



# PRIME HEALTH

## Care Plan

PREVENT DIABETES & LIVE WITH A HEALTHY HEART

**YOU CAN DO IT!**

### Know your eligibility

- Significant modifiable Cardiovascular Risk (CV) present without Cardiovascular Disease (CVD) / Diabetes Mellitus (DM)  
(e.g. LDL-C  $\geq$  160, TG  $\geq$  500)
- HbA1c = 5.7-6.4, and without DM

\*Treating doctor will recommend an appropriate Care Plan to the eligible individuals (along with necessary remarks, if any)

**HCL**

**HCL HEALTHCARE**



# HEALTH TRANSFORMATION PROGRAM

TIME LINE		SERVICES OFFERED
MONTHLY	WEEKLY	
Month 1	Week 1	Vitals (Blood pressure, Heart rate, Temperature, Oxygen Saturation) + Anthropometry (Body Measurements) + General Physician (GP) Doctor Consult + Dietician Consult + <b>₹ 500</b> Medicine Voucher*
	Week 2	Dietician Consult + Online Fitness sessions
	Week 4	Dietician Consult + Online Fitness sessions
Month 2	Week 6	Dietician Consult + Online Fitness sessions
	Week 8	Vitals + Anthropometry + GP Doctor Consult + Dietician Consult + Online Fitness sessions
Month 3	Week 10	Dietician Consult + Online Fitness sessions
	Week 12	Dietician Consult + Online Fitness sessions
Month 4	Week 14	Dietician Consult + Online Fitness sessions
	Week 15	Exit Tests : Lipid Profile + HbA1c (test for blood sugar) + Fasting Blood Sugar (FBS) <b>₹ 500</b> Medicine Voucher**
	Week 16	Vitals + Anthropometry + BCA + GP Doctor Consult + Dietician Consult + Online Fitness sessions

Flexi Budget **₹1500** /- (Covers - USG, Echo, ECG, TMT, X-Ray, Vibrometry, Retinoscopy, Pathology Tests and Specialist Consults as recommended by treating doctor)

\*On completion of Doctor Consult

\*\* On completion of Exit Tests

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