

These follow up consultations are aimed at ensuring continuity of compliance and furthering your personal achievements achieved to date.

Each is priced at Rs.1000/-

• **Corporate Wellness Programme**

Understanding the direct link between individual health and health costs is the key to the economic rationale for a comprehensive employee health management programme. Modifiable health risks are precursors to a large number to a large number of costly diseases. These highly common modifiable health risks (such as tobacco use, obesity, poor nutrition, stress) significantly impact direct and indirect health costs to employers.

To help prevent this, we offer an engagement strategy to address the full spectrum of lifestyle management to address the issue of preventing the movement into higher risk categories through education, self-care and advocacy.

The package is inclusive of:

- Single group session for a minimum of 25 to a maximum of 40 employees.
- Stress audit for every participant
- One on one counseling and personalized coaching the same week
- A single follow up at the end of 10-12 weeks
- Weekly/fortnightly email support as may be required

Each is priced at Rs. 4000/-per head

We also offer you customized programmes depending on your organizations niche requirements.

Our programme empowers individuals with better information and resources to take healthy decisions.

These include:

- Involving key stakeholders in determining programme goals
- Aligning key goals with the corporate objectives
- Being realistic about outcome expectations (e.g. participation, engagement)
- Continuous involvement by way of one to one interactions and one to one mailers.
- Visible participation from senior management
- Communicating progress and success to every participant
- Measuring ROI by way of satisfaction, self efficacy, behavior change, etc



Ours is not a cookie-cutter approach, but focused attention to each one, one at a time. For, we believe, time spent is the best healing technique.

Promoting wellness by leading all; be it your near and dear ones or your employees down the path of good health and healthy living is a win-win situation for all.

For one's family, it means less stress and happier times together. For an organization it means lesser absenteeism, better productivity, moderating healthcare costs and, ultimately, healthier bottom lines.

Make a commitment to your health today.

# Lifestyle Modification Programme



Clinic Timings: Every Saturday: 4.00 p.m. - 7.00 p.m.

For further information or queries contact  
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### Lifestyle Modification Programme

Lifestyle diseases occur due to an imbalanced relationship of an individual with his environment. The onset of these lifestyle diseases is insidious, they take years to develop and once encountered do not lend themselves easily to cure. Lifestyle diseases are different from other diseases because they are potentially preventable, and can be lowered with changes in diet, lifestyle, and environment. But this is still not happening. Either lack of information or initiative, the situation is quite grim.



**So where do you fit in ? Kindly answer Yes/ No for each question. Count the number of 'No' in your answer to get your score.**

- Waking up in the morning do you get worried wondering how the day would go?
- Do you feel lethargic and not fresh enough when you get-up from sleep in the morning?
- Of late are you smiling and laughing less at home?
- Do you feel impatient if you are not able to overtake a car in front of you?
- Do you have trouble sleeping at night?
- Have you lost interest in sex?
- Are you finding it difficult to get involved in work?
- Do you wake up fully fresh and rested?
- Do you force yourself to things that you do?
- Do you feel mentally and physically fatigued towards the end of the day?
- Do you get annoyed with your near and dear ones very often?
- Do you forget things?
- Have you forgotten your hobby?

**If your score is:**

**Between 13 & 15:** Your lifestyle is great. Keep up the good work.

**Between 9 & 12:** There is a slight need to still modify your lifestyle. Why not start now?

**Between 6 to 9:** Start working on your lifestyle immediately

**Below 6:** If you don't start modifying your lifestyle on priority, you are in for health problems.

Our Lifestyle Modification Programme aims at creating awareness about the individual lifestyle and its impact on Health (Physical & Mental) and provides insights into strategies for lifestyle modification. The programme is based on sound scientific principles and methodologies adopted from medical and behavioral sciences for self-management and long term behavioral change. It is a highly individualized coaching programme, designed to help people make informed choices about behavior change through education, motivation, reinforcement of healthy choices and measured outcomes/ benefits.

It is to help you, identify not just how healthy you are, but how holistically healthy you are.

The programme as a whole is designed to

- Understand the current lifestyle of individual.
- Provide customized steps for lifestyle modification to prevent and regress illnesses.
- Help develop positive attitudes, emotions and behavior.
- Impart techniques to cope with stress.
- Hand holding at every level to ensure high level of compliance.

- Identify and avoid barriers and relapse triggers

#### How do we do it for you?

- **Lifestyle Profile Consultation**

This is a lifestyle audit, targeted for individuals on the go who may want to experience it before signing themselves up for the full session. During counseling, the individual is taken across what could be the probable reasons for him being stressed. It helps to bring home the message of what exactly is wrong and hence serves to motivate one to participate for a full stress audit which will clearly indicate stress score, sources, finding the reasons as well as space for solutions in forthcoming follow up sessions.

This would be a 30- 40 minute session priced at Rs. 850/-

- **Total Lifestyle Profile Consultation**

#### Complete Lifestyle Audit with individual counseling

Each individual is required to fill in a questionnaire i.e. Stress Audit (either online/pre-filled through the one's made available at various strategic points in the hospital or on the day of the consult itself.)

The Stress Audit helps to identify:

- Potential sources of Stress, both Personal and Occupational.
- Present Lifestyle
- Calculating the Overall Stress Score
- Health Profile
- Attitude Profile
- Psychological aspects of stress
- Individual Analysis with STRAP questionnaire and counseling.

Our experts (specialists in Applied Psychology and Behavioral Studies) would interpret the same to identify pick sources of stress, patterns of lifestyle, attitude, behavior, etc to relate those to the current lifestyle. One is made aware



of where the imbalances are, why and what can be done about it. Each session is based on the premise of helping an individual identify where the discrepancy lies between his current behavior and the desired behavior. Rather than direct confrontation with an individual towards his resistance to change, the aim is to enhance his/her self-efficacy (confidence in his ability to make the change)

At the end of the session, each individual is provided a personal audit report and a brief summary of results as well as what action steps they can take as remedial measures.

This would be a 40-60 minute session priced at Rs. 3000/- inclusive of two 'Change Initiative Follow-up Consultations (valid for upto 2 months from the primary consultation)

- **Change Initiative Follow-up Consultations**

These sessions seek to build up on the gains and insight developed during the complete stress audit. They shall ensure further customization of the action plans obtained, and help an individual tide over the barriers to change till the change becomes integrated into his new lifestyle.