

Reversing^{*} Diabetes isn't magic. It's science.

Fitterfly Diabetes Prime

6-12 month Diabetes management program

Trusted by

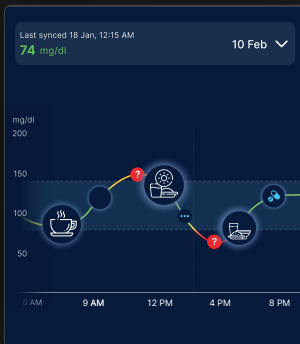
25K+ Indians



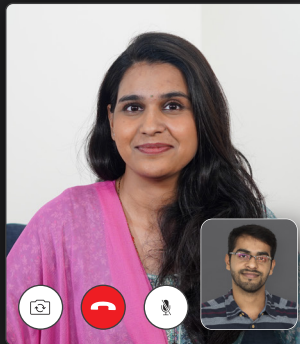
Clinically
Proven



Reverse Diabetes with our scientific approach



Know how much
each food impacts
your blood sugar



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

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

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



Up to 30%

Avg. Blood sugar
reduction¹



5 kg

Avg.
Weight loss²



50%

Avg. Improvement in
physical fitness²



55%

Avg. Reduction in
diabetes distress²

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

~~₹ 39,999~~ **₹ 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

