



WEIGHT MANAGEMENT

LIMIT YOUR WEIGHT EXTENT YOUR LIFE



WHY WEIGHT MANAGEMENT MATTERS

Maintaining a healthy weight is crucial for overall health and well-being. Effective weight management can help prevent chronic diseases, improve energy levels, enhance mood, and boost self-esteem.

BENEFITS OF JOINING ONE CARE CONNECT WEIGHT MANAGEMENT PROGRAM

- **Reduced Risk of Chronic Diseases:** Lower your risk of heart disease, diabetes, and certain cancers.
- **Improved Mental Health:** Achieve better mood stability and reduced anxiety.
- **Enhanced Mobility:** Experience increased energy and improved physical performance.
- **Better Sleep:** Enjoy higher quality sleep and reduced sleep apnea symptoms.
- **Increased Longevity:** Maintain a healthier lifestyle for a longer, more fulfilling life.

HEALTHY LIFESTYLE CHANGES

- **Sleep Well:** Aim for 7-9 hours of quality sleep each night to support weight management.
- **Manage Stress:** Practice stress-reducing techniques such as yoga, meditation, or deep breathing exercises.
- **Limit Sugary Drinks:** Replace sugary beverages with water, herbal teas, or black coffee.

Promoting Preventive Care and Delivering Personalized Care



WhatsApp support / Call us for a Free Consultation: +91 905 954 8787



Monthly Weight Management Plans		Care ₹ 2000 Monthly	Care+ ₹ 2500 Monthly	Care++ ₹ 3000 Monthly
Worth of INR		₹ 2500	₹ 3000	₹3500
1	Digital ABHA ID	✓	✓	✓
2	Personal Health Profile	✓	✓	✓
3	Personal Health Coach	✓	✓	✓
4 Tele Consultations				
	General Physician	4/Per Year	6/Per Year	8/Per Year
	Nutritionist	6/Per Year	8/Per Year	12/Per Year
	Fitness/Yoga	6/Per Year	8/Per Year	12/Per Year
	Psychologist/Therapist	2/Per Year	4/Per Year	6/Per Year
	WhatsApp Support	Unlimited	Unlimited	Unlimited
5 Weight Management				
	Lipid Profile	2/Per Year	4/Per Year	4/Per Year

- ★ Initial Assessment fee is 2000/-
- ★ Initial Assessment fee will be waived if paid in full

WEIGHT LOSS STATISTICS

- 56.4% of women tried to lose weight compared to 41.7% of men.
- The percentage of adults who tried to lose weight increased with family income and weight status category.
- 66.7% of adults with obesity tried to lose weight.

About Us:

One Care Connect is dedicated to providing accessible and high-quality healthcare services to communities. Our team of experienced healthcare professionals is committed to promoting health and wellness through comprehensive screenings and personalized care.

In Compliance With



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For More Info