



EXPECTED RESULTS

- ✓ Lose 3-5% body weight
- ✓ Reduce risk of type 2 diabetes by upto 60%
- ✓ Improve insulin sensitivity and lower need for diabetes medications
- ✓ Reduce blood pressure by up to 6mmHg systolic
- ✓ Lower risk of heart disease and stroke by up to 21%
- ✓ Improve cholesterol profile (triglycerides, HDL)
- ✓ Reverse or manage metabolic syndrome components
- ✓ Boost energy, reduce inflammation, and support mental wellbeing

Swastha

**TOTAL
TRANSFORM 90**
90-Day Fully Digital Journey
from Weight Loss to Wellness

WHAT YOU GET

-  **Weekly Customised Diet Plans**
Adjusted based on your progress
-  **1:1 Dietitian Coaching (Weekly)**
Expert guidance to keep you on track
-  **6 Physician Consults**
Initial assessment + biweekly reviews
-  **2 Psychologist Consults**
Mind-body support for sustainable change
-  **Lifestyle Playbook**
Weekly grocery, supplement & habit-building tips
-  **Weekly Workout Videos**
Curated by expert physiotherapists
-  **Daily WhatsApp Support
(Mon-Sat, 9 AM-8 PM)**
Get check-ins, education, reminders & motivation

INR 13,500

 Jubilee Hills, Hyderabad

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Swastha

CORE 30

30-Day Fully Digital Program to
Reset, Refuel, and Revive,



WHAT YOU GET



Personalized Diet Plan

Tailored weekly to your progress



Weekly Dietitian Sessions

Expert guidance to keep you on track



2 Doctor Consults

Full health check + review at Week 2



Supplement Guide

Weekly curated tips



Weekly Exercise Protocols

Designed by expert physiotherapists



Daily WhatsApp Access (Mon-Sat, 9 AM-8 PM)

Direct line to your coach

EXPECTED RESULTS

- ✓ More defined muscles and firmer body tone
- ✓ Improved insulin sensitivity & lower diabetes risk
- ✓ Mild reduction in blood pressure and cholesterol
- ✓ Reduced bloating & inflammation
- ✓ Better energy, mobility, and joint comfort
- ✓ Enhanced sleep quality and overall metabolic health
- ✓ Boosted confidence and motivation to continue

INR 5,000

