



SENIOR CARE PROGRAM

Ageing is an inevitable process, but through this program we help make this a beautiful and graceful journey for you. The Senior Care program is designed to provide the necessary all round support and handhold senior citizens especially those staying alone. To prevent age-related degenerative conditions related to joints, gut, vision, skin, cognitive abilities, depression, balance, dental health, and hair health.

The program takes a 360 degree preventative approach using balanced nutrition, activity and movement, emotional stress management and quality sleep to boost immunity, prevent chances of common infections and diseases that are age related and uplift their overall sense of well-being.

The elderly need to be cared for sufficiently in their old age. If you are senior citizen or have a loved one who is a senior citizen, then this program is for you. We look forward to partnering with you towards aging gracefully.

The program is specifically designed for our senior citizens who are 60 years and above and addresses no medical conditions. In case of any existing health condition, we encourage you to join our Wellness, Cancer Care, Kidney Care program accordingly.

The key benefits of the Senior Care Program:

This program is designed support senior citizens with their health and lifestyle. The key benefits of this particular program are:

- **Bi-weekly reports sent to the clients children/caretaker:** A detailed bi-weekly report is sent across via email to the clients children or caretakers to review the clients progress, areas of improvement and focus for the following two weeks.
- **Addressing age-related degenerative conditions:** The program focuses on preventing or delaying health conditions among the elderly to improve quality of life and the overall sense of well-being.
- **Emotional Counselling:** Discover your new self by focusing on a positive attitude, visualizing and affirming good health, and getting your emotional concerns addressed with the help of our emotional counselling vertical.
- **Farm to table:** Connect with our farmers and vendors who are a part of our ecosystem with the help of our vendor list, so they can deliver quality food and all your grocery requirements to your doorstep.
- **Heartfulness meditation (at home or online):** A special meditation session with Heartfulness organisation will be set up either at home or online based on clients convenience and the meditator availability.
- **Introducing specific lifestyle practices for their health, immunity and longevity:** Guidance on specific lifestyle tools that can help improve quality of life like fasting, sunbathing, making a vision board, senior citizen friendly activities to maintain muscle strength and prevent bone loss.
- **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 Senior 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.

Senior Care Program with Luke

Program Description:

- Our integrative team of senior nutritionists, clinical dietitians, lifestyle coaches, and senior doctors create a customized plan for you after studying your lifestyle, medical history, medical reports, and 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 programs 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

- 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.
- 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.
- Two calls are scheduled with a senior doctor, one at the start of the program and one scheduled at a time of your choice.
- One 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: ₹106200 (Inclusive of taxes)

6 months: ₹188800 (Inclusive of taxes)

12 months: ₹342200 (Inclusive of taxes)

USD rates are applicable to anyone residing out of India.

3 months: \$1350

6 months: \$2400

12 months: \$4350



Senior Care Program with Luke's Team

Program Description:

- Our integrative team of nutritionists, clinical dietitians, lifestyle coaches, and 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 programs 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.
- 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 doctor, during the program.
- One 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: ₹64900 (Inclusive of taxes)
6 months: ₹118000 (Inclusive of taxes)
12 months: ₹224200 (Inclusive of taxes)

USD rates are applicable to anyone residing out of India.

3 months: \$825
6 months: \$1500
12 months: \$2850

