

Health Coach Program



Role of Health Coach

Personalized health plan (Diet & Exercise) based on your current routine with no restrictions/ fasting

We help people lose and maintain weight, get fit and change their eating habits – which can in turn reduce the risk of certain conditions like diabetes and hypertension.

Second Opinion

A medical **second opinion** can be incredibly valuable, especially if one is facing a **complex diagnosis** or considering a **critical surgery**.

Through our platform your employees can get discounted second opinion from a panel of specialists practicing in US and UK at a reasonable rates.

Benefits Includes:

- ✓ Consultation with Super Specialists
- ✓ Re-assessment of Medical Reports / Scans
- ✓ Evaluation of Possible Treatment & Procedures



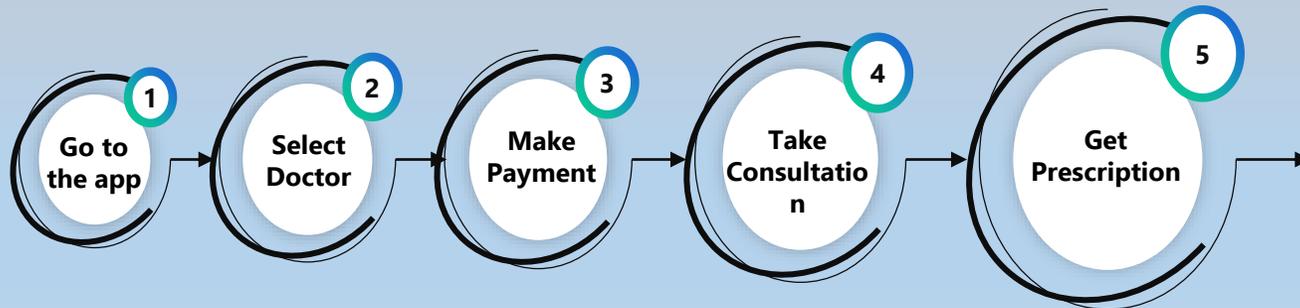
Specialized Teleconsultation

Specialist access for chronic issue- General Physician, Cardiac Care, Gynecologist, Gastroenterologist, Orthopedics etc on a very discounted rates

With more than **1000+** **specialist doctors** from various locations across the globe, your employees have plenty of choice when it comes to finding the **best care** available to meet their health needs.

Unlimited support on chat

How it works?



Knowledge Hub

- Circles on Fitness, Nutrition, Emotional wellness.
- The content, blogs and infographics.
- Various health articles

Wellness TV

- Virtual sessions on Yoga, meditation
- Webinars on health
- Videos on Health topics
- Doctor insight videos on Health topics



Thanks

Future Generali Health,
Future Generali India Insurance Company Limited
Office No. 3, 3rd Floor, "A"-Building,
G-O-Square, Wakad, Pune - 411 057

Registered and Corporate Office:
Indiabulls Finance Centre, Tower 3, 6th Floor,
Senapati Bapat Marg, Elphinstone (W),
Mumbai – 400013

IRDA Registration No.: 132
CIN: U66030MH2006PLC165287

Contact No: 1800-103-8889
Fax: 1800-103-9998
Email: fgf@futuregeneralial.in.