









EZCURE's diabetes community is growing, and we are happy to onboard you.



Hi**, Rakesh**

Male, 38

Edit Profile →





It seems we don't have your health details to show up. Kindly fill up few forms and we will build your report card

Start Selfcare Journey



₹2,999

3 month care plan Current Plan

Modify Plan



My Care Team



Dr. Yogi Anand Raj

Yoga Trainer

Start Consultation →



Amara da Daknes

Dietician

Start Consultation ->



















My self care journey



Vitals

Calcuate your BMI base on your core height and weight.



Medical History

Answer some basic questions of your medical history



Food Habits

Your food habit will help us plan your diet.

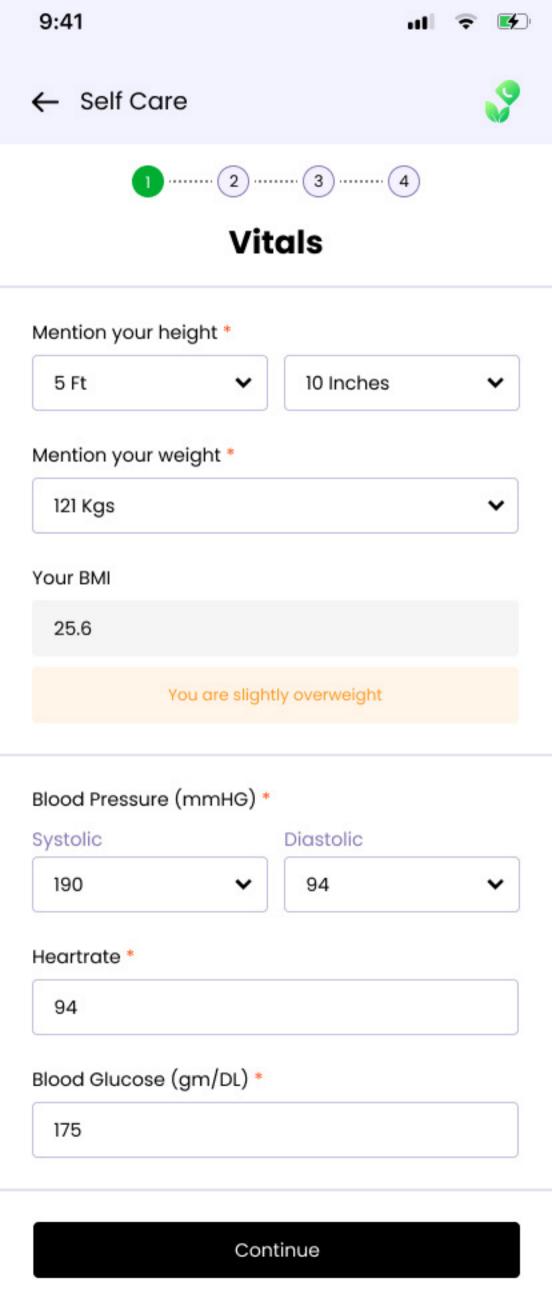


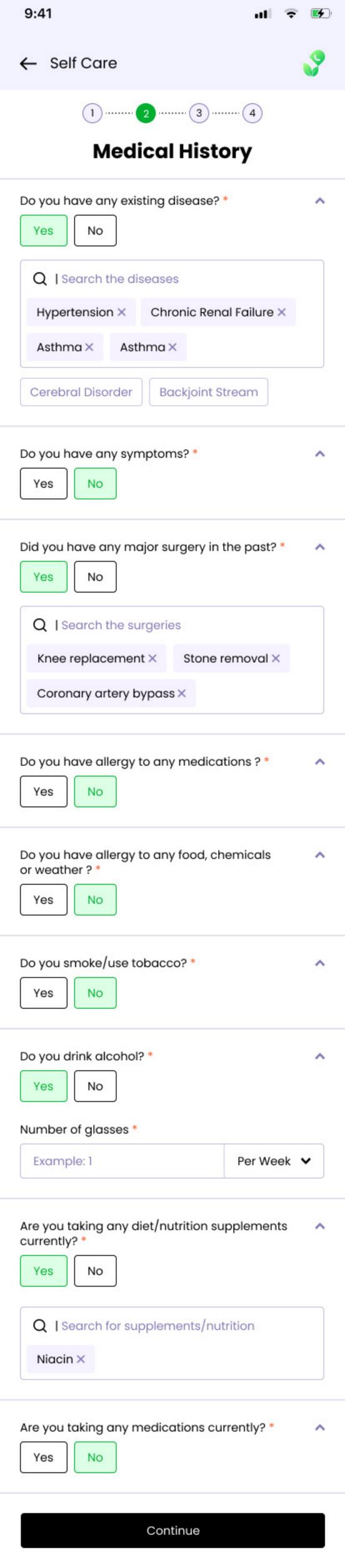
Activity Habits

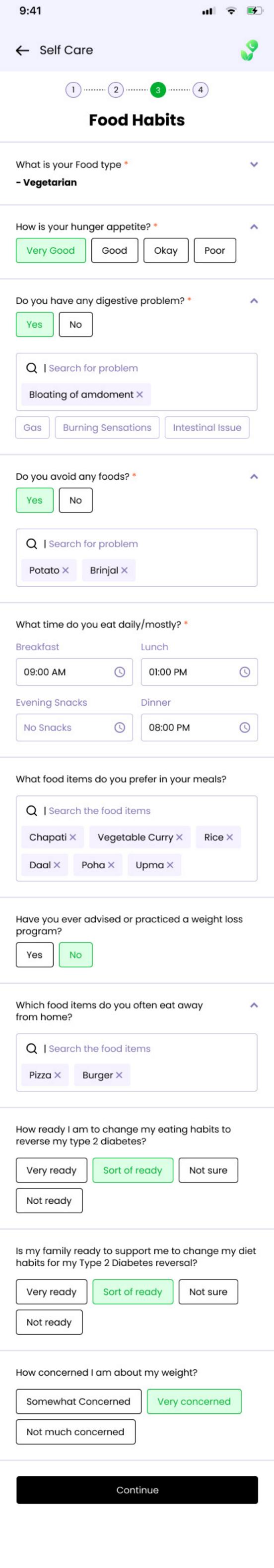
Your activity habits will help us plan your daily exersice.

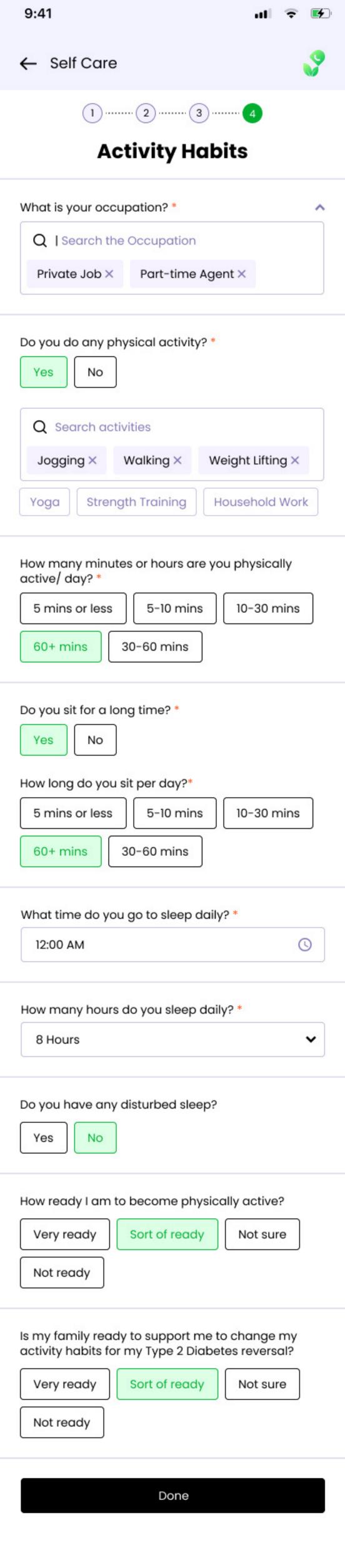
Our health experts will use your information to customize your diet plan and physical activity.

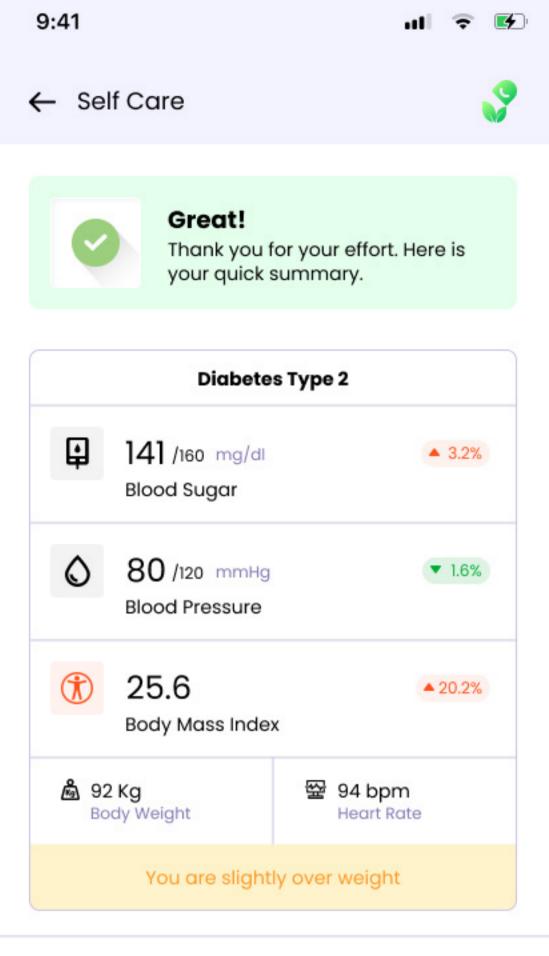
Rest assured your details are secure with us.

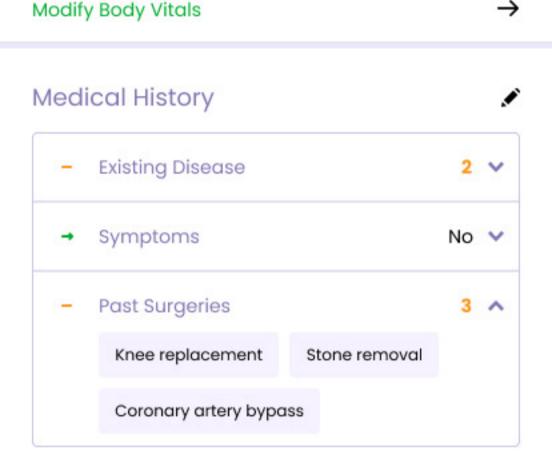












Thanks for filling out the food habit details. Our experts have them now.

Food Habits

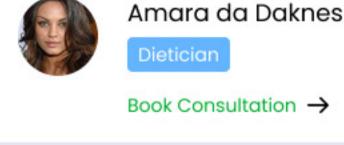
Food Habits

We will shortly assign you a care team and you can connect with them for your

You can connect with them for your new Diet

Our experts have them now.

Thanks for filling out the food habit details.



new diet plan.

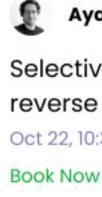
Thanks for filling out the activity details. Our experts have them now.

Activity Habits

You can now join our upcoming sessions.









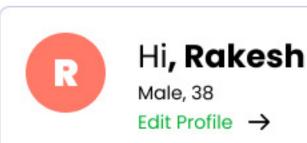


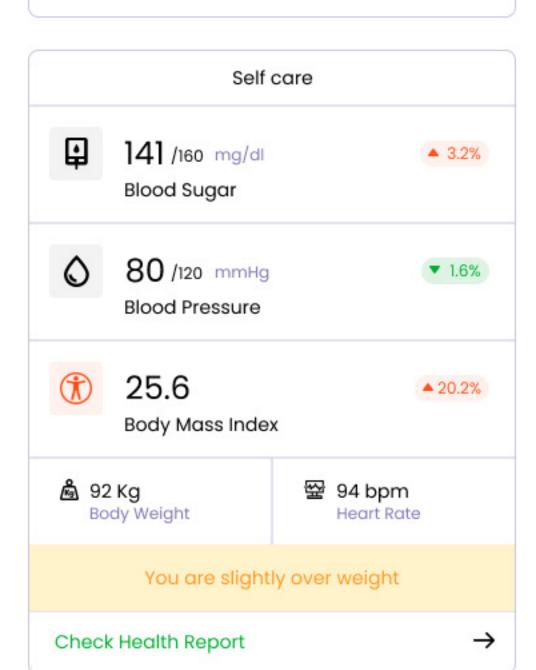


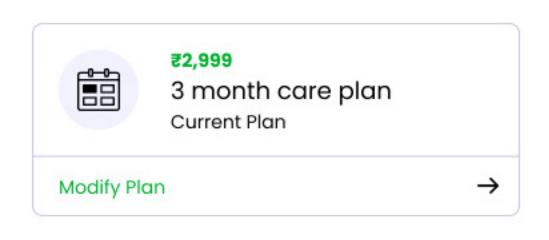




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My Care Team



Dr. Yogi Anand Raj

Yoga Trainer

Book Consultation →



Amara da Daknes

Dietician

Book Consultation →

















Current Plan



₹2,999

3 month care plan

Validty

16 June, 2022 to 16 Sep, 2022

Benefits

- Get started on your diabetes reversal journey.
- Reduce your medications and clinic visits in 90 days.
- Get familiar with improved diet and activities
- Start sessions with medical, nutrition and yoga experts

Upgrade your plan



3 month plan

₹4,999 ₹5,499

Active



6 month plan

₹4,999 ₹5,499

Recommended

Upgrade



12 month plan ₹4,999 ₹5,499

Upgrade