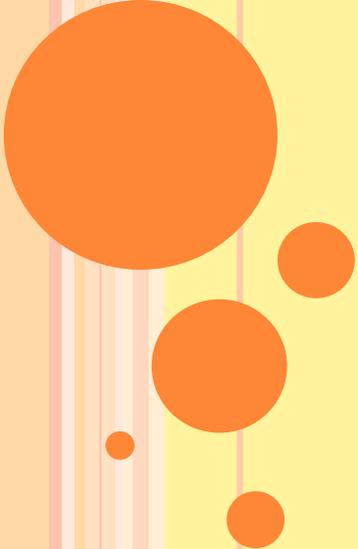


MOBILE INTERVENTION FOR WELLNESS

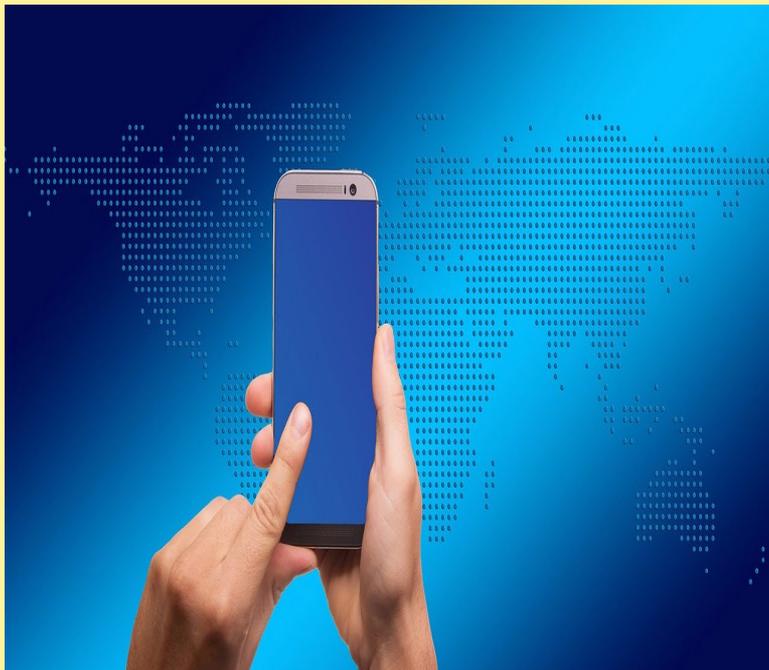


**Arundhati Joshi
Registered Dietitian (U.K)**

MOBILE INTERVENTION :NEED OF THE HOUR

Time efficient, easy to use, affordable.

Increased efficiency, productivity & outreach



- Daily health counseling works as Preventive Approach towards diseases.
- Effective strategy in making health goals part of daily life.



WORK PLAN

- **Step 1:** Details of interested participants- email, phone, preference of communication.
- **Step 2:** Complete general questionnaire -health and lifestyle.
- **Step 3:** Arrange for a telephone/ Skype Introductory call- Goals and strategy.
- **Step 4:** Daily email/ whatsapp/sms related to the goal - ask questions, give tips and initiate discussion regarding various aspects of lifestyle improvement.



- **Step 5:** Progress report via email every 15 days.
- **Step 6:** Telephone/Skype call after 20 days to follow up with the progress report and make a strategy accordingly.
- **Step 7:** At the end of 3 months, schedule a face to face or Skype appointment to complete a questionnaire and understand the need gaps.



MOBILE INTERVENTION : ADVANTAGES

- Improve outreach in the community.
- Provide a safe, comfortable and individualized environment for counseling sessions.
- Economically viable : No travel costs, wait times, child care costs .
- Easy approach to reach health professional.



GOALS ASSESSMENT

- Progress will be measured in terms of biochemical, physical changes as well as improvement in emotional health.
- The participant will be encouraged to reply, seek advice and stay connected on a daily basis.



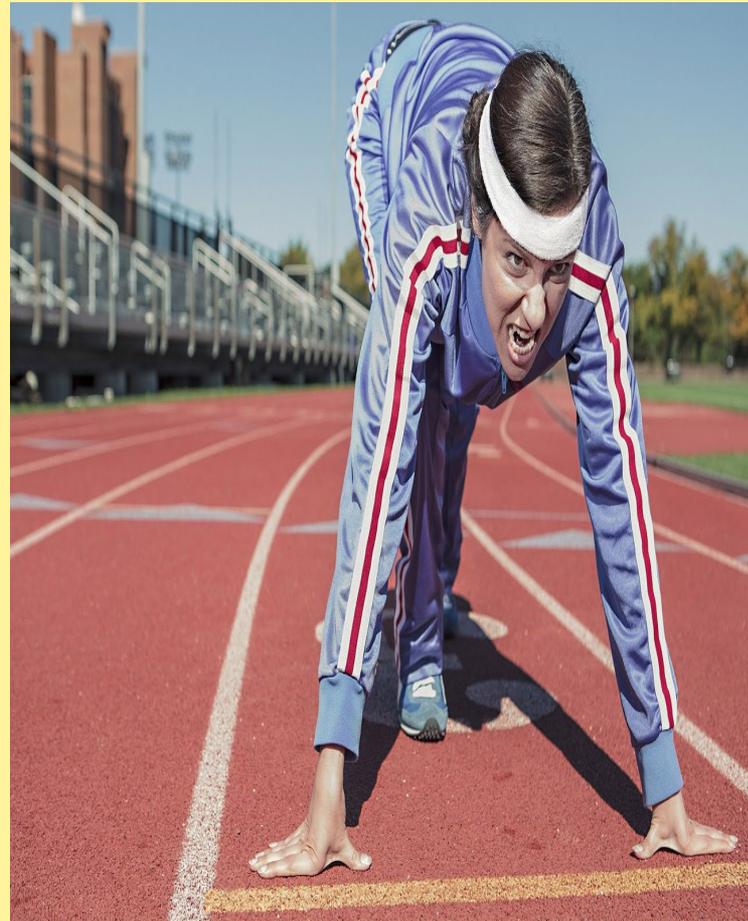
DESIRED OUTCOMES

- Target the section of community who currently do not make it to the community centers.
- Improve the grass root understanding of Nutrition and wellbeing.
- Provide meaningful, timely and accurate guidance to improve daily health.
- Increase community involvement and possibly develop into strong social groups.



WHAT TO EXPECT ...

- Does running fast make you lose weight fast too?
- Is 'fortified' better than 'enriched' food?
- Fat is a food group, and your brain cannot function without it.



IT WILL BE ANYTHING BUT BORING !!!



CALORIES are the little buggers that get together at night in your closet and sew your clothes tighter !!



THANK YOU !

