

**PLANS
START AT
₹ 84/-
DAY**

TRY THE NO-STRESS SCIENCE OF DIABETES MANAGEMENT!

With Fitterfly Diabetes Care: A **3-month** expert-led Diabetes care program with **self blood glucose monitoring**



AWARD-WINNING TECHNOLOGY



RECOMMENDED BY DOCTORS



25000+ HAPPY MEMBERS

Funded by



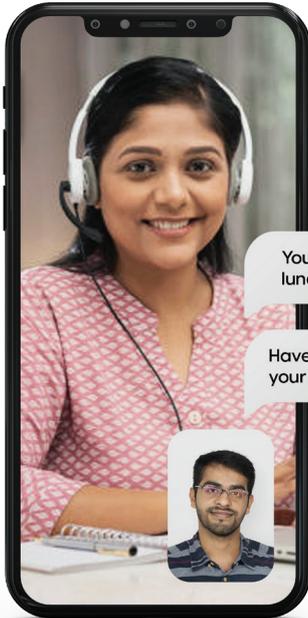
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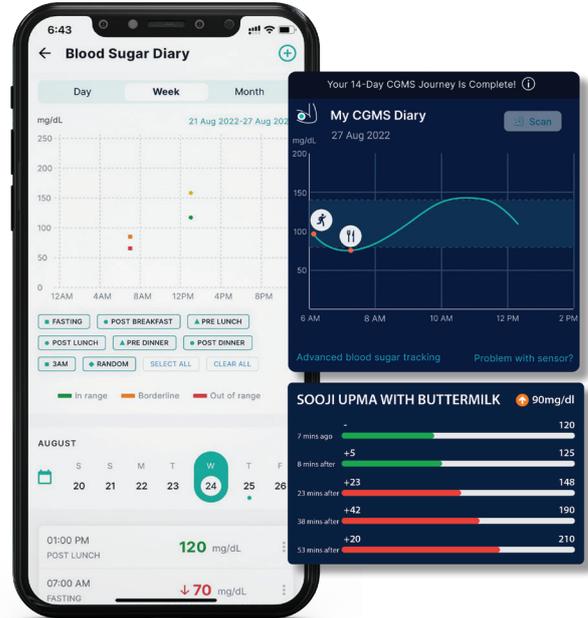
*T&C apply

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

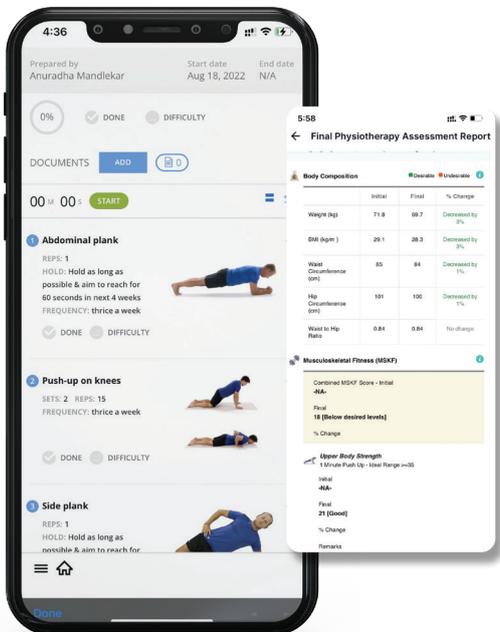


Get results with small steps

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 3-MONTH PROGRAM, YOU GET

Inclusions	Worth
3 Personalised diabetes diet plans	₹ 1500
Advanced nutrition report covering 10+ nutrients	₹ 849
3 Consultations with a Success Coach	₹ 1500
8 Consultations with a Nutrition Coach	₹ 4000
4 Consultations with a Physio Coach	₹ 2000
Smart & engaging diabetes educational modules (Complimentary)	
App access & unlimited chat support for 3 months	₹ 1000
Actual Program Cost	₹ 10,849
Exclusive Discounted Price	₹ 7,500

PROGRAM BENEFITS



Reduce diabetes medicines



Achieve best blood sugar control



Improve overall physical fitness & mental wellness



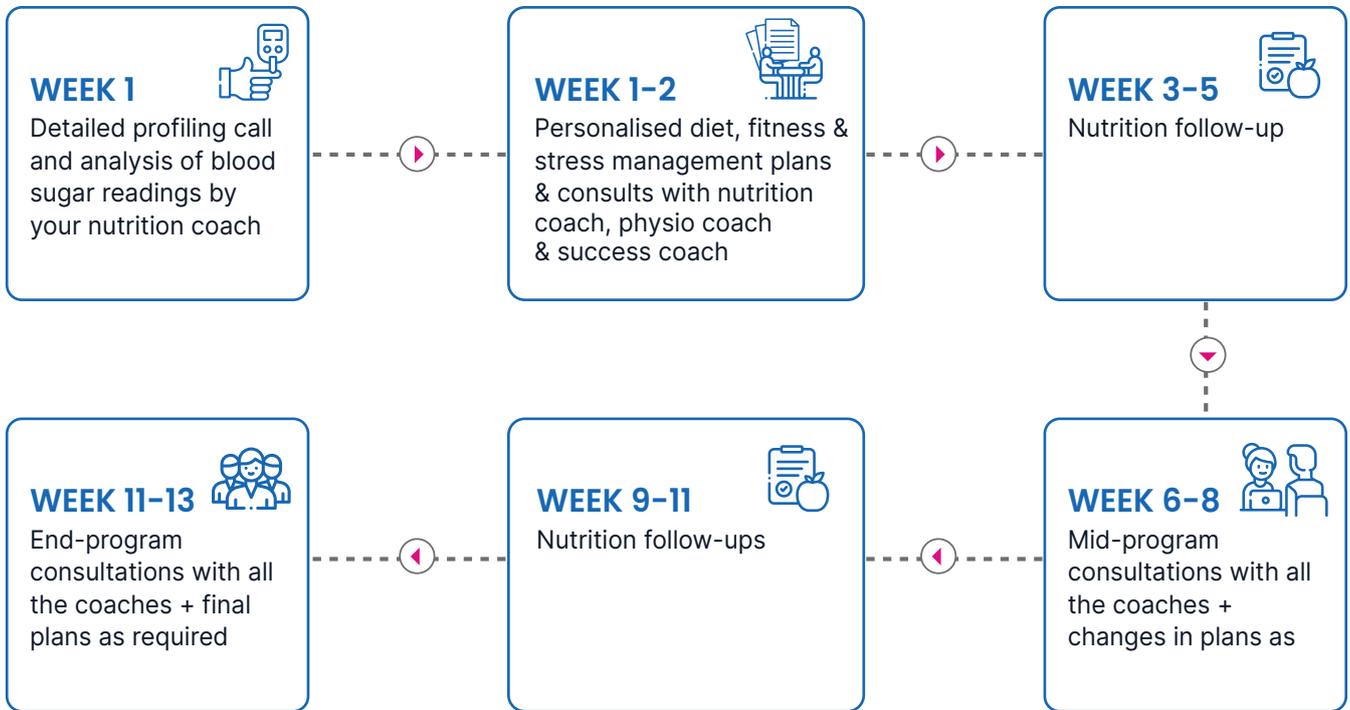
Add years to life & improve life quality significantly



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

HERE'S HOW YOU'LL ACHIEVE YOUR GOALS

3-MONTH FITTERFLY DIABETES CARE JOURNEY



BEAT DIABETES, AVOID COMPLICATIONS LIKE



OUR 2022-23 RESULTS



1.96 points

Avg. HbA1c
reduction



5 kg

Avg.
weight loss



50%

Improvement
in physical fitness



58%

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

