

Healthy You

Business challenge

- Much of the illness we face is preventable
- Healthcare costs are a significant concern

Solution

- Comprehensive wellness program
- Chronic disease management
- Employee education and training

Business outcomes

- Reduced health costs for employee/employer
- Healthier employees
- Improved employee morale and satisfaction



Insight

Like a lot of developed countries, the UAE is currently facing a health epidemic. Despite the fact that we have lots of new hospitals, gyms and leisure facilities, the onset of lifestyle-related diseases is on the rise and it is companies, as well as individuals, who are suffering. Recent WHO statistics suggest that as many as 19% of UAE residents are diabetic, 45% are obese and 60% admit to feeling overly-stressed. This is causing an alarm in the government who recognize that in order for a country to grow and prosper, it must have a healthy and active population and this is highlighted by initiatives such as the Dubai Fitness Challenge and also very strict goals relating to lifestyle disease set in the UAE Vision 2021. The good news is that it is possible for employers to buck this trend and have a healthier and happier workforce. The answer is the introduction of a comprehensive workplace wellness program.

The THC Way!

We combine the science of behavioral medicine with unwavering personal support, tools and technology to lasting health and to inspire small changes that make a big impact. We help our patients to make sustainable lifestyle changes to lead a healthy, happy life. It's an approach shown to reduce risk factors for type 2 diabetes, inflammatory disease and heart disease. With an integrated team of health professionals, THC runs wellness programs for some of the largest companies in the UAE and focuses on tailoring programs for the individual as well as the organization with a specific focus on lifestyle management and chronic disease prevention.

Health Coaching

Our confidential, 1-on-1 health coaching sessions are performed in person or over the phone. Health coaches start by reviewing health results and how the participants respond to the Health Risk Assessment (HRA) questionnaire. We insist each participant is assigned a 1 on 1 coach who supports them, educates them and make them accountable on a daily basis. The client builds a rapport with the coach who understands their goals and lifestyle and pushes them daily to make continuous improvements and incorporate good habits into their lifestyle. Health coaches interact at least 4 times daily with participants to ensure that progress is being made, participants are aware of how to make improvements, make better and informed health choices and lead a healthier lifestyle – thereby leading to long-term results.

Our USP is the comprehensive nature of the service that ensures one-on-one health coaching for each participant combined with various onsite activities, seminars and competition/challenges that ensures that their programs are results-oriented but also engaging and enjoyable.

PARTICIPANT DATA

48
PARTICIPANTS

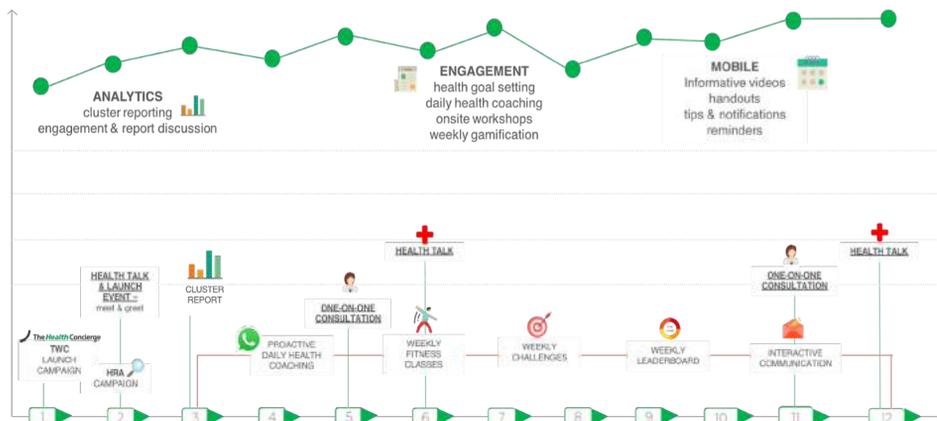
38
AVERAGE AGE

90%
PROGRAM COMPLIANCE

69%  **31%** 

IN A NUTSHELL

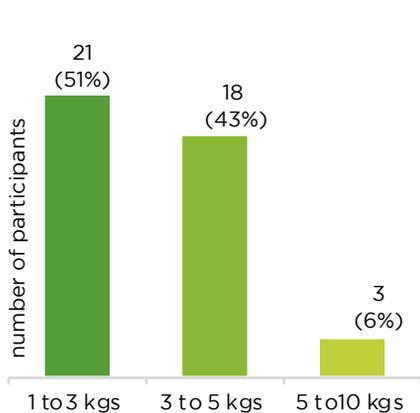
healthy you - 12 week program



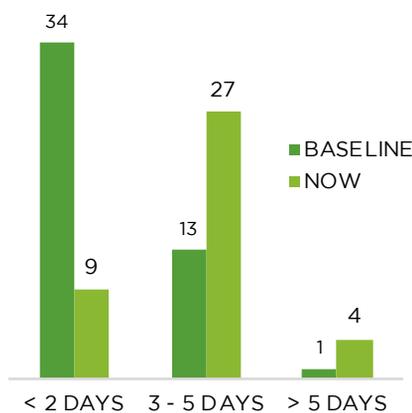
CONDITIONS COACHED

- Weight Control
- Nutrition Education
- Exercise
- Cholesterol Education
- Tobacco Cessation
- Diabetes
- Triglycerides
- Diabetes Prevention
- Blood Pressure Education
- Stress Management

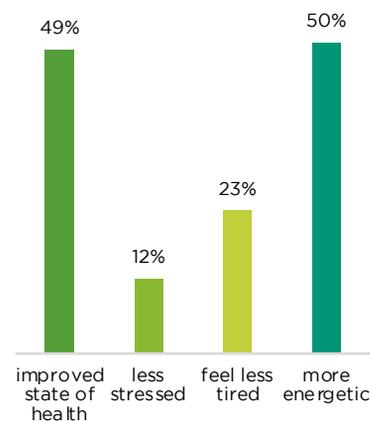
Every THC health coach believes in our participants, and knows that they have the ability to achieve their personal health goals.



SIGNIFICANT WEIGHT LOSS



EXERCISE FREQUENCY



HEALTH IMPROVEMENT

97% participants have lost weight

4.2 kilograms average weight loss

12 kilograms maximum weight loss

6% rise in participants falling in the "healthy BMI" category

67% rise in participants exercising regularly

50% fall in consumption of junk food

75% reduction in the number of sleep apnea cases

49% rise in participants reporting better state of health

50% increase in overall energy levels while at work

Throughout this program, Kushala consulted with me on my meals, specifically to lower my blood pressure. The daily health coaching, weekly circuit and yoga classes have helped me improve stamina, feel more motivated and fresh throughout the day. I am extremely certain that this program will help me achieve better personal health – **Pinaki Das**

I have regularized my diet and this has helped me lose tremendous amount of weight. More than anything I was able to reduce that number on the scale that I was unable to since more than a year, not to mention I have reduced 2 dress sizes. I now understand how important exercise and food are important and paying attention to your health is crucial. After all, health is wealth – **Muskaan D**

Dr. Arti has helped me over the last 12 weeks, engaging on WhatsApp. She is able to advise me on my meals and by sending photos of my meals to her has helped me understanding how I should plan my meals and portion sizes too. I am sleeping better than before, and the weekly challenges are very motivating. The exercise classes have helped me lose weight and build stamina. – **Usman Khan**