

# 01 DAY 1

Sign up for Corporate Health Screening



# 02 1 - 2 WEEKS LATER

Post Screening Review with Doctor + Get assigned to a Health Coach



# 03 Discovery with Health Coach and sign up to HOPE



# 04 START

Begin Personalised Health Optimisation Programme (HOPE)



Book Next Year's Corporate Health Screening

# 07



Payout via paynow to participant

# 21 DAYS POST CLAIM SUBMISSION 06



On completion of programme with improved results, submit claim for 50% reimbursement

# 3 - 6 MONTHS LATER 05



1doc+  
iSure  
Timeline

## Nutrition Coaching

### Eat with nBuddy

\$	🕒	in-person + online
\$68	2 weeks	

**Description**  
Experience a comprehensive well-being transformation with the 'Eat with nBuddy' programme, fostering connection and accountability.

- 2x physical meet ups (Once during onboarding, once during programme completion)
- Participants will have access to self-learning materials and self directed learning during the initial seven days.

### Libre Coaching

\$	🕒	in-person + online
\$298	2 weeks	

**Description**  
Facilitated by our Family Physician and Health Coach; enabled by LibreView and Telegram chat functionalities.

- Gain a deeper understanding of blood sugar levels, making informed choices and obtain practical strategies for managing blood sugar levels and improving overall well-being.
- Designed for pre-diabetic and diabetic individuals seeking insights into sugar spikes and their relationship with food, activity levels, and general approaches.

### Heal with HOPE Primer

\$	🕒	in-person + online
\$398	2 weeks	

**Description**  
A thorough strategy focusing on monitoring & goal setting, planning a course of action, and reflection & sharing.

**3-week plan includes:**

Week 1: Track Your Health  
Week 2: Habits for Health  
Week 3: Reflect for Health & Change for Health

Learn how to deal with metabolic syndrome or fatty liver to lead a healthier life.

### Health 101

\$	🕒	in-person + online
\$250	2 hrs session + 2 weeks	

**Description**  
Ideal for anyone who wants to understand the fundamental principles of healthy living based on the individual's health condition and needs. Health Plan is led by a Family Physician.

- 2 hrs includes a 1-1 coaching session home visit/online, food planning & recipes and ideas based on the patient's preference & needs.
- A consultation with a Family Physician.
- Follow up sessions after programme incl. additional 1.5hrs and 1 wk monitoring (\$150)

### Personalised Health Coaching

\$	🕒	in-person + online
\$1,480	1.5 months	

\$	🕒	in-person + online
\$2,580	3 months	

**Description**  
Suitable for Individuals and Families

- Daily hand-holding support
- Achieve a custom health plan through personalised 1-1 coaching.

Discuss privately to turn your health goals into a reality.

### Abyfarm Vegetable Boxes

\$	\$	\$
\$13.77	\$18.35	\$22.94

👤	👤	👤
feeds	feeds	feeds

**Description**  
Indulge in local and hydroponically grown, organic vegetables from AbyFarm.

**Consumption Period:** within a week  
**Variety:** 5 -10 assorted leafy greens  
**May incl:** Cress, Pea Tendril, Mustard, Red spinach, Red Amaranth, Red Veined Sorrel

## Fitness Coaching

### Functional Fitness 1 on 1

\$	🕒	in-person
\$123.85	1 session	

\$	🕒	in-person
\$495.41	4 sessions	

\$	🕒	in-person
\$990.83	8 sessions	

**Description**  
Tailored to your individual needs and goals, our certified Health Coach and Instructor employs functional movements mirroring real-life activities, cultivating strength, flexibility, and balance. Elevate your performance and prevent injuries under expert guidance ensuring a focused, effective, and safe fitness journey.

### Functional Fitness Group Classes

\$	🕒	in-person
\$242.20	10 sessions + 2 sessions	

\$	🕒	in-person
\$532.11	30 sessions + 5 sessions	

**Description**  
Join a community of vitality and embrace functional movements that simulate everyday activities, fostering strength, flexibility, and balance.

These dynamic group sessions are meticulously designed for various age groups, guaranteeing a diverse and engaging fitness experience. Unleash your potential in a supportive environment, promoting optimal performance and injury prevention with the expert guidance of our certified Health Coach and Instructor.

### BIXEPS Magnetic Mitohormesis

\$	🕒	in-person
\$500	12 sessions	

**Description**  
BIXEPS uses pulsed electromagnetic fields to trigger a "healthy stress" response in your cells, called mitohormesis. This stimulates your mitochondria, the powerhouses of your cells, to become more efficient and effective.

**Ideal for:**

- Anyone seeking to improve their energy, strength, and overall well-being.
- Athletes looking to enhance performance and recovery.
- Individuals managing chronic conditions involving inflammation.
- People seeking a safe and natural approach to health optimisation.

## Education

### The Healthy Spoon Cooking Series

\$	🕒	in-person
\$128.44	1 session	

\$	🕒	in-person
\$486.24	5 sessions	

**Description**  
Why "The Healthy Spoon" Cooking Series:

- **Fun and Interactive:** Cooking demonstrations filled with hands-on activities, food tasting, and a delightful blend of culinary creativity and health insights.
- **Expert Guidance:** Benefit from the expertise of Margaret, a certified Health Coach and Pastry Baking instructor, offering valuable knowledge on ingredient choices without compromising taste.
- **Tailored Culinary Wisdom:** Learn practical tips and tricks to apply the right ingredients for a healthier lifestyle without sacrificing flavour and gain insights into managing chronic conditions through mindful dietary choices.

**Ideal for those who are:**

- Seeking Culinary Wellness
- Interested in Managing Chronic Conditions
- Pursuing a Healthier Lifestyle
- Curious about "My Healthy Plate" Concept

### HOPE Learning

	\$	online
Health Coaching Level 1 - 6 Lessons (+ Registration Fee)	\$559.63	

	\$	online
What is Diabetes?	\$50	

	\$	online
What is Hypertension?	\$50	

	\$	online
What is Cholesterol?	\$50	

	\$	online
Making Better Choices When Eating Out	\$50	

**Description**  
HOPE Learning offers concise virtual lessons covering diverse health topics.

From demystifying conditions like cholesterol, hypertension, and diabetes to providing practical insights on making healthier dining choices, participants gain personalised knowledge for a proactive and healthier lifestyle.

**Ideal for those who are:**

- Prioritising Health Education
- Seeking Corporate Wellness Initiatives
- Health Enthusiasts and Preventive Care Advocates

**Takeaways:**

- Personalised Insights
- Practical Knowledge
- Empowerment for a Healthier Lifestyle