



Poshan

Wireframes - Sample

[About](#)[Diet Guide](#)[Diet Survey](#)[Consultation](#)[Package/Plans](#)

***Poshan is an Indian health and wellness platform
Provides an app with services such as calorie tracking and advice on
nutrition and fitness.
It is available on the Android and iOS platforms.
and can be used with wearable technology such as activity trackers.***



Krishan Thukral

I Healthified from 94 to 80 Kg to play with my son.

With the HealthifyMe app, Krishan lost 14 Kg and is now his son's favourite.

<

>

Frequently Asked Questions

Is weight loss guaranteed? What if this doesn't work for me?

95% of users who follow the diet plan & get at least some exercise into their daily routines are able to reach their target weight goal.



About

Diet Guide

Diet Survey

Consultation

Package/Plans

Name

Email

Mobile

Consultation Type

AptchA

Submit

Frequently Asked Questions

Does my plan start the moment I pay or can I schedule it as per my convenience?

Post payment your plan will be activated immediately but you can request for a plan pause anytime.



Contact Us

1800657899

support@poshan.com



[About](#)[Diet Guide](#)[Diet Survey](#)[Consultation](#)[Package/Plans](#)

Silver

Diet Suggestions
Calorie tracker
Food Tracker

Rs.100/month

//

Gold

Diet Suggestions
Calorie tracker
Food Tracker
Continuous Glucose Monitoring
Timelines

Rs.150/month

//

Platinum

Diet Suggestions
Calorie tracker
Food Tracker
Continuous Glucose Monitoring
Timelines
Personal trainer

Rs.225/month

//

To Book free consultation

[Book](#)