



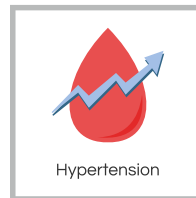
# Cardiometabolic Health Treatment



# About Depradoo Healthcare



Depradoo Healthcare is a digital health coaching company for lifestyle- and behaviour-related cardiometabolic diseases. We address the lifestyle and behavioural factors that accompany cardiometabolic diseases and contribute to their development.



## Treatment To Fit Specific Needs

Depradoo's evidence-based solution can be tailored to each individual - from one adaptable treatment to the prevention and management of multiple cardiometabolic conditions.

Modern Technology,  
Professional Service

# What To Expect

Our treatment is delivered by a team of qualified health coaches, including fitness, nutrition, and behaviour change specialists. With their thorough knowledge and expertise, they provide guidance, education, and support to help individuals make meaningful lifestyle changes. We also utilize a digital platform to enhance the effectiveness of our treatment. A user-friendly mobile app provides individuals with a seamless experience, such as communicating with their coaches, joining peer groups, receiving push notifications, and tracking progress.

Personal Health  
Coaches



Motivation &  
Accountability



Peer  
Groups

Education &  
Resources



# We Ensure Your Health



Inspiring Sustainable Habit Development

## Contact



[www.depradoo.com](http://www.depradoo.com)



[info@depradoo.com](mailto:info@depradoo.com)

