

# Reversing\* Diabetes isn't magic. It's science.

## Fitterfly Diabetes Prime

6-12 month Diabetes management program

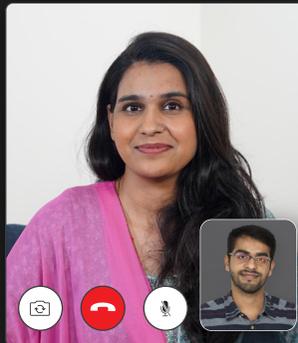
Trusted by  
**25K+** Indians



Clinically  
Proven



## Reverse Diabetes with our scientific approach



**Upcoming Session this week**

- Ankle and foot pain** Physio  
by Dr Akansha Shetty  
22 July, Friday
- Skin health and diabetes** Physio  
by Dr Pupal Pandey  
23 July, Friday
- Recognising hidden sugars** Nutrition  
by Dr Pupal Pandey  
23 July, Friday

Know how much  
each food impacts  
your blood sugar

Reduce blood sugar the  
right way with coaching  
on Nutrition, Fitness,  
Stress and Sleep

Stay motivated with  
principles of behaviour  
science

# Unlock exceptional results with Fitterfly Diabetes Prime

## Get a clear picture

With real-time CGM sensor-based insights & 50+ lab tests



## Stay on track

With timely coach follow-ups, live group sessions & app notifications



## Get highly tailored guidance

Through expert-designed nutrition, fitness, stress & sleep management plans



## Get transformational results

With clinically-proven plans to reduce HbA1c, weight, stress levels & improve fitness & sleep



## Maintain the results with ease

With first-of-its-kind behaviour coaching by psychologists & an expert-designed course

## Our Fitterfly Member Outcomes



**Up to 30%**

Avg. Blood sugar reduction<sup>1</sup>



**5 kg**

Avg. Weight loss<sup>2</sup>



**50%**

Avg. Improvement in physical fitness<sup>2</sup>



**55%**

Avg. Reduction in diabetes distress<sup>2</sup>

1 - <https://doi.org/10.1016/j.diabetes.2022.109320> | 2 - Based on our 3 months diabetes program

\*Results would vary from person to person

More than **25,000** people have turned their life around with Fitterfly



I avoided Insulin dependence without ever feeling restricted

**Vandana Jha**

HbA1c reduced from 12.6% to 7.7%



Fitterfly helped me live my best life

**Moinuddin Sayed**

HbA1c reduced from 11.3% to 6%



Jab diabetes manage karne mein mazaa bhi aaye, results toh aayenge hi!

**Vishal Kapoor**

HbA1c reduced from 12.4% to 7.2%



I fought back with Fitterfly, 10 kg lighter, 3 medicines lesser. I feel like a superwoman now!

**Nupur Raheja**

HbA1c reduced from 9.1% to 6.5%



\*Results would vary from person to person

## Your 12 month program journey

### Decode Phase

1-3 MONTHS

Decoding your body's metabolism and mind



### Transform Phase

4-6 MONTHS

Transforming your metabolism for maximum lowering of blood sugar



### Mastery Phase

10-12 MONTHS

Achieving mastery over diabetes management and spreading good karma



### Challenge Phase

7-9 MONTHS

Challenging your metabolism to maintain low blood sugar and become fitter



# With the **Prime Program** you get

## Prime Starter Kit

- Libre Freestyle CGM Sensor with real-time monitoring with the Fitterfly app
- Accu-Chek Instant Glucometer & 35 strips

## Comprehensive lab tests (50+ Tests)

- Urine tests, Microalbumin, Complete Hemogram, Lipid profile, HbA1c, Fasting Blood Sugar, Liver & Kidney function tests (Beginning of the program)
- HbA1c (Every 3 months)\*

## Nutrition

- CGM-sensor based PGR report for Nutrition
- Unlimited Diabetes Health coach consultations
- Personalised Diet Plans with unlimited modifications

## Fitness & Pain Management

- Fitness & Pain assessments + reports once in 3 months
- New Fitness plans every fortnight

## Stress & Sleep management

- Assessments + reports once in 3 months
- Habit building masterclasses every 3 weeks in small, interactive groups

## Live Expert Masterclasses

- Weekly sessions for Nutrition, Medical Management, Stress & Sleep management & Pain management
- 2 live exercise masterclasses weekly

## Other inclusions

- Access to the Fitterfly App & Diabetes Mastery Course
- Access to the Prime community with weekly challenges, rewards & more



6 month program

~~₹ 31,999~~ ₹ 15,999

12 month program

~~₹ 30,999~~ ₹ 19,999

\* At the end of the program, an additional lipid profile will be done

\*\*Please note that the number of assessments, plans, reports & masterclasses will vary depending on the length of the program.

## START YOUR REVERSAL JOURNEY NOW

 022-48971077

 [www.fitterfly.com](http://www.fitterfly.com)

