

Physician name

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

Rx
FOR LIFESTYLE

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

CALL TO SCHEDULE YOUR PROGRAM: +1 650.940.7242



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