

# TruHealth Diet Packages

Briefing Deck



# MHL WELLNESS CATEGORY TODAY

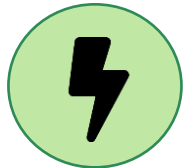
## EVOLVING TO CHANGING CONSUMER NEEDS



2022

### Revamped Wellness Packs

Complete MHL wellness package category revamp



2023

### Industry 1st 1+1 Offers

Launched 1+1 offers on wellness packs



2024

### Bundle Packs

Body Vitals, Dr Consultations & ECG at home



2025

### Mind & Body Testing

Digital Cognition testing – TruHealth Mind & Body



2025

### HbA1C Subscription

Subscription plan for chronic HbA1c consumers



2026

**NEXT...?**

# What is Wellness?



## We've Covered the Basics

MHL Wellness (TruHealth) packages have addressed pathology testing needs, doctor consultations & body vital monitoring



## Consumer Needs Evolve Regularly








## Diet & Nutrition: **The Missing Link**

How important is Diet & Nutrition in overall health? It's the cornerstone of preventive care & long-term wellness

# Significance of Diet in overall Wellness





## Basic Testing Only

-  Pathology tests only
-  No diet guidance
-  No body vitals
-  No doctor consultation
-  Reactive health management

VS



## Holistic Wellness

-  Pathology tests
-  Doctor consultation
-  Body vitals monitoring
-  Cognition testing



## Diet & Nutrition







# Introducing Personalized Diet (Diet + Consult)

Personalized Diet is a TWO-PART service bundled with TruHealth packages:

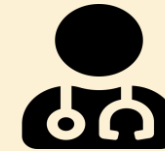
1. **Diet Chart Generation** (questionnaire-based)
2. **Diet Consultation** (expert reviews report + guides consumer)







## DIET CHART



-  Personalised daily meal plan
-  Macro & micronutrient targets
-  Recommended & avoid food lists
-  Portion size guidance
-  Timing & healthy habit tips
-  State/regional food options

## DIET CONSULTATION



-  1-on-1 expert diet consultation
-  Personalised report walkthrough
-  Actionable recommendations
-  Goal-based dietary guidance
-  Scheduled at consumer convenience
-  Delivered digitally via MHL portal

# TruHealth Diet Range: Product Range

## Base Packs + TruDiet



- ✓ Pathology tests
- ✓ Personalized Diet Chart
- ✓ Diet Consultation (expert call)

## Consult Bundle (ECG + Vitals + Dr Consult) + TruDiet



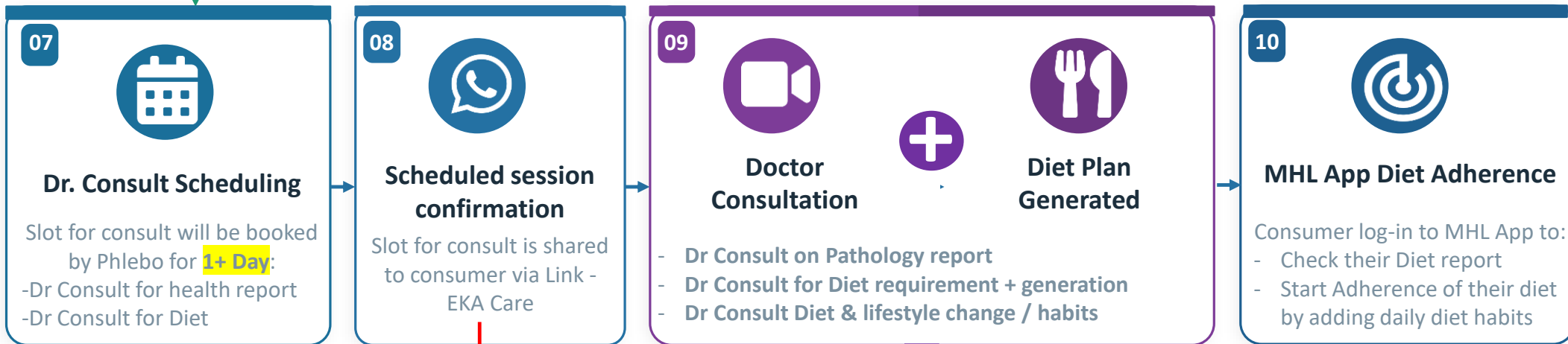
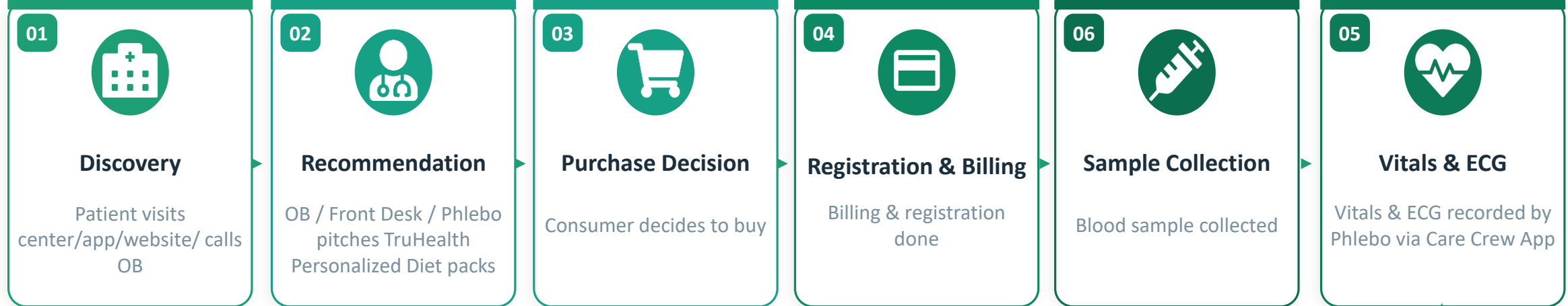
- ✓ Pathology tests
- ✓ ECG at centre
- ✓ Dr Consult for Pathology report
- ✓ Personalized Diet Chart
- ✓ Diet Consultation (expert call)

## Consult Bundle (Vitals + Dr Consult) + TruDiet



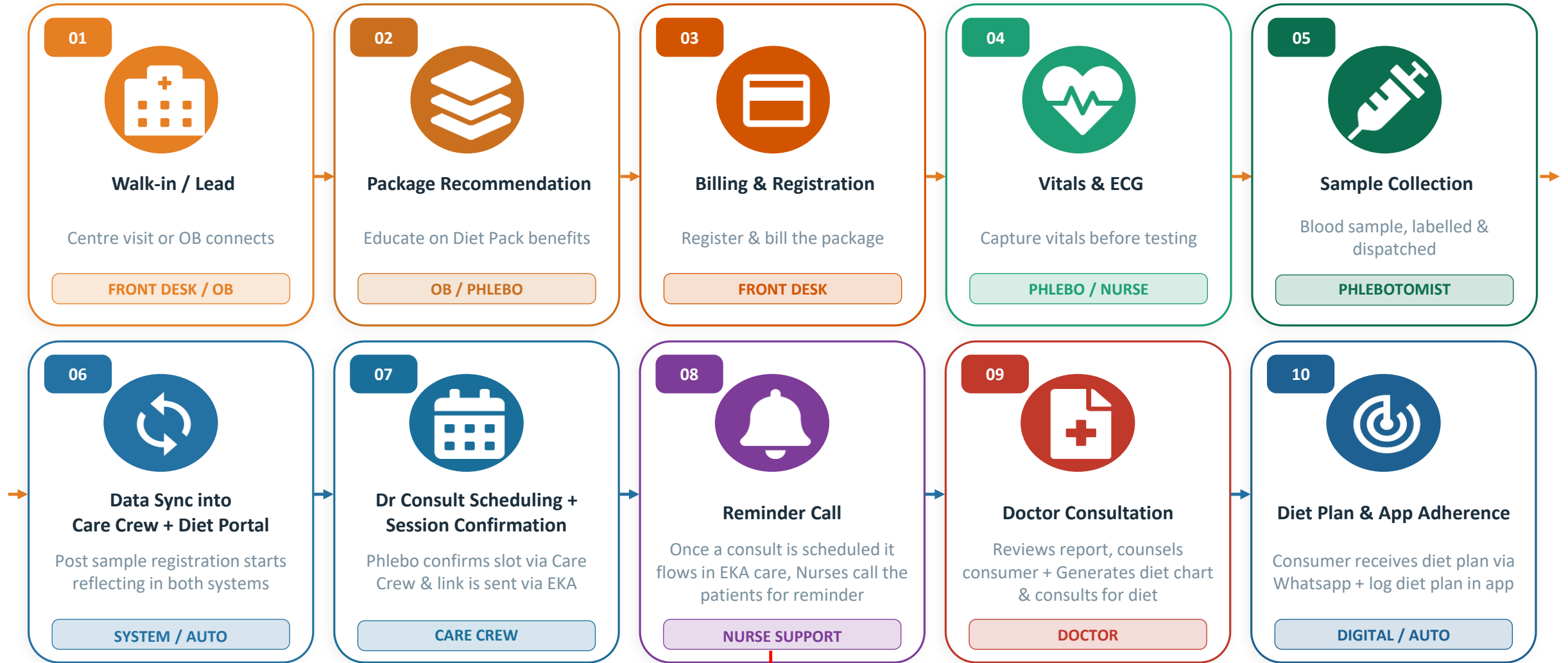
- ✓ Pathology tests
- ✓ Bodyvitals recording at centre
- ✓ Dr Consult for Pathology Report
- ✓ Personalized Diet Chart
- ✓ Diet Consultation (expert call)

# Patient Consumer Journey



If consumer doesn't turn up on agreed time slot – Nurse follows up by calling till 48 Hrs

# Phlebotomist Journey



If consumer doesn't turn up on agreed time slot – Nurse follows up by calling till 48 Hrs

# DIET REPORT | SECTION 0: Taking consumer inputs

## Back-End Dr Activity

Dr will do all these steps at the back end during the consultation slot to generate personalized Diet for the patient

All these steps will be part of taking crucial preferences of the consumer & providing him report which is personalized

**We Need some basic Info to provide you a correct analysis**

**What is your sex?**  
Please provide accurate details to help us offer you more personalized and precise recommendations  
Who can stay

Male  Female

**When were you born?**

1976

**November 1976**  
Tap to select your birth date.

Su	Mo	Tu	We	Th	Fr	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

Next

Dr inputs Age, gender

**Let's Get You Your Diet Plan**  
Relax it'll just take a minute

**Please Select your primary health goal/concern from the following**

- Weight Loss
- Muscle Building
- Lean Body
- Healthy Lifestyle
- Manage Diabetes
- Hypertension
- Manage PCOS
- Cholesterol

Dr selects GOAL of patient

**Let's Get You Your Diet Plan**  
Relax it'll just take a minute

**Height & weight**  
Set your height & weight.

**Weight**  
80.0

**80.0 Kg**

**Height**  
170

160

Dr inputs height + Weight

**Let's Get You Your Diet Plan**  
Relax it'll just take a minute

**How Often do you Exercise ?**

You exercise 5 days a week

Next

Dr inputs activity level

# DIET REPORT | SECTION 0: Taking consumer inputs

Let's Get You Your Diet Plan  
Relax it'll just take a minute

Check All that Implies

Health Condition

- Acidity
- Anemia - Iron Deficiency
- Anemia - Low Haemoglobin
- Calcium Deficiency
- Constipation
- Diabetes
- Digestion
- Fatty Liver
- Heart Disease
- High Cholesterol
- Hyper Thyroid Disorder
- Hypertension / Increased BP
- Hypotension / Low BP
- Inflammation / Infection
- Kidney Disease
- Liver Disease
- Prediabetes
- Protein Deficiency
- Sleep Disorder
- Thyroid Disorder
- Uric Acid Problem

Dr selects any health issues / condition

Diet Engine

Andhra Pradesh

Arunachal Pradesh

Assam

Bihar

Chhattisgarh

Goa

Gujarat

Haryana

Himachal Pradesh

Jharkhand

Karnataka

Kerala

Madhya Pradesh

Maharashtra

Manipur

Meghalaya

Mizoram

Nagaland

Goa

Submit

Dr inputs TYPE of Diet consumer wants

Let's Get You Your Diet Plan  
Relax it'll just take a minute

Give us your Diet Preferences

Vegetarian

Non-Vegetarian

Egg + Vegetarian

Vegan

Jain Food

Country Preferences

India

Major Regional Preferences

Select Region

Dr selects VEG / Non\_VEG

## Back-End Dr Activity

After inputting all these variables, the A.I Diet engine makes a diet chart / report for the patient.

The Dr, then shows the report to patient and carries out below tasks:

- Discuss the Diet plan with patient
- Discuss lifestyle changes needed

# METROPOLIS | DIET REPORT | SECTION 1: Patient Summary & Daily Targets

## METROPOLIS

HQ Address: Metropolis Healthcare Limited 4th Floor, East Wing, Plot-254 B, Nirlon House, Dr. Annie Besant Road, Worli, Mumbai - 400030, Maharashtra, India.



### Patient Summary

Patient Name Veg Customer Customer	Gender Male	Age 26	Mobile No. 7888625778
PID Patient Identification P31826569412874	VID Virtual Identification		

### Diet Plan Details

Regional Diet Preference: **Maharashtra** |
 Food Choice: **Vegetarian** |
 Lifestyle: **Sedentary** |
 Diet Plan Type: **Weight loss**

### Suggested for You

Daily Micronutrient Intake Target <b>1580 kcal</b>	Protein Intake <b>82 g/day</b>	Carbohydrate Intake <b>195 g/day</b>
Daily Exercise Duration <b>30 minutes</b>	Fat Intake <b>47 g/day</b>	Fiber Intake <b>35 g/day</b>
Daily Water Intake Target <b>2-3 Litres</b>		

### Daily Targets at a Glance

	<b>Daily Calories</b> Moderate deficit for weight loss	<b>1,580 kcal</b>
	<b>Protein</b> Preserve lean muscle mass	<b>82 g/day</b>
	<b>Carbohydrates</b> Low-GI wholefood focus	<b>195 g/day</b>
	<b>Fats</b> Healthy fats from nuts & dairy	<b>47 g/day</b>
	<b>Dietary Fiber</b> Satiety & gut health	<b>35 g/day</b>

# DIET REPORT | SECTION 2: Recommended & Foods to Avoid

Daily Water Intake Target  
2-3 Litres

47 g/day

35 g/day

## Dietary Recommendations

### Recommended Foods

- Moong dal
- Masoor dal
- Toor dal
- Rajma
- Chole (chickpeas)
- Paneer (in moderation)
- Low-fat curd
- Buttermilk
- Rolled oats
- Dalia (broken wheat)
- Brown rice
- Whole wheat atta
- Jowar flour
- Bajra flour
- Mixed vegetable sabzi (carrot, beans, peas, capsicum)
- Palak (spinach)
- Lauki (bottle gourd)
- Tinda and torai
- Bhindi (okra)
- Cabbage
- Cucumber
- Tomato

### Foods to Avoid

- Deep-fried snacks (samosa, kachori, pakoda)
- Refined flour items (white bread, maida naan, pastries)
- Sugar-sweetened beverages (soda, packaged juices)
- Excess sweets and desserts (gulab jamun, jalebi, barfi)
- High-fat paneer preparations with cream or butter
- Instant noodles and packaged ready-to-eat meals
- Potato chips and fried namkeen mixtures
- Bakery biscuits and cream cookies
- Large portions of white rice
- Excess ghee and butter on rotis or rice
- Sugary tea or coffee with full-fat milk
- Processed cheese slices
- Flavored sweetened yogurt and ice creams
- Energy drinks and sports drinks with sugar
- Fast food burgers and pizzas from any chain

Page 1



## RECOMMENDED FOODS

### Proteins

Moong dal, Masoor dal, Toor dal, Rajma, Chole, Paneer (mod.)

### Dairy

Low-fat curd, Buttermilk



## FOODS TO AVOID

- ✗ Deep-fried snacks (samosa, kachori, pakoda)
- ✗ Refined flour items (white bread, maida, pastries)
- ✗ Sugar-sweetened beverages & packaged juices
- ✗ Excess sweets (gulab jamun, jalebi, barfi)
- ✗ High-fat paneer with cream or butter

# DIET REPORT | SECTION 3: Portion Size Guide

## Portion Size Guide

### Glass Sizes

Glass Size	Approx Content	Use it for
Small	150 ml	Milk, Buttermilk
Medium	200 ml	Milk, Water
Large	250 ml	Water, Lemon Water

**Daily Tip:**  
Water: 6-8 Glasses of water everyday (stay hydrated)

### Bowl Sizes

Glass Size	Approx Content	Use it for
Small	80-100g	Curd, Dal, Raita
Medium	120-150g	Dals & Vegetables
Large	200-220g	Salads & Soups

**Daily Tip:**  
Include Curd to improve gut health and add probiotics in daily meals.

### Rice/Poha/Upma/Khichdi

Small Portion	1/2 Medium Bowl	80-100g
Normal Portion	1 Medium Bowl	150g

**Daily Tip:**  
For most patients: 1 medium bowl per meal is enough

### Roti/Chapati Portion

Small Roti	1 (15-18cm)
Medium Roti	1 (18-20cm)

**Daily Tip:**  
Women: 1-2 medium rotis  
Men: 2 medium rotis

### Protein (Paneer/Egg/Chicken)

Paneer	80-100g	1 palm size
Chicken	100-120g	1 palm size
Eggs	1-2 eggs	-

**Daily Tip:**  
For most patients: 1 medium bown per meal is enough

### Oil/Ghee

Oil	5ml	1 teaspoon
Ghee	5-10g	3-4 teaspoons

**Daily Tip:**  
Includes oil used in all meals combined

## Portion Size Guide

Glass Sizes

Bowl Sizes

Grains (Rice/Poha/Upma)

Roti / Chapati

Protein (Paneer)

Oil / Ghee

## Before Breakfast:

### WHEN YOU WAKE UP

🕒 07:00 AM

#### Jeera Water

Warm water infused with soaked cumin seeds, consumed on empty stomach.



**Serving:** 1 glass  
**Calories:** 5 kcal  
**Protein:** 0 g  
**Carbs:** 1 g  
**Fats:** 0 g

### BEFORE BREAKFAST

🕒 07:30 AM

#### Soaked Almonds

Peeled soaked almonds for healthy fats and satiety.



**Serving:** 5-6 nuts  
**Calories:** 40 kcal  
**Protein:** 2 g  
**Carbs:** 2 g  
**Fats:** 4 g

## Breakfast:

### Beverage

#### Green Tea

Plain green tea without sugar.



**Serving:** 1 cup  
**Calories:** 2 kcal  
**Protein:** 0 g  
**Carbs:** 0 g  
**Fats:** 0 g

### Choose Any 1 Option

#### Vegetable Poha

Flattened rice cooked with onion, tomato, peas, carrot, and minimal oil.



**Serving:** 1 medium bowl  
**Calories:** 260 kcal  
**Protein:** 6 g  
**Carbs:** 45 g  
**Fats:** 6 g

#### Moong Dal Chilla

Two chillas made from soaked moong dal batter with coriander and spices.



**Serving:** 2 pieces  
**Calories:** 230 kcal  
**Protein:** 14 g  
**Carbs:** 26 g  
**Fats:** 7 g

#### Vegetable Dalia Upma

Broken wheat cooked with mixed vegetables and mild spices.



**Serving:** 1 medium bowl  
**Calories:** 240 kcal  
**Protein:** 7 g  
**Carbs:** 42 g  
**Fats:** 4 g

#### Paneer Besan Cheela

Gram flour cheela stuffed with crumbled paneer and herbs.



**Serving:** 2 pieces  
**Calories:** 260 kcal  
**Protein:** 14 g  
**Carbs:** 24 g  
**Fats:** 11 g

## Lunch:

### Salad Options (Choose Any 1 Option)

#### Kachumber Salad

Chopped cucumber, tomato, onion, coriander with lemon and salt.



**Serving:** 1 large bowl  
**Calories:** 60 kcal  
**Protein:** 2 g  
**Carbs:** 11 g  
**Fats:** 1 g

#### Sprouted Moong Salad

Steamed sprouted moong with onion, tomato, coriander, and lemon.



**Serving:** 1 large bowl  
**Calories:** 120 kcal  
**Protein:** 8 g  
**Carbs:** 20 g  
**Fats:** 1 g

### Roti/Rice & Sides

#### Whole Wheat Roti

Phulka made from whole wheat flour without added fat.



**Serving:** 2 pieces  
**Calories:** 190 kcal  
**Protein:** 6 g  
**Carbs:** 38 g  
**Fats:** 2 g

### Vegetable/Dal & Curries Options (Choose Any 1 Option)

#### Palak Paneer Bhurji

Crumbled paneer cooked with spinach, tomato, and mild spices using very little oil.



**Serving:** 1 small bowl  
**Calories:** 180 kcal  
**Protein:** 11 g  
**Carbs:** 7 g  
**Fats:** 12 g

#### Lauki Chana Dal Sabzi

Bottle gourd cooked with soaked chana dal in tomato-onion gravy.



**Serving:** 1 medium bowl  
**Calories:** 150 kcal  
**Protein:** 7 g  
**Carbs:** 20 g  
**Fats:** 4 g

#### Mixed Vegetable Sabzi

Carrot, beans, peas, capsicum lightly sautéed with spices.



**Serving:** 1 medium bowl  
**Calories:** 140 kcal  
**Protein:** 4 g  
**Carbs:** 18 g  
**Fats:** 6 g

#### Bhindi Sabzi

Okra cooked with onion, tomato, and spices using minimal oil.



**Serving:** 1 medium bowl  
**Calories:** 130 kcal  
**Protein:** 3 g  
**Carbs:** 15 g  
**Fats:** 6 g

## Evening Snacking:

### EVENING SNACK

🕒 05:30 PM

Choose Any 1 Option

#### Roasted Chana

Roasted whole chana eaten plain.



**Serving:** 1/2 small bowl  
**Calories:** 120 kcal  
**Protein:** 6 g  
**Carbs:** 18 g  
**Fats:** 2 g

#### Vegetable Soup

Clear soup with mixed vegetables and herbs, no cream.



**Serving:** 1 medium bowl  
**Calories:** 70 kcal  
**Protein:** 3 g  
**Carbs:** 12 g  
**Fats:** 1 g

#### Sprout Chaat

Boiled sprouts with tomato, onion, coriander, and lemon.



**Serving:** 1 small bowl  
**Calories:** 130 kcal  
**Protein:** 8 g  
**Carbs:** 22 g  
**Fats:** 1 g

#### Peanut Chaat

Boiled peanuts tossed with onion, tomato, coriander, and lemon.



**Serving:** 1/2 small bowl  
**Calories:** 140 kcal  
**Protein:** 6 g  
**Carbs:** 8 g  
**Fats:** 10 g

#### Herbal Tea

Herbal infusion like tulsi or lemongrass without sugar.



**Serving:** 1 cup  
**Calories:** 2 kcal  
**Protein:** 0 g  
**Carbs:** 0 g  
**Fats:** 0 g

## Dinner:

### OPTION 1

#### Salad & Soup Options (Choose Any 1 Option)

#### Tomato Cucumber Salad

Sliced tomato and cucumber with lemon and salt.



**Serving:** 1 large bowl  
**Calories:** 50 kcal  
**Protein:** 2 g  
**Carbs:** 10 g  
**Fats:** 0 g

#### Lauki Carrot Soup

Blended bottle gourd and carrot soup with mild spices.



**Serving:** 1 medium bowl  
**Calories:** 70 kcal  
**Protein:** 2 g  
**Carbs:** 14 g  
**Fats:** 1 g

#### Palak Corn Salad

Lightly steamed spinach with sweet corn, lemon, and spices.



**Serving:** 1 large bowl  
**Calories:** 90 kcal  
**Protein:** 4 g  
**Carbs:** 18 g  
**Fats:** 1 g

#### Accompaniments

#### Moong Dal Khichdi

Soft khichdi made with moong dal and small portion of rice, minimal ghee.



**Serving:** 1 medium bowl  
**Calories:** 230 kcal  
**Protein:** 9 g  
**Carbs:** 38 g  
**Fats:** 4 g

### OPTION 2

#### Roti/Rice & Sides Options (Choose Any 1 Option)

#### Phulka Roti

Soft whole wheat phulka cooked on flame without oil.



**Serving:** 2 pieces  
**Calories:** 190 kcal  
**Protein:** 6 g  
**Carbs:** 38 g  
**Fats:** 2 g

#### Brown Rice

Steamed brown rice portion.



**Serving:** 1/2 medium bowl  
**Calories:** 110 kcal  
**Protein:** 3 g  
**Carbs:** 23 g  
**Fats:** 1 g

#### Vegetable/Dal & Curries Options (Choose Any 1 Option)

#### Masoor Dal

Cooked red lentils tempered with tomato, garlic, and mild spices.



**Serving:** 1 medium bowl  
**Calories:** 180 kcal  
**Protein:** 12 g  
**Carbs:** 26 g  
**Fats:** 3 g

#### Moong Dal Tadka

Yellow moong dal cooked soft with light tadka of jeera and chili.



**Serving:** 1 medium bowl  
**Calories:** 170 kcal  
**Protein:** 11 g  
**Carbs:** 24 g  
**Fats:** 3 g

#### Paneer Bhurji

Crumbled paneer cooked with onion, tomato, and capsicum.



**Serving:** 1 small bowl  
**Calories:** 190 kcal  
**Protein:** 11 g  
**Carbs:** 6 g  
**Fats:** 14 g

#### Tinda Sabzi

Indian round gourd cooked with tomato and spices using minimal oil.



**Serving:** 1 medium bowl  
**Calories:** 120 kcal  
**Protein:** 3 g  
**Carbs:** 14 g  
**Fats:** 5 g

#### Cabbage Peas Sabzi

Finely shredded cabbage with green peas and light spices.



**Serving:** 1 medium bowl  
**Calories:** 140 kcal  
**Protein:** 5 g  
**Carbs:** 18 g  
**Fats:** 5 g

## Before Sleep:

### BEFORE SLEEP (OPTIONAL)

🕒 10:00 PM

Choose Any 1 Option

#### Chamomile Tea

Caffeine-free chamomile infusion without sugar.



**Serving:** 1 cup  
**Calories:** 2 kcal  
**Protein:** 0 g  
**Carbs:** 0 g  
**Fats:** 0 g

#### Cinnamon Water

Warm water steeped with small stick of cinnamon.



**Serving:** 1 glass  
**Calories:** 3 kcal  
**Protein:** 0 g  
**Carbs:** 1 g  
**Fats:** 0 g

#### Mint Tea

Fresh mint leaves infused in hot water without sugar.



**Serving:** 1 cup  
**Calories:** 2 kcal  
**Protein:** 0 g  
**Carbs:** 0 g  
**Fats:** 0 g

# DIET REPORT | SECTION 4: Daily Meal Plan

<b>7:00 AM</b> Wake Up	<b>5 kcal</b> Jeera Water (soaked cumin in warm water)	<b>3:30 PM</b> Post-Lunch	<b>40 kcal</b> Masala Chaas (optional – spiced buttermilk)
<b>7:30 AM</b> Pre-Breakfast	<b>40 kcal</b> 5–6 soaked almonds (healthy fats + satiety)	<b>5:30 PM</b> Eve. Snack	<b>~100 kcal</b> 1 of: Roasted Chana / Veg Soup / Sprout Chaat / Peanut Chaat + Herbal Tea
<b>8:00 AM</b> Breakfast	<b>~250 kcal</b> Green tea + 1 of: Vegetable Poha / Moong Dal Chilla / Oats Porridge / Paneer Chilla / Dalia Upma	<b>8:00 PM</b> Dinner	<b>~320 kcal</b> Option 1: Moong Dal Khichdi + Salad/Soup OR Option 2: 2 Phulka / Brown Rice + Dal / Sabzi
<b>10:30 AM</b> Mid-Day	<b>65 kcal</b> 1 seasonal fruit (apple/orange/guava) + Lemon Cucumber Water	<b>9:30 PM</b> After Dinner	<b>70 kcal</b> Haldi Milk (optional – warm toned milk + turmeric)
<b>1:00 PM</b> Lunch	<b>~500 kcal</b> Salad + 2 Whole Wheat Rotis + 1 of: Palak Paneer / Lauki Chana Dal / Mixed Veg Sabzi / Bhindi / Aloo Gobhi	<b>10:00 PM</b> Before Sleep	<b>~2 kcal</b> Optional: Chamomile Tea / Cinnamon Water / Mint Tea

# Tcode Details: TruHealth Personalized Diet Products

## Tcodes

### TruHealth Base Packs + Diet

Test Code	Test Name
T9067	TruHealth Vital + <b>Tru Diet</b>
T9068	TruHealth Vital Plus + <b>Tru Diet</b>
T9069	TruHealth Active (Male) + <b>Tru Diet</b>
T9070	TruHealth Active (Female) + <b>Tru Diet</b>
T9071	TruHealth Proactive (Male) + <b>Tru Diet</b>
T9072	TruHealth Proactive (Female) + <b>Tru Diet</b>
T9073	TruHealth Expert (Male) + <b>Tru Diet</b>
T9074	TruHealth Expert (Female) + <b>Tru Diet</b>
T9075	Truhealth Elite (M) + <b>Tru Diet</b>
T9076	Truhealth Elite (F) + <b>Tru Diet</b>

### TruHealth Consult Packs (Vital + Consult + ECG) + Diet

Test Code	Test Name
T9077	Truhealth Vital + Consult + ECG + <b>Tru Diet</b>
T9078	Truhealth Vital Plus + Consult + ECG + <b>Tru Diet</b>
T9079	Truhealth Active (Male) + Consult+ ECG + <b>Tru Diet</b>
T9080	Truhealth Active (Female) + Consult + ECG + <b>Tru Diet</b>
T9081	Truhealth ProActive (Male) + Consult + ECG + <b>Tru Diet</b>
T9082	Truhealth Proactive (Female) + Consult + ECG + <b>Tru Diet</b>
T9083	Truhealth Expert (Male) + Consult + ECG + <b>Tru Diet</b>
T9084	Truhealth Expert (Female) + Consult + ECG + <b>Tru Diet</b>
T9085	Truhealth Elite (M) + Consult + ECG + <b>Tru Diet</b>
T9086	Truhealth Elite (F) + Consult +ECG + <b>Tru Diet</b>

### TruHealth Consult Packs (Vital + Consult) + Diet

Test Code	Test Name
T9087	Truhealth Vital + Body Vitals + Consult + <b>Tru Diet</b>
T9088	Truhealth Vital Plus + Body Vitals + Consult + <b>Tru Diet</b>
T9089	Truhealth Active (Male) + Body Vitals + Consult + <b>Tru Diet</b>
T9090	Truhealth Active (Female) + Body Vitals + Consult + <b>Tru Diet</b>
T9091	Truhealth ProActive (Male) + Body Vitals + Consult + <b>Tru Diet</b>
T9092	Truhealth Proactive (Female) + Body Vitals + Consult + <b>Tru Diet</b>
T9093	Truhealth Expert (Male) + Body Vitals + Consult + <b>Tru Diet</b>
T9094	Truhealth Expert (Female) + Body Vitals + Consult + <b>Tru Diet</b>
T9095	Truhealth Elite (M) + Body Vitals+Consult + <b>Tru Diet</b>
T9096	Truhealth Elite (F) + Body Vitals+Consult + <b>Tru Diet</b>
T9101	Truhealth Vital+Consult+ECG (with Vit-D) + <b>Tru Diet</b>
T9102	Truhealth Vital+Body Vitals+Consult (with Vit-D) + <b>Tru Diet</b>

## Live in all Orgs of below BUs

Mumbai • Pune • Surat • Bangalore • Chennai

## Applicable Segments where packs to be promoted

PSC • LwPSC • HV • APSC

# TruHealth Personalized Diet Packs: MRPs

Configuration	Test Code	Test Name	Mumbai	Pune	Lister Chennai	Guj - Surat	KK - Bangalore
<b>Base Packs</b>  - Path - DIET	T9067	TruHealth Vital + Tru Diet	4500	4500	4500	4200	4200
	T9068	TruHealth Vital Plus + Tru Diet	6000	6000	6000	5750	5750
	T9072	TruHealth Proactive (Female) + Tru Diet	8500	8500	8500	8000	8000
	T9071	TruHealth Proactive (Male) + Tru Diet	8500	8500	8500	8000	8000
	T9069	TruHealth Active (Male) + Tru Diet	7500	7500	7500	7000	7000
	T9070	TruHealth Active (Female) + Tru Diet	7500	7500	7500	7000	7000
	T9073	TruHealth Expert (Male) + Tru Diet	9500	9500	9500	9000	9000
	T9074	TruHealth Expert (Female) + Tru Diet	9500	9500	9500	9000	9000
	T9075	Truhealth Elite (M) + Tru Diet	11000	11000	11000	11000	11000
T9076	Truhealth Elite (F) + Tru Diet	11000	11000	11000	11000	11000	

<b>Consult Bundle</b>  - Path - Vitals - Consult - ECG - DIET	T9077	Truhealth Vital + Consult + ECG + Tru Diet	4800	4800	4800	4500	4500
	T9078	Truhealth Vital Plus + Consult + ECG + Tru Diet	6200	6200	6200	6000	6000
	T9101	Truhealth Vital+Consult+ ECG (with Vit-D) + Tru Diet	- NA -	- NA -	4800	- NA -	- NA -
	T9079	Truhealth Active (Male) + Consult+ ECG + Tru Diet	7500	7500	7500	7000	7000
	T9080	Truhealth Active (Female) + Consult + ECG + Tru Diet	7500	7500	7500	7000	7000
	T9081	Truhealth ProActive (Male) + Consult + ECG + Tru Diet	8500	8500	8500	8000	8000
	T9082	Truhealth Proactive (Female) + Consult + ECG + Tru Diet	8500	8500	8500	8000	8000
	T9083	Truhealth Expert (Male) + Consult + ECG + Tru Diet	9500	9500	9500	9000	9000
	T9084	Truhealth Expert (Female) + Consult + ECG + Tru Diet	9500	9500	9500	9000	9000
	T9085	Truhealth Elite (M) + Consult + ECG + Tru Diet	11000	11000	11000	11000	11000
T9086	Truhealth Elite (F) + Consult +ECG + Tru Diet	11000	11000	11000	11000	11000	

<b>Consult Bundle</b>  - Path - Vitals - Consult - DIET	T9087	Truhealth Vital + Body Vitals + Consult + Tru Diet	4800	4800	4800	4500	4500
	T9102	Truhealth Vital + Body Vitals + Consult (with Vit-D) + Tru Diet	- NA -	- NA -	4800	- NA -	- NA -
	T9088	Truhealth Vital Plus + Body Vitals + Consult + Tru Diet	6200	6200	6200	6000	6000
	T9089	Truhealth Active (Male) + Body Vitals + Consult + Tru Diet	7500	7500	7500	7000	7000
	T9090	Truhealth Active (Female) + Body Vitals + Consult + Tru Diet	7500	7500	7500	7000	7000
	T9091	Truhealth ProActive (Male) + Body Vitals + Consult + Tru Diet	8500	8500	8500	8000	8000
	T9092	Truhealth Proactive (Female) + Body Vitals + Consult + Tru Diet	8500	8500	8500	8000	8000
	T9093	Truhealth Expert (Male) + Body Vitals + Consult + Tru Diet	9500	9500	9500	9000	9000
	T9094	Truhealth Expert (Female) + Body Vitals + Consult + Tru Diet	9500	9500	9500	9000	9000
	T9095	Truhealth Elite (M) + Body Vitals +Consult + Tru Diet	11000	11000	11000	11000	11000
T9096	Truhealth Elite (F) + Body Vitals + Consult + Tru Diet	11000	11000	11000	11000	11000	

Applicable Segments where packs to be promoted

PSC • LwPSC • HV • APSC

# TH Personalized Diet Products: Creatives

**PENDING**



*"Every Report Can Become  
a Health Transformation Journey"*

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