



EXECUTIVE WELLNESS PROGRAM WITH LUKE

Our fully customizable and elite Executive Wellness Program will help support your health and carve out a perfect lifestyle that suits you, your body, and your schedule, while you go about accomplishing what you set out to do. This program enables and empowers you to develop healthy lifestyle habits that ultimately transform your life – both personally and professionally. Let's achieve success and enjoy it too – because what's the point of achieving success at the cost of our own health?

The key benefits of the Executive Wellness Program with Luke:

This program is designed for elite working professionals who struggle to find a balance between work and maintaining a healthy lifestyle. Through this program, our integrative team will design personalized plans for you, so that you can reach great heights professionally while achieving your health goals too. The key benefits of this particular program are:

- **Personal review call with Luke:** Share your progress, challenges, feedback, and get Luke's expert views and comments on your case. Face-to-face or video consults with the nutritionist and the doctor. Review your progress and plan the way forward.
- **Customized travel guidelines:** Acquire personal guidance on best meal choices, travel-friendly workouts, overcoming jet lag, sleep and stress management tips.
- **Focus on the four pillars of health:** Focus on the four pillars of health: balanced nutrition, adequate exercise, quality sleep, and emotional well-being to build holistic health.
- **Emotional counselling:** Discover your new self by focusing on a positive attitude, visualizing and affirming success, and getting your mind in the right frame with the help of our emotional counselling vertical.
- **Farm to table:** Connect with our farmers and vendors who are a part of our ecosystem, so they can deliver quality food and all your grocery requirements to your doorstep.
- **Train your chef:** Upskill your chef with the right cooking methods, ingredients, and other culinary aspects to keep in mind while preparing your meals and snacks, so that you have clean, nutritious, and well-balanced meals to eat every day.
- **Join 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.



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Program Description:

- Enrolment to this program is based on your case or goals, which will be studied by our team.
- All food plans and lifestyle plans shared with you during this program are exclusively designed and modified by our integrative team of head nutritionists, clinical dietitians, and senior doctors.
- The head nutritionist assigned to you will coach you and assist you with your queries and ensure timely solutions. They will also be your main point of contact during the program.

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.
- Face-to-face consultations on this program would be limited to clients in Mumbai. Clients outside of Mumbai would need to manage travel for the consults on their own expense, if needed.
- 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 Features:

The program includes four aspects that will be covered through your journey with us:

- 1) Face-to-face consults
 - The program starts with a 45 minute consultation either face-to-face or video consult with Luke, along with his head nutritionist and the senior doctor.
 - Post the first consult, there will be a face-to-face or video consult with Luke, which is scheduled every three months.
 - In addition, there will also be a face-to-face or video consult with our head nutritionist and a senior doctor every two months.
- 2) Online consults with our team of experts
 - Weekly voice calls will be scheduled with you and a head nutritionist assigned to you.
 - One monthly call with a senior doctor will be scheduled during the program at a time of your choice.
 - One monthly call with a homeopathic doctor will be scheduled at a time of your choice.
 - One monthly call with an emotional counsellor will be scheduled at a time of your choice.
 - A monthly call with the meal planning analyst is scheduled with the chef or cook in charge.
- 3) Customized food and travel plans after Luke's approval
 - Your case, progress, food plans, and the way forward is reviewed by Luke and our team of experts every five days.
- 4) A personalized coaching group for your daily access
 - You are added to an online chat group created to guide and coach you during the program.
 - This group will consist of Luke, a head nutritionist, a senior doctor, and a team of experts.



Total Program Cost:

To enquire more about the program and program cost, please contact our team.

Email: info@lukecoutho.com

Call: 1800 102 0253 (toll free)

