



# SUPREME HEALTH Care Plan

**MANAGE DIABETES & CARDIOVASCULAR DISEASE**

## SET AN EXAMPLE!

### Know your eligibility

- Presence of Cardiovascular Disease, which includes Coronary Artery Disease (CAD), Cerebrovascular Accident (CVA), Hypertension (HTN) on medication, etc. by medical history, examination, and/or reports
- Presence of Diabetes Mellitus

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

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# HEALTH TRANSFORMATION PROGRAM

TIME LINE		SERVICES OFFERED
MONTHLY	WEEKLY	
Month 1	Week 1	Vitals (Blood pressure, Heart rate, Temperature, Oxygen Saturation) + Anthropometry (Body Measurements) + Internal Medicine (IM) Doctor Consult + Dietician Consult + Psychologist Consult* + ₹ 1000 Medicine Voucher**
	Week 2	Dietician Consult + Online Fitness sessions
	Week 4	Dietician Consult + Online Fitness sessions
Month 2	Week 6	Progress Assessment Tests: HbA1c (test for blood sugar) + Lipid Profile + Fasting Blood Sugar (FBS) + Dietician Consult + Online Fitness sessions
	Week 7	Vitals + Anthropometry + IM Doctor Consult
	Week 8	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) ₹ 1000 Medicine Voucher***
	Week 16	Vitals + Anthropometry + BCA + IM Doctor Consult + Dietician Consult + Online Fitness sessions

Flexi Budget ₹ 2000 /- (Covers - USG, Echo, ECG, TMT, X-Ray, Vibrometry, Retinoscopy, Pathology Tests and Specialist Consults as recommended by treating doctor)

\*Further follow-ups based on Psychologist's assessment & advice

\*\*On completion of Doctor Consult

\*\*\* On completion of Exit Tests

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