

# Chronic Disease Management Program



## Digital Coaching Program

Features	12 Months Program Plan
Addressing one or more conditions	Discovery Call - 45 minutes (1)
Expert counselling	Consultation calls – 30 minutes (8)
Nutrition based	Diet Plan - 15 minutes(4)
Covers one or more conditions (root cause analysis / underlying conditions addressed)	Chat Support- (unlimited)
Outbound calls	Content - Condition specific blog/post (12)
Awareness & guidance	Intro Video and others- (1)
Impact driven/ result oriented	<b><u>Add On's</u></b>
Specialist included - MB Gold	Tips and guidelines
Daily Tracker - Calorie intake , calorie burn, water intake , Steps	Do's and Don'ts
Progress Chart	Body measure chart
Chat services	Food portion char
Expert counselling	Grocery list

# Engagement Flow & Features



# Disease Management | Purpose & Intent

Description	Diabetes Program	Cardiovascular diseases		Liver Program	Kidney Program
		Cholesterol Program	Hypertension/ Program		
Coach	<ul style="list-style-type: none"> <li>○ Nutritionist-Wellness Coach</li> <li>○ Fitness/ Yoga Coach</li> </ul>	<ul style="list-style-type: none"> <li>○ Nutritionist-Wellness Coach</li> <li>○ Fitness/ Yoga Coach</li> </ul>	<ul style="list-style-type: none"> <li>○ Nutritionist-Wellness Coach</li> <li>○ Fitness/ Yoga Coach</li> </ul>	<ul style="list-style-type: none"> <li>○ Nutritionist-Wellness Coach</li> <li>○ Fitness/ Yoga Coach</li> </ul>	<ul style="list-style-type: none"> <li>○ Nutritionist-Wellness Coach</li> <li>○ Fitness/ Yoga Coach</li> </ul>
Target Group/ Inclusion Criteria:	<ul style="list-style-type: none"> <li>○ Pre-diabetics, have abnormal blood sugar levels.</li> <li>○ Want to improve their eating habits to manage their condition/ improve their health</li> <li>○ Type-2 Diabetes with medications</li> <li>○ Family history of diabetes</li> <li>○ Type-1 Diabetes (insulin dependent)</li> <li>○ HbA1C of &gt;6</li> <li>○ Gestational diabetes</li> </ul>	<ul style="list-style-type: none"> <li>○ High lipid profile (cholesterol, LDL, triglyceride), low HDL.</li> <li>○ Individuals looking for weight loss &amp;/or fat loss</li> <li>○ Fatty liver issues</li> <li>○ Existing or family history of cardiovascular disease</li> <li>○ Want to improve their eating habits to manage their condition/ improve their health.</li> </ul>	<ul style="list-style-type: none"> <li>○ BP &gt; 138/90</li> <li>○ Want to improve their eating habits to manage their condition/ improve their health</li> <li>○ On medications</li> <li>○ Family history of Hypertension</li> <li>○ Other known medical conditions (Diabetes, Cholesterol, Obesity, etc..)</li> </ul>	<ul style="list-style-type: none"> <li>○ Liver – SGPT :SGOT &gt;</li> <li>○ Cholesterol levels</li> <li>○ Fatty liver</li> <li>○ High levels of ALT and AST</li> <li>○ Acute Liver Diseases</li> <li>○ Non-alcoholic Fatty Liver Disease with high blood glucose levels</li> <li>○ Liver Cirrhosis with Nutrients Deficiency</li> <li>○ Low levels of serum albumin</li> </ul>	<ul style="list-style-type: none"> <li>○ Insulin levels</li> <li>○ Chronic Kidney Diseases (CKD)</li> <li>○ Serum Creatinine &gt;1.2 (Females)/ &gt;1.4 (Males)</li> <li>○ Estimated Glomerular Filtration Rate (eGFR) &lt;60</li> <li>○ Urine Albumin-to-Creatinine Ratio (UACR) &gt; 30</li> <li>○ With slightly reduced eGFR of 60 to 89ml/min, with other signs of kidney damage</li> <li>○ Chronic Kidney Diseases (CKD) and high blood pressure or risk of heart disease</li> <li>○ Diabetic Kidney Diseases</li> <li>○ Individuals on Dialysis</li> </ul>
Goals (By end of Program)	<ul style="list-style-type: none"> <li>✓ To Reduce HbA1c levels</li> <li>✓ Normalize Blood sugar levels (Fasting &amp; Postprandial)</li> <li>✓ Reduce Diabetes related symptoms</li> <li>✓ Improve eating habits, Lifestyle &amp; Fitness levels</li> </ul>	<ul style="list-style-type: none"> <li>✓ Normalize Lipid profile</li> <li>✓ Improve eating habits</li> <li>✓ Manage Fatty Liver (as per case)</li> <li>✓ Improve eating habits, Lifestyle &amp; Fitness levels</li> </ul>	<ul style="list-style-type: none"> <li>✓ Normalize blood pressure levels</li> <li>✓ Improve symptoms</li> <li>✓ Improve eating habits, Lifestyle &amp; Fitness levels</li> </ul>	<ul style="list-style-type: none"> <li>✓ Improve eating habits, Lifestyle &amp; Fitness levels</li> <li>✓ Reduce body weight (Fat)</li> <li>✓ Reduce above value</li> <li>✓ Medical Nutrition Therapy to help improve the above values</li> </ul>	<ul style="list-style-type: none"> <li>✓ Water Intake tracker</li> <li>✓ Improve eating habits, Lifestyle &amp; Fitness levels</li> <li>✓ Reduce body weight (Fat)</li> <li>✓ Reduce above value</li> <li>✓ Medical Nutrition Therapy to help improve the above values</li> </ul>

# Thanks

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