



instahealth
corporate wellness solutions • www.instahealth.in

About the founder



Vasundhara Agrawal is an experienced (11+ yrs) Bangalore based diet & active lifestyle expert and a nutrition coach who strives to take the confusion out of healthy eating. Having closely worked as a dietitian / nutritionist with top hospitals like Fortis and Max healthcare, she believes in a philosophy that diets, just like clothes, should be tailor-made because every individual is different and there is no one-size-fits-all.

As a life member of Indian Dietetic Association, a UGC-NET qualified lecturer, a freelance corporate trainer and an active contributor to various publications, Vasundhara's mission is to inculcate healthy lifestyle habits among people to enable them be the best version of themselves. She works with diverse groups and individuals around the World, catering to their special needs, goals or health conditions and helping them lead a healthy life free of worry and illness.

<https://www.linkedin.com/in/agrawalvasundhara>

Active Contributor to Publications like



Corporate Workshops & Events with



What is Instahealth?

Employee Wellness Program for Preventive Healthcare

An organized program that assists employees to voluntarily make choices that improve health and productivity. Workplace wellness programs focused on prevention and intervention benefit employees and employers by reducing employees' health risk factors to include:

- Being overweight
- Poor nutrition
- Lack of exercise / physical fitness
- Complications from health conditions, such as diabetes, hypertension, and high cholesterol.
- Tackling Stress
- Enable improvement in well-being, self-image and self-esteem



What's the need of a corporate health program?

Over the last decade, organisations and employers have come to realise that a healthy, happy and stress-free workforce is **more productive and valuable** than an overworked workforce that puts its health on the line.

While unhealthy behaviour can greatly affect an individual's health, it can also be **expensive** for an employer. Indirect costs associated with employees' unhealthy lifestyles can include:

- Decreased productivity due to employee health
- Training of new staff due to the disability of current staff to perform the job duties
- Work related injuries
- Excessive sick leave usage



Once benefitted, employees feel good, are happier, establish close partnerships with their office mates, and at the end of the day find work fun and personally rewarding.

Programs / Offerings

Custom-made and Curated Corporate Solutions



- Believing in our ideology of no-one size fits all, we **custom-create** the program, based on interest and need of employees. This need is quite visible in varying industry types (IT v/s manufacturing).
- We custom create a plan for employees keeping in mind the goals the organisation, nature of work and preferences of leadership.

1:1 Nutrition Consultation



- Nutritionist for help & guidance. **VIRTUAL**
- One to One consultation **VIRTUAL**
 - Personalised & Exact-timed diet plans
 - Eating out guidance
 - Festival Guide
 - Travel Guide
 - Healthy Recipes

Health Events & Education



- **Healthy Living Days** multiple times a month: informal sessions such as talk show, recipe demos, open QnA. Topics related to weight awareness, healthy lifestyle changes, food choices, cooking tips, physical fitness, disease prevention, and positive psychology / well-being. **VIRTUAL**
- Healthy Living Challenges and events (with actionable points). It could be a team based offering as well where winning teams are coupled with bragging rights, creating camaraderie and social cohesion among employees.

VIRTUAL

Programs / Offerings (contd.)

Workplace / Community Health Improvements



- Analysis of cafeteria food and making of healthy menu based on working hours and lifestyle of employees to keep them energetic and active at work.



Preventive health-related Communication

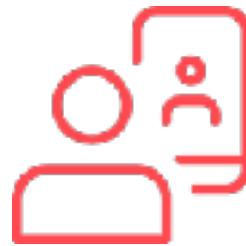


- Regular newsletters / emailers on latest healthy living trends and guides. **VIRTUAL**
- Motivational signage everywhere (employee areas, common areas, cafeteria etc.) motivating them to utilise simple healthy living habits. For example, a poster near the elevator encouraging them to use stairs.
- Easy tips on making tiny changes to habits for long term benefits.
- Small desk standees to be placed at employee's desk twice a month with motivational messages to embrace healthy living.
- Handouts (topics, healthy recipes etc.) and relevant material (practical info for daily use) to be provided regularly.

Exclusive Virtual Offerings (while working from home)



**Webinar / Sessions / Talks on
healthy living followed by QnA**



**1:1 Nutrition
Consultation**



**Healthy Foods Recipe
Demos and cook-alongs**



**Weekly dose of healthy living
Regular Newsletter & healthy
living tips via email**

BLOG LINKS ↓



<https://www.medium.com/diet-nutrition>

<https://www.medium.com/healthy-recipes>

Outcome



HEALTHIER Employees
Company
Financial and Organisational returns

Why Instahealth?

Enabling World-class Nutrition Guidance and diet services



Dt. Vasundhara

- Nutrition Expert & Corporate Health Coach
- 11+ years experience
- Changed lives of 1000s of individuals globally (Virtually)

<https://www.linkedin.com/in/agrawalvasundhara>

Custom Branding for events - sole reason to drive high engagement rates across corporates



Vinamra

- Creative Strategy & Operations
- Design & Marketing Expert
- 12+ years experience

<https://www.linkedin.com/in/thevinamra>

Case Study

A reason to live healthy & build lifelong healthy eating habits for their employees was what the Employee Cate team at Eli Lilly and Co had in mind when they approached us.

They wanted to do something unique **driving team building and health** at the same time.

We came up with a unique concept and called it **Lilly Nutrition League 2019**, which helps inculcate healthy eating habits along with team spirit!



A **custom event logo and branding was designed** by us, taking the event down the memory lane and adding heavy recall to it

- **Participation shot up multifold**
- **Fetches Global Employee Welfare to India office**
- **Management consideration to be held every year**



What we did every week

STEP 1

Weekly Challenge Intro Emailer



Week 1 Challenge
#LillyNutritionLeague

Don't drink tea or coffee as the first thing in the morning and along with any of the meals

#AreYouReady to #LiveHealthy




Remember to keep a gap of at least 30 minutes before or after the meal for having tea or coffee



#BuildHealthyHabits #OneStepAtATime

STEP 2

Weekly Video Launch of each challenge (via a dedicated web portal) - Participants could ask QnA anytime via the portal.



Week 1 Challenge

Don't drink tea or coffee as the first thing in the morning and along with any of the meals. And remember to keep a gap of at least 30 minutes before or after the meal for having tea or coffee.

For most of us morning cannot start without a piping hot cup of tea or coffee. But do you know why we should not do that? Because:

- It can increase acidity in your body
- It can cause heartburn and indigestion
- It also acts as diuretic which makes you lose water and can lead to dehydration
- It has tannin or caffeine which reduces the absorption of iron in the body and can lead to anemia



Have you accepted the week 1 challenge?

Remember! Do **NOT** drink tea or coffee as the first thing in the morning and along with any of the meals.

We are not suggesting to NOT drink tea or coffee as some require it to take them through the day. Just remember to not drink it as the first thing in the morning and along with any of the other meals. You can have it with a 30 min gap before/after meals. Also, don't have it more than two times in a day.

Remember the Why?

- Increases **Acidity** in your body
- Causes **Heartburn / Indigestion**
- Leads to **Dehydration**
- Can lead to **Anemia**

Few alternatives are:

Caffeine-free Herbal Tea

Boil 1 cup water. Add 1/2 tsp whole turmeric, 1/4 tsp whole cardamom and 1/4 tsp whole fennel. Let it steep for 10 min with the lid on. Strain out the spices and sip throughout the day.

1 whole fruit

Soaked & peeled almonds

4-5 pieces

Plain water

1 glassful, with a dash of lime

Vegetable Juice

Blend few vegetables in a mixer and have a glassful without sieving it. DO NOT add any fruit.

Coconut Water

1 serving

You will not experience any significant changes in your body by just following it for few days. It has to be made as a lifestyle change.



#BuildHealthyHabits
#OneAtATime

What we did every week

← STEP 3 Weekly Follow-up Emailer

STEP 4 Weekly Follow up Google Form



Your Readiness Level

For bringing about some "real" change in your body and lifestyle.



Until now, does participating as a team helping you to stick to the challenge(s)? *

- Yes, my team motivates me
- No, I would have been the same individually

VISIT EVENT PORTAL

<https://www.vasundhara.me/lilly-nutrition-league-2019>



40+

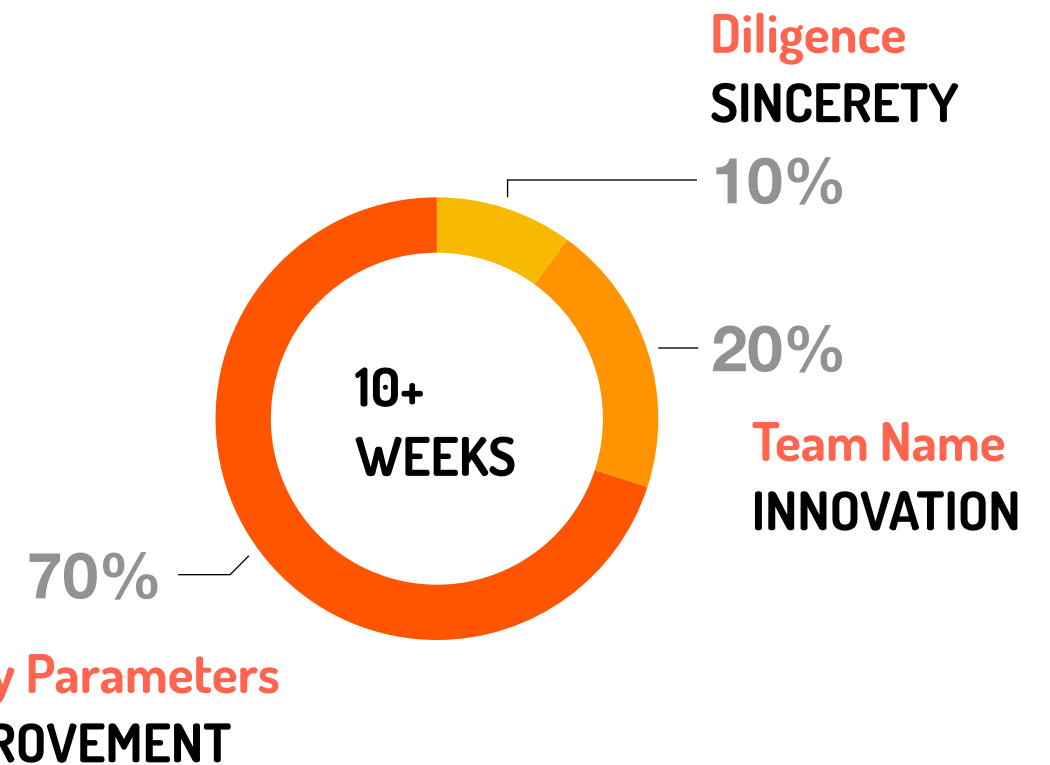
TEAMS

200+

PEOPLE

10+

WEEKS



Evaluation Criteria

Stay on top of health (and leadership)

A successful employee health program starts with a commitment from leadership, and its continued success depends on ongoing support at all levels of the organisation.



“Research time and time again confirms the benefits of healthier, fitter employees. They have fewer long-term medical claims, they are absent less, their disability cost are lower, and their personal productivity and job/life satisfaction levels are higher”

- Peter Soderberg, President Johnson Johnson HMI

Ask us, anything?



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Health is not valued till sickness comes.

- Thomas Fuller