Today, India in more ways than one is transforming the world. Her vibrant democracy and her people are a source of inspiration the world over. Though globalization has brought in much success, it has also ushered in the burden of chronic medical illnesses.

 Millions across India are falling prey to lifestyle related illnesses such as Type 2 Diabetes Mellitus and Cardiovascular disease resulting in debilitation and often premature death. Propelling this upsurge is the growing prevalence of overweight, obesity, poor dietary habits and sedentary lifestyles.

- Four of ten people in urban India are either overweight or obese.
- Indians have the highest incidence of abdominal obesity which predisposes them to chronic illnesses.
- Five of ten people in major cities reported no physical activity in the prior month.

Based on these figures, the World Health Organization (W.H.O.) estimates the productivity of an Indian worker to diminish by almost 10-15% annually, severely compromising India’s status as an economic powerhouse by 2010.

At NutritionVista, a health care organization with a focus on individual and corporate wellness, we have a simplified solution. We understand that of all the factors that influence health, a proper diet and an active lifestyle are the pathways to better health. Our approach is dynamic, flexible and customized to your needs.

We offer:
- Nutrition and Health assessment tools that help identify health risks early.
- One on one consultation by qualified registered dieticians.
- Web-based 24/7 support
- Regular follow-up visits.
- Latest information on health and nutrition from around the globe.

**NutritionVista** provides a comprehensive solution ...not just weight loss but also providing access to our network of experts in the field of nutrition, health and wellness.
Online Offerings:

Our goal is to promote health through customized weight control and lifestyle coaching. Our network of registered dietitians provides evidence-based guidance and support in managing overweight and related health concerns.

FREE FOR ALL USERS

- **SELF ASSESSMENT TOOLS:** Body Mass Index, Waist-to-Hip Ratio, Food Intake Analysis
- **CUSTOMIZED HOME-PAGE FOR CONSUMER**
- **CUSTOMIZED HOME-PAGE FOR DIETICIAN.**
- **DAILY FOOD DIARY, EXERCISE LOG, MEMO,**
- **MAKE APPOINTMENT, MESSAGE DIETICIAN ONLINE**
- **LATEST NEWS & ARTICLES ON HEALTH - Global Coverage.**
- **BLOGS**
- **CONTENT RICH IN HEALTH, WELLNESS & NUTRITION TOPICS**
In-Clinic Offerings:

NutritionVista prides itself on providing quality clinical nutrition & lifestyle change counseling services.

**BENEFITS TO OUR CUSTOMERS:**
- A dedicated nutrition coach for your customized weight control and lifestyle change solutions.
- Free 24/7 web support.
- Authoritative and accurate information on health, diet and nutrition.
- Regular consultation with your doctor to help coordinate your care.

**BENEFITS TO OUR REFERRING DOCTORS**
- Availability of well-trained and experienced dieticians to provide nutrition, & lifestyle change counseling services to your patients
- Enhanced patient care
- Higher patient-satisfaction and patient-retention for your practice.
- 24/7 online support services for your patients
- Increased referrals to your practice through our corporate affiliations

**BENEFITS TO OUR CORPORATE CLIENTS:**
- Incorporate onsite health screenings and engage your “at risk” employees in adopting healthier lifestyles.
- Cost-effective, results-oriented programs that require minimal administration and set up.
- A reduction in your medical costs incurred by overweight and obesity related illnesses such as diabetes and cardiovascular diseases.
- An increase in employee productivity, satisfaction and retention.
For You, Our Customer:

Our objective is to successfully address health risk factors such as overweight, obesity, diabetes and heart disease. Our methodology rests in providing clinically sound tools to physicians and dieticians so that consumers may achieve better health outcomes.

- **Nutrition & Health Risks Assessment**
  - Body Mass Index
  - Waist-Hip-Ratio
  - Food Intake Analysis
  - Detailed Report Card

- **Customized Nutrition & Lifestyle change Interventions**
  - Daily Meal Plans
  - Recipes
  - Personal Dashboard
  - Daily Exercise Planner

- **24/7 access to web-based support and Interactive Tools**
  - Appointment Calendar
  - Community Blogs
  - E-Access to Dieticians
  - Medi-Pedia

- **Disease-specific education material and management Solutions**
  - Did You Knows
  - News & Articles
  - Links
  - Health Quizzes
Our Locations:

Bangalore
Telerad RxDx,
Multi-Specialty Clinic
Next to Mapple Hotel,
Opp. Graphite India
Whitefield, Bangalore
Tele. +91 80 41226799

Timings:
- Monday 8.30 am - 12.30 p.m.
- Wednesday 8.30 am - 12.30 p.m.
- Saturday 8.30 am - 3.30 p.m.

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Change Health Care Services
2425 Eastchester Road
Bronx, NY 10469
Tele. +1 718 231 5100

Upcoming Polyclinic Partnerships:
- New Delhi
- Gurgaon
- Hyderabad
- Pune
- Mumbai

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