

PLANS
START AT
₹ 60/-
DAY

TRY THE NO-STRESS SCIENCE OF DIABETES MANAGEMENT!

With Fitterfly Diabetes Care: A **6-month** expert-led Diabetes care program with **self blood glucose monitoring**



AWARD-WINNING TECHNOLOGY



RECOMMENDED BY DOCTORS



20000+ HAPPY MEMBERS

Funded by



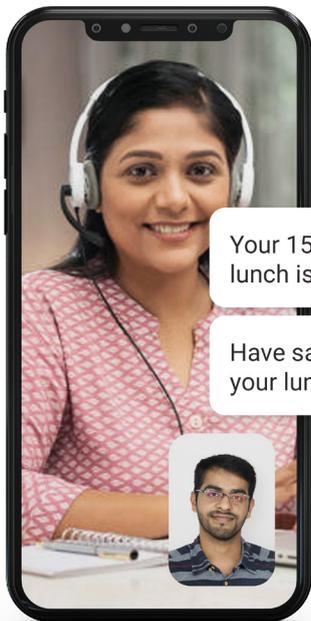
022-48971077

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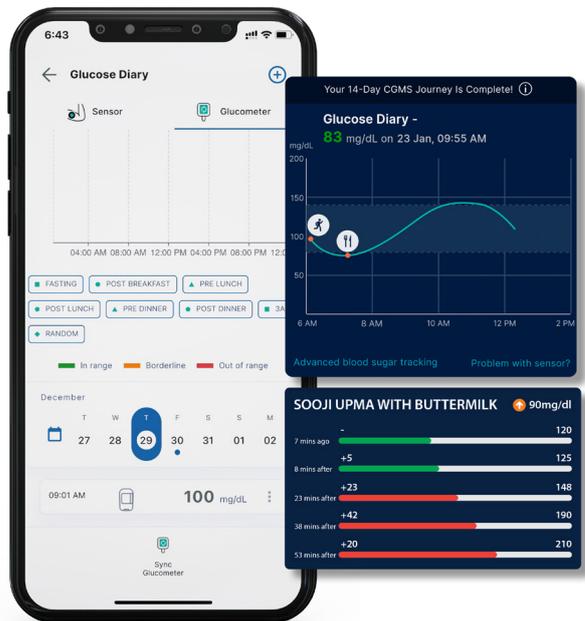
*T&C apply

ALL THAT YOU EVER NEED TO PREVENT, MANAGE OR REVERSE DIABETES



Your 15 min walk post lunch is working!

Have salad 15 min before your lunch and dinner

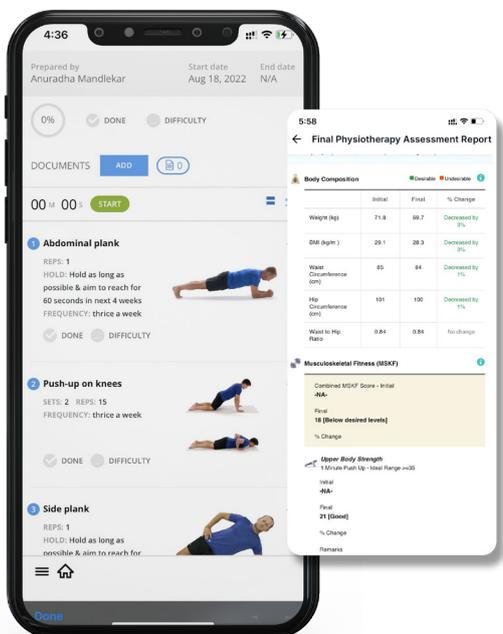


Get results with small steps

Build habits that you can follow for life with expert guidance.

Relive the joy of eating

See the effects of foods on your blood sugar levels, make small and smart adjustments.



Exercise effectively

Get uniquely designed exercise plans that increase your body's sugar burning capabilities.

Beat stress, sleep better

Get expert guidance to manage stress and improve sleep quality with proven techniques.

WITH THE 6-MONTH PROGRAM, YOU GET

Inclusions	Worth
Advanced nutrition report covering 10+ nutrients	₹ 849
5 Personalised diabetes diet plans	₹ 2500
5 consultations with a Success coach (to manage stress, sleep and motivation)	₹ 2500
15 consultations with a Nutrition coach	₹ 7500
7 consultations with a Physio coach	₹ 3500
Smart & engaging diabetes educational modules	Complimentary
App access & unlimited chat support for 6 months	₹ 2000
Actual Program Cost	₹ 18,849
Exclusive Discounted Price	₹ 10,799

PROGRAM BENEFITS



Reduce diabetes medicines



Achieve best blood sugar control



Improve overall physical fitness & mental wellness



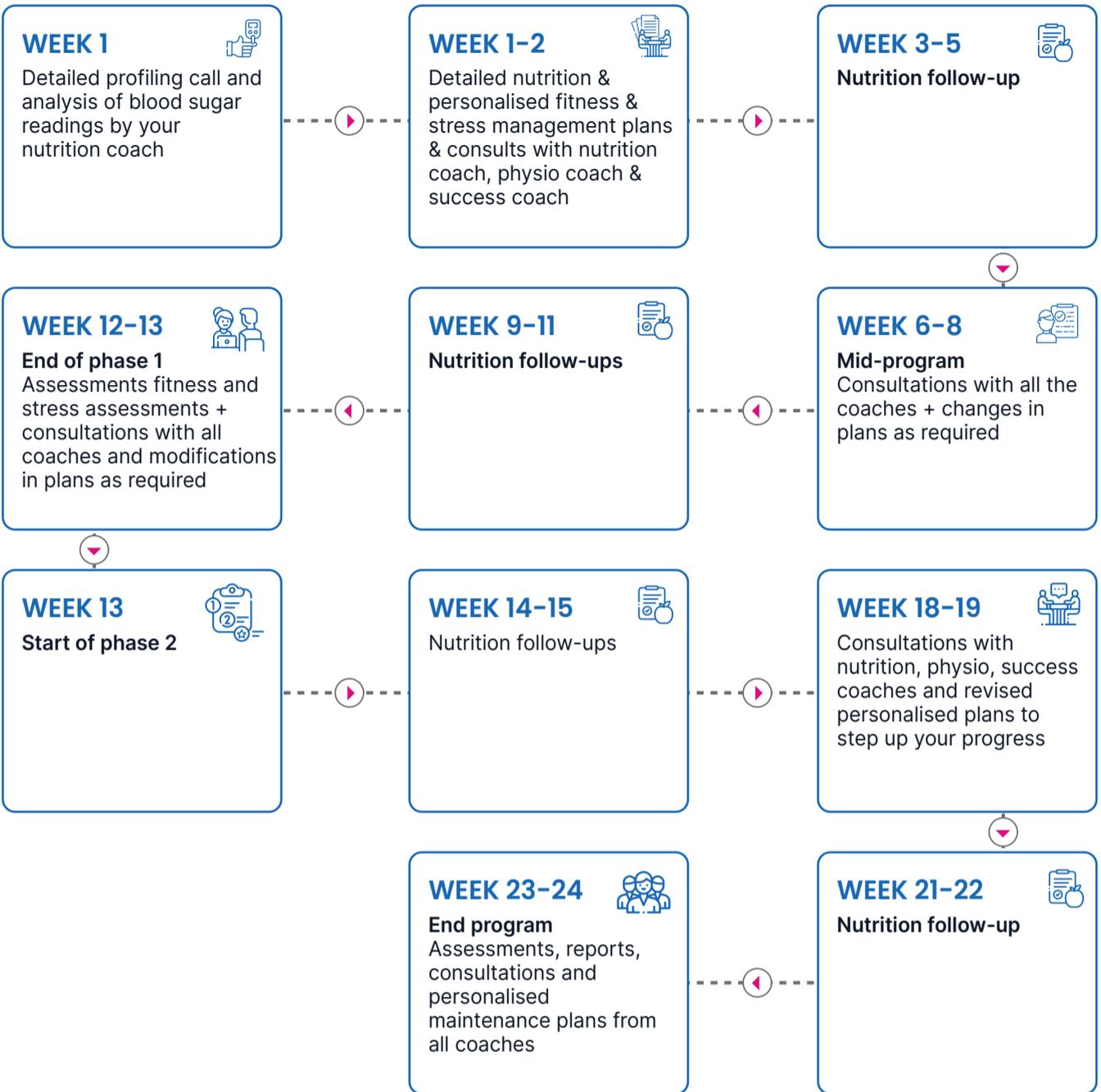
Add years to life & improve life quality significantly



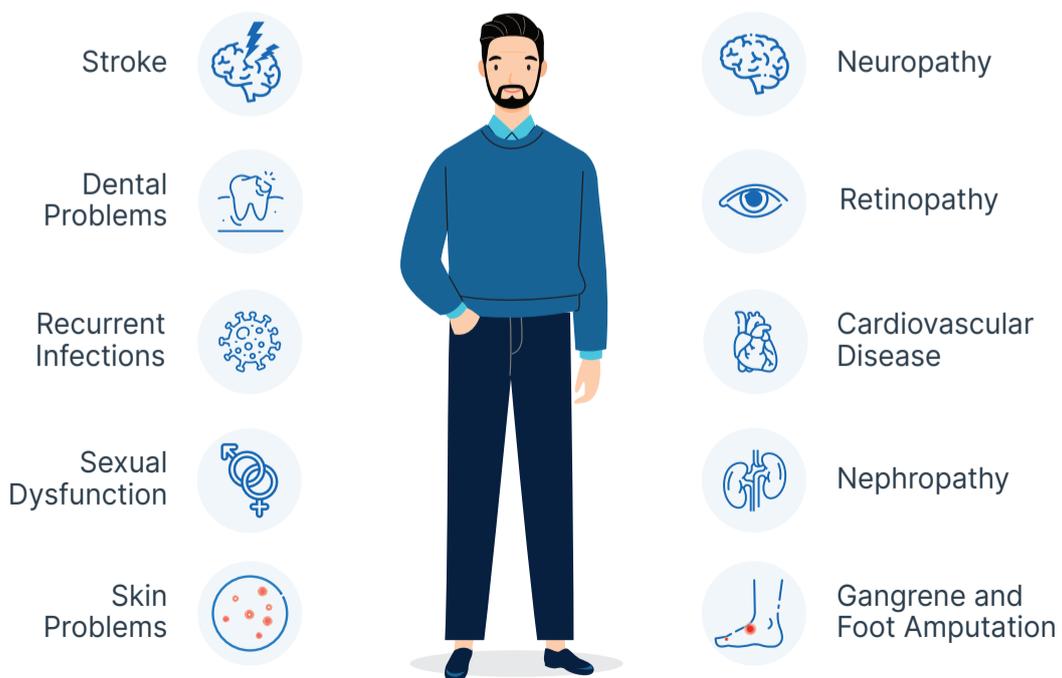
Reduce risk of complications & damage to major organs associated with prolonged diabetes

HERE'S HOW YOU'LL ACHIEVE YOUR GOALS

6-MONTH FITTERFLY DIABETES CARE JOURNEY



BEAT DIABETES, AVOID COMPLICATIONS LIKE



OUR 2021-22 RESULTS



1.96 points

Avg. HbA1c
reduction



5 kg

Avg.
weight loss



40%

Improvement
in physical fitness



24%

Reduction in
diabetes distress

RESEARCH AND OUTCOMES PRESENTED AT



WANT TO KNOW MORE?

📞 022-48971077

✉ care@fitterfly.com

🌐 www.fitterfly.com



Scan to check
if you can reduce or stop
diabetes medicines

