

HEALTHY IS **SUGAR 360**

**A Comprehensive, Contactless
Program to Manage Your Diabetes**



Dr. Prathap C Reddy

Founder, Chairman
Apollo Hospitals Group

Our mission is to bring healthcare of International standards within the reach of every individual. We are committed to the achievement and maintenance of excellence in education, research and healthcare for the benefit of humanity.



How Apollo Sugar lays out the journey of a diabetes patient

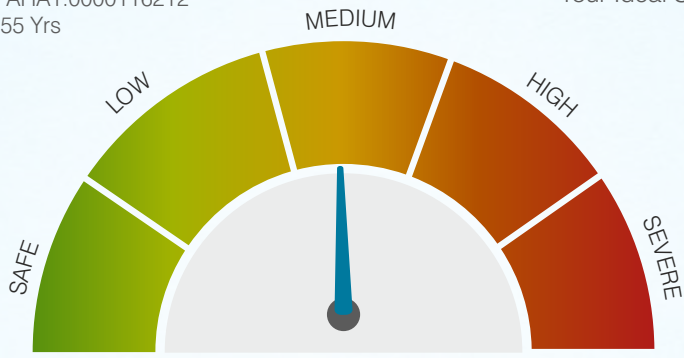
Apollo Sugar's new age technologically integrated approach to diabetes management starts from the moment you step into our clinic by foreseeing the occurrence of early onset of diabetes related complications using the DEAR App (Diabetic Education & Assessment RADAR). This analysis will deliver personalized results that can be accessed by our health coaches to suggest the best possible Sugar care program which is customized for every individual.

Your Diabetes Risk Radar

Mr. Palani*

UHID: AHA1.0000116212
Male, 55 Yrs

Your Current Score: 13
Your Ideal Score: 10



Overweight



On Oral & Insulin



Type 2 Diabetes



Complications

* For representation purpose

“ Life's
Sweetest
moments
can also be
Sugar-Free ”



Sugar Care Program - What's Sugar 360

Apollo Sugar's long term care program Sugar 360 helps you achieve sustained control of HbA1c levels for a longer period, through extensive interventions, active monitoring and successful patient engagement. It also includes doctor consultations, investigations, personalized diet counselling via assigned health coaches and lifestyle support - not only in the clinic, but also while you are away i.e. beyond the clinic.



Our 'beyond the clinic' service is interactive, connected and is always with you for seamless care delivery. It includes 24/7 assistance by Diabetic health coaches, Connected glucometer, Integrated Sugar App & Emergency availability of doctors 24/7





Diabetic Health Coaches 24/7

We have assigned personal coach who monitors your blood sugar levels periodically, sets goals to maintain your sugar levels, suggests lifestyle modification programs, customized diet plans, and medicine adherence on a regular basis.



Apollo Sugar App

The Apollo Sugar App helps to monitor and maintain your sugar levels through a connected platform that can be accessed by the patient and health coaches simultaneously to track the progress or tweak the treatment plan if required. It's even more convenient with its integration with the Smart Glucometer 360.



“Put an End to
Diabetes Worries”

we are here to
care for you





Diabetic Retinopathy

Diabetic retinopathy is the most common cause of vision loss for people with diabetes. It is caused by damage to the blood vessels in the tissue at the back of the eye (retina). Mild cases may be treated with careful diabetes management. Advanced cases may require laser treatment or surgery.

Early Symptoms

- Floaters
- Dark Areas of Vision
- Blurred Vision
- Difficulty Perceiving Colours

People may experience:

- Visual
- Blurred Vision
- Impaired Colour Vision
- Vision Disorder
- Distorted Vision
- Seeing Spots or Vision Loss

Fundoscopy (Comprehensive Eye Examination)

Diabetic Retinopathy can be diagnosed by Fundoscopy or color fundus photography. This allows us to grade the level of retinopathy, which can help to develop a treatment plan.

DIABETES CAN
LEAD TO SIGNIFICANT
**VISION LOSS &
BLINDNESS.**
**DON'T YOU
WORRY**

WITH SUGAR 360
PROGRAM WE WILL
HELP YOU MANAGE
THE CONDITION.





Diabetic Neuropathy

People who suffer from diabetes need to take extra care to protect their feet from infection. High sugar levels (Uncontrolled Diabetes) can damage your nerves in the feet and leg leading to complications such as pain of numbness & problems with digestive system, urinary tract, blood vessels & heart.

Signs of Diabetic Foot Problems

Changes in skin color | Changes in skin temperature | Swelling in the foot or ankle | Pain in the legs | Open sores on the feet that are slow to heal or are draining | Ingrown toenails or toenails infected with fungus | Corns or calluses | Dry cracks in the skin, especially around the heel

Tips to Take Care of Your Feet

Check your feet every day | Wash your feet every day | Smooth corns and calluses gently | Trim your toenails straight across | Wear shoes and socks at all times | Protect your feet from hot and cold | Keep the blood flowing to your feet | Get a foot check at every health care visit

Foot Examination

It is periodic examination conducted to assess any nerve related issues of foot & leg.



DIABETES CAN LEAD TO
DISABILITIES IF NOT
MANAGED PROPERLY

**ENROLL IN TO
SUGAR 360
PROGRAM**

FOR PERIODICAL
SCREENING AND
EARLY INTERVENTIONS.



SUGAR 360 INCLUSIONS

A 360 day program to help you reduce HBA1C levels in 6 months, maintaining healthy blood glucose reduced HBA1C levels for 1 year.



Consultation

Doctor Consultation
Diet Consultation

4 No's
4 No's



Lab Test

HbA1C 4 No's
Glucose Serum/Plasma (Fasting) 4 No's
Glucose Serum/Plasma (Post Prandial) 4 No's



Haematology & Pathology

TSH 1 No.
Complete Blood Count 1 No.
Complete Urine Examination 1 No.

1 No.
1 No.
1 No.



Kidney Check

Creatinine Serum/Plasma 2 No's
Serum Electrolytes 1 No.
Microalbumin-Creatine Ratio 2 No's
Microalbumin-Spot Urine 2 No's

2 No's
1 No.
2 No's
2 No's



Liver Check

LFT

1 No.



Cardiac Check

Lipid Profile

2 No's



Other Services

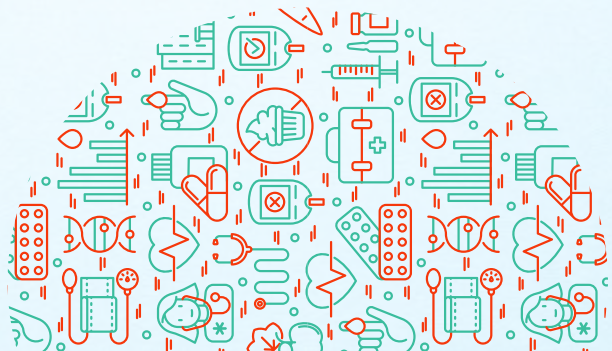
Complete Foot Examination 1 No.
Comprehensive Eye Examination 1 No.

1 No.
1 No.



Smart Glucometer 360

(Glucose Monitoring Device)



SUGAR 90 INCLUSIONS

A 90 day program to help you reduce HBA1C levels by 20%.



Consultation

Doctor Consultation
Diet Consultation

3 No's
3 No's



Lab Test

HbA1C
Glucose Serum/Plasma (Fasting)
Glucose Serum/Plasma (Post Prandial)

2 No's
2 No's
2 No's



Haematology & Pathology

TSH
Complete Blood Count
Complete Urine Examination

1 No.
1 No.
1 No.



Kidney Check

Creatinine Serum/Plasma
Serum Electrolytes
Microalbumin-Spot Urine

1 No.
1 No.
1 No.



Liver Check

LFT

1 No.



Cardiac Check

Lipid Profile

2 No's



Other Services

Complete Foot Examination
Comprehensive Eye Examination

1 No.
1 No.



Smart Glucometer 360

(Glucose Monitoring Device)

Renewal programs also available for Sugar 90, 180 and 360 programs.





Our Network: Hyderabad | Chennai | Madurai | Trichy | Bengaluru | Mysore | Delhi | Noida | Mumbai | Pune | Bhubaneswar | Raipur | Bilaspur | Chandigarh | Guntur | Kolkata

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To book an appointment



www.apollosugar.com

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