

## CONTACT OUR COMPANY

We are available at the branches in your city so you can easily find us.

[www.sujeevanhealth.com](http://www.sujeevanhealth.com)

@sujeevanhealth

Chanakyapuri Road,  
Rock Town Colony, L.B.  
Nagar, Hyderabad



## ABOUT COMPANY

The Health and Wellness Center is committed to delivering the highest quality of health services which include prevention, promotion, and medical care for all by using a holistic approach. Incorporated into the philosophy of the Health and Wellness Center is the integration of treating the whole person -mind, body, and spirit.

Holistic Health &  
Wellness

# SUJEEVAN

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## WEIGHTLOSS PROGRAM

The founders of SuJeevan are very passionate about Health care services besides one is a renowned Cardiologist and other is a Research Scientist . Together they aim to bring a new Perspective of practising into holistic health and wellness

## UNIQUE

SuJeevan has a Cardiac Rehabilitation & Diabetes Reversal Program as well for the holistic approach of Diabetes prevention, management and care.



## HOLISTIC SERVICES

## HIGH QUALITY

We prioritize the best quality Services to give to our beloved customers.

## ABOUT PROGRAM

A Team of Healthcare counsellors, Coordinators, Health Coaches, Cardiologists, Physicians, Dietician, Physical fitness trainers, Yoga, Clinical Pharmacists and also psychologists are at one step closer to people providing help, guidance support for your overall Health and Transformation.

## Health Counsellors

Approach clients and understand their health and lifestyle

Explain what Sujeevan is about and its services.

Motivate people to work on their Health and Wellness goals.



## HealthCare Coordinators

Followup with the Client to ensure there is no hassle in signing up for sujeevan programs.

Check the availability of clients and service providers one to one counselling session.

Make sure that client's diagnostic data is uploaded in Sujeevan App. Explain about the Sujeevan Program. Followup Reminders for Service providers regarding clients session and vice versa.



## Health Coaches

One-on-One counselling session with clients provide a clear picture on allowing them to discover their unique path to mental and physical wellbeing. Maintain positive regard for a client's ability to change and achieve lasting behavioral change.

## Doctors

Clinical management of Chronic diseases risk factors due to weight and treatment under the supervision of a Physician or Cardiologist

Respond to patients' medical problems by referring to their history, carrying out diagnosis, treatment, counseling, and referral, where necessary.





## Dieticians

Advising and presenting a balanced nutritional strategy  
Discussing and advising on weight-management plans  
Assisting clients with nutritional goals and offering a sound nutritional plan for optimizing health

Recognizing appropriate behavioral-change modifications and dietary approaches for different ages and populations



## Fitness experts

Daily online /offline physical activity by fitness & Yoga experts. based on the age health conditions.and choice of physical fitness activity.

Consistent Tracking of individual's growth by fitness trainers and motivating clients towards physical fitness and healthy body and mind..



## Clinical Pharmacists

Clinical pharmacist to monitor the clients medications and explain the after effects of medication.(if they are prescribed any.)

## Psychologists

Psychologist counselling to motivate ,empower and Diagnose and treat various mental, emotional, and behavioral disorders.



## Yoga Therapists

A therapy that draws on yoga asanas practices, and philosophies, to improve mental, emotional, psychological and physical health.

## Physiotherapists

Evaluate patients to determine whether physiotherapy interventions are necessary.

Treat patients with movement disorders that were acquired through injury or have been present since birth.

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## FollowUps

Health care coordinator tracking clients, physical activity, availability and proper food intake as advised by the Dietician and Health Coach.



## Health Coach & Dieticians Followup

Followup sessions with Health Coach and Dietician to track client health and wellness goals.



SuJeevan Company gathered all the possible Service Providers of Healthcare System Under One roof and started providing services to people in a holistic manner to prevent, manage and reduce Lifestyle diseases/Disorders

# A One Shop Stop For All your Healthcare Needs

## Other Health & Wellness Programs

1

Cardiac Wellness Program

2

Diabetes Reversal program

3

Stress Management Program

4

Hypertension Management Program

