
Physician name

COMPLETE AND FAX TO SOUTH ASIAN HEART CENTER: +1 650.966.9269



Date

Patient Last name, First name

Date of Birth

Email

Phone

☐ **Lifestyle Coaching Programs @ South Asian Heart Center**

☐ BMI ☐ FBS ☐ A1c ☐ Pre-DM ☐ DM ☐ BP ☐ Cholesterol

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M

Meditation

Daily practice of
restful alertness



E

Exercise

Regular, varied,
and vigorous



D

Diet

More greens
than grains



S

Sleep

Routine of
restful sleep

Notes

