




Effective health tips

Reading through all the information available can be overwhelming. Here's some simple things you can do for yourself today^{7,8}:

-  Eat nutrient-rich foods
-  Reduce sugar and unhealthy fats
-  Monitor your calorie intake and match it to your daily activity levels
-  Exercise regularly

Your health matters

We are parents, siblings, workers, athletes, friends, people.



“ Harsh Shah, 39, living with Type 2 diabetes. After my diagnosis two years ago, I followed lifestyle changes and regular physical activity. Within months, my HbA1c dropped from 8.3 to 6.9, and later to 5.3. I feel more energetic, have fewer cravings, and am more confident at work. ”

“ I'm in my 40s, I've lived with type 2 diabetes for 15 years and later developed heart disease and osteoarthritis due to being overweight. My HbA1c stayed around 8%. In just 3 months, it dropped from 7.9 to 6.7. I feel more active, my knee pain is less limiting, and managing my health now feels more manageable. ”



3 Questions to ask your doctor



- 1 How can I build a healthy diet and exercise routine to achieve my diabetes goals?
- 2 How often should I track my progress with you?
- 3 What steps can I take to manage my health effectively in the long term?

Reference: 1. John E. Hall et al. Mechanisms of Obesity-Associated Cardiovascular and Renal Disease. The American Journal of the Medical Sciences, Volume 324, Issue 3, 2002 (127-137) | 2. Ryan D. H., & Yockey, S. R. (2017). Weight loss and improvement in comorbidity: Differences at 5%, 10%, 15%, and over. Current Obesity Reports, 6(2), 187-194. | 3. Anjana RM et al. The Lancet Diabetes & Endocrinology, July 2023, Volume 11, Issue 7, P474-489 | 4. Rehman T et al. Indian Journal of Community Medicine. 2020 Jul 1;45(3):315-9. | 5. ADA 2026. Diagnosis and classification of diabetes: Standards of Care in Diabetes—2026. Diabetes Care, 49(Suppl. 1), S27-S49 | 6. World Health Organization. 2000. International Association of Study of Obesity. International Obesity Task Force: The Asia-Pacific Perspective. Redefining Obesity and Its Treatment. | 7. Wharton S et al. CMAJ. 2020 Aug 4;192(31):E875-E891. | 8. Madhu SV et al. Indian J Endocrinol Metab. 2025 Jul-Aug;29(4):355-365.

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EVERYONE IS TALKING ABOUT DIABETES & WEIGHT LOSS



Let's talk about your health →

SCALE

Screening for **C**ardiometabolic And Lifestyle **E**arly-risk



Scan here to check your score with SCALE



It's not your fault

The modern lifestyle makes living healthy harder than ever before.

Why this is happening?



Work keeps us sedentary



City life limits movement



Food system works against us

Why you should care?

Overweight or Obesity impacts your¹:



Diabetes



Kidneys



Heart



Overall health



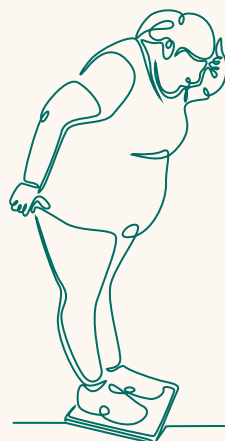
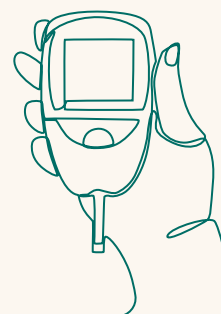
GOOD NEWS:

Losing just **5% of body weight** significantly improves your blood pressure & blood sugar levels.²

You are not alone

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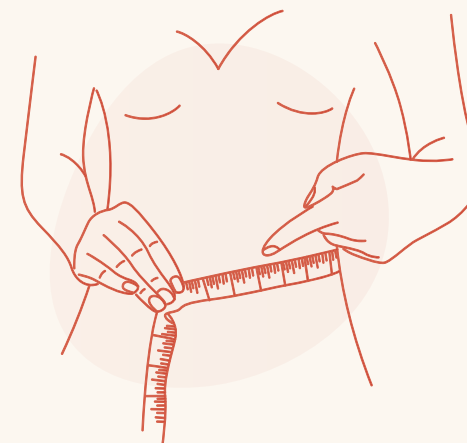
million people live with diabetes in India³



70%

of people with type 2 diabetes are overweight⁴

What to do now



Know your numbers

Diabetes and Obesity can be managed. One way to manage it is by knowing your numbers.

HbA_{1c}⁵

Normal: Below 5.7%

Prediabetes: 5.7% to 6.4%

Diabetes: 6.5% or higher

BMI⁶

Normal Weight: 18.0 – 22.9 kg/m²

Overweight: 23.0 – 24.9 kg/m²

Obesity (Class I): 25.0 – 29.9 kg/m²