



## PREDIABETES AND DIABETES CARE PROGRAM

Diabetes today is identified as the global killer that plagues millions of people across the globe and from all age groups. Most people are made to believe that diabetic medications are for a lifetime. However, the immense success in handling thousands of diabetic cases in the past couple of years has made us believe otherwise. Yes, there are genuine cases especially type 1, where medicines may be required lifelong. But with effective lifestyle management strategies, it can be managed well with the scope of reducing medicine dosages.

Type 2 diabetes on the other hand is not a disease, but a lifestyle disorder and a dietary illness. This means that the kind of lifestyle you live and dietary habits you follow play a huge role in how you manage it.

Whether you are or are not on medications, our Diabetes Care Program aims at managing your condition by addressing the root cause of your condition and making every single lifestyle change possible to repair your organs and body, so that you can reduce dosages and eventually your doctor has no choice but to stop your medication.

Contrary to the standard approach of only focusing on the blood sugar levels, we believe that a successful approach towards diabetes management needs much more than that. Understanding that diabetes is an inflammatory condition, the

Prediabetes and Diabetes Care Program’s approach dives deep into the health of pancreas at the cellular level, with a team of nutritionists, lifestyle coaches, doctors, clinical dietitians, yoga experts working in an integrative manner working on successfully improving deficiencies, digestive health, inflammatory levels and a lot more.

As for prediabetes, a huge chunk of diabetic population falls under this category. However, the good news is that reversing prediabetes is possible—with simple lifestyle changes you can prevent it from progressing to type 2 diabetes. Earlier the intervention, better the changes of overcoming it, so make the lifestyle shift now and start on the road to reversing prediabetes and improving your overall health.

**Please Note: This program includes Prediabetes, Type 1 diabetes and Type 2 diabetes. As we have an integrated approach, if need be our doctors do encourage use of medicines as and when indicated. In case someone is pregnant and has gestational diabetes, her condition will be addressed under the Pregnancy Care Program.**

**The key benefits of the Prediabetes and Diabetes Care Program:**

This program is designed to improve, managed and possibly reverse diabetes, especially Prediabetes and Type 2 diabetes.

- **Immense effectiveness of a four-pronged approach:** Get guidance on the four pillars of lifestyle: balanced nutrition, adequate exercise, quality sleep, and emotional well-being to manage your condition.
- **Personalized guidance from our integrative team of experts:** Benefit from a holistic approach used by our integrative team of experts ranging from clinical dietitians, nutritionists, yoga experts and doctors.

- **Address the root cause and not just suppressing the symptoms:** Get your condition managed and possibly reversed right from its roots for a successful long-term management.
- **Get personalized nutritional guidance:** Receive tailor-made guidance on nutrition, diabetic superfoods, understand food myths and common fears around nutrition and other beneficial dietary approaches that can help manage your condition better.
- **Diabetic symptoms and prevent complications managed in a better way:** Receive guidance on managing diabetic symptoms (neuropathy, frequent urination, low immunity, reduced energy levels, and more), prevent acute and chronic complications like kidney damage along with a parallel focus on managing side effects of medications.
- **Management of co-morbid conditions:** Manage co-morbid conditions associated with diabetes like high cholesterol levels, high triglycerides, increased urinary tract infections or increased blood pressure levels.
- **Yogic practices from experts:** Learn and practice yoga asanas and pranayama that are especially designed to help alleviate your condition
- **Consistent reporting and updating:** Receive constant hand holding by your nutritionist along with review of the blood reports by the doctor.
- **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 Prediabetes and Diabetes Care 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.

## Prediabetes and Diabetes Care Program with Luke

### Program Description:

- Our integrative team of senior nutritionists, clinical dietitians, and senior doctors 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 is reviewed and discussed with Luke every five days.
- The program starts with a video consultation with Dr. Akshat Chadha (Head of Medical Vertical).
- One video call is then scheduled at the start of the program with you and a senior nutritionist assigned to you followed by voice calls every week.
- One voice call with Luke anytime during the program (to be booked two weeks in advance).
- Two voice calls are scheduled with Dr. Akshat Chadha during the program.
- One-on-one video call is scheduled every alternate week with a yoga expert.
- You are added to an online chat group created to guide and coach you during the program. This group consists of your senior nutritionist or dietitian and a quality control team.

### Total Program Cost

3 months: ₹141600 (inclusive of taxes)

6 months: ₹259600 (inclusive of taxes)

12 months: ₹472000 (inclusive of taxes)

USD rates are applicable to anyone residing out of India.

3 months: \$1700

6 months: \$3150

12 months: \$5700

## Prediabetes and Diabetes Care Program with Luke's Team

### Program Description

- Our integrative team of nutritionists, clinical dietitians, and doctors 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 is reviewed and discussed with a head nutritionist every five days.
- The program starts with a video consultation with Dr Akshat Chadha (Head of Medical Vertical).
- One video call is then scheduled at the start of the program with you and the nutritionist assigned to you followed by voice calls every alternate week.
- Two voice calls are scheduled with an assigned doctor.
- One-on-one video calls are scheduled every alternate week with a yoga expert.
- 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 our quality control team.

## Total Program Cost

- 3 months: ₹82600 (inclusive of taxes)
- 6 months: ₹147500 (inclusive of taxes)
- 12 months: ₹265500 (inclusive of taxes)

USD rates are applicable to anyone residing out of India.

- 3 months: \$1000
- 6 months: \$1800
- 12 months: \$3200

