learn ways to mindfully manage your lifestyle in spite of your routine and busy schedule.
- **Invitation to an exclusive webinar with Luke:** Get invited to a personalized webinar where Luke talks about specific disorders and learn how practicing a few techniques can improve your health.

Price and Package options for the Wellness 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.

Wellness 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
6 months: ₹ 201000
12 months: ₹ 358000

USD rates are applicable to anyone residing out of India.

3 months: \$1450
6 months: \$2600
12 months: \$4600

Wellness 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, medical history, medical 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

