

**Your employees are working hard.**

**Their metabolism isn't keeping up.**

Nostavia decodes their biology from a standard blood test and wearables and gives them a personalised protocols.

Scroll Down



## INDIA'S WORKFORCE HAS A SILENT METABOLIC CRISIS

Most employees get an annual health checkup.

They receive a PDF with numbers. They don't know what the numbers mean. Nothing changes.

Meanwhile, metabolic conditions: insulin resistance, thyroid dysfunction, chronic inflammation silently compound. By the time symptoms appear, years of damage have already been done.

### 77%

of Indian office workers have at least one undetected metabolic risk marker

### 1 in 4

employees is pre-diabetic and doesn't know it

### Rs 800–1,200

average annual spend per employee on health programs. With near-zero behaviour change.

### 12%

CAGR growth in metabolic disease among Indian professionals under 40

**The consequence:** Higher absenteeism. Lower productivity. Rising insurance claims. Talent that burns out before 40.

# Your Employees get their Personal Health Intelligence

Intelligence that knows everything.

A proactive AI companion in their pocket for everyday guidance, backed by elite longevity physicians when you need deep clinical support.

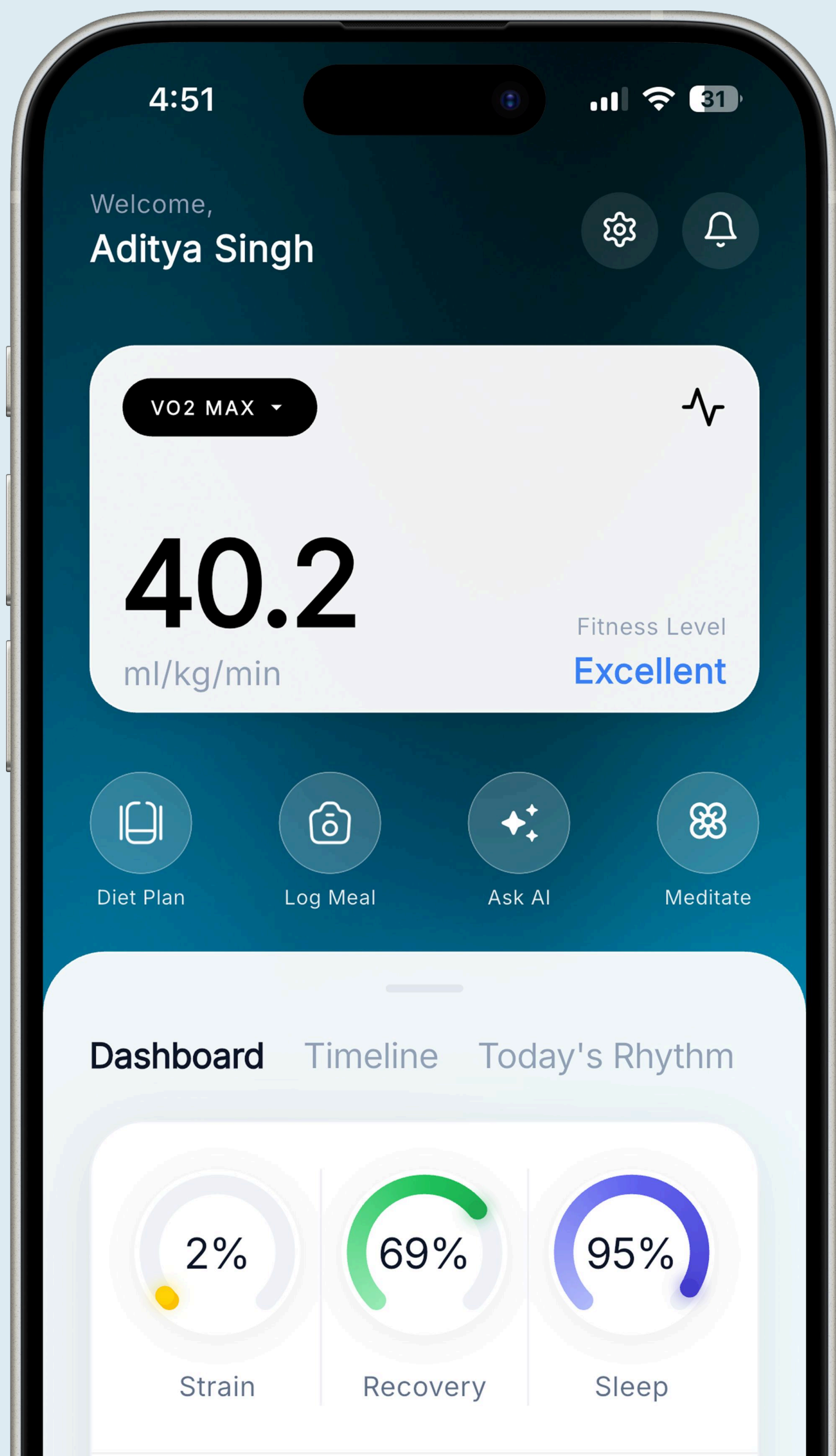
Personal AI Health Companion

Upload Lab Reports

Food Intelligence

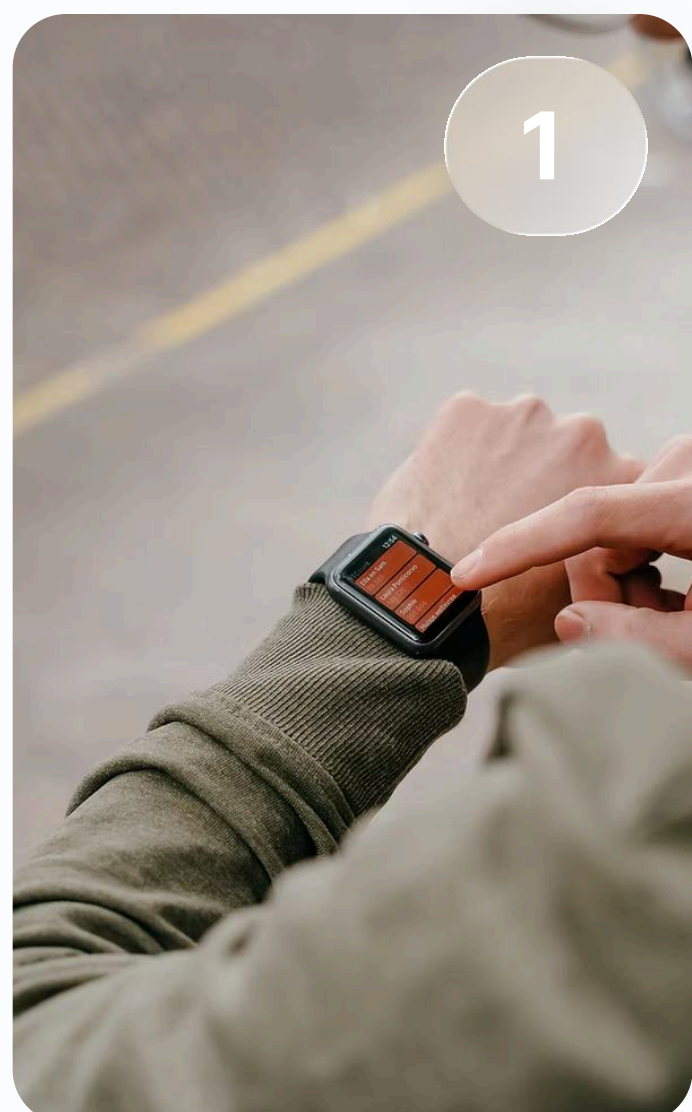
Wearables Sync

Personalised Health Journeys



# Your Employees health, brought **together**

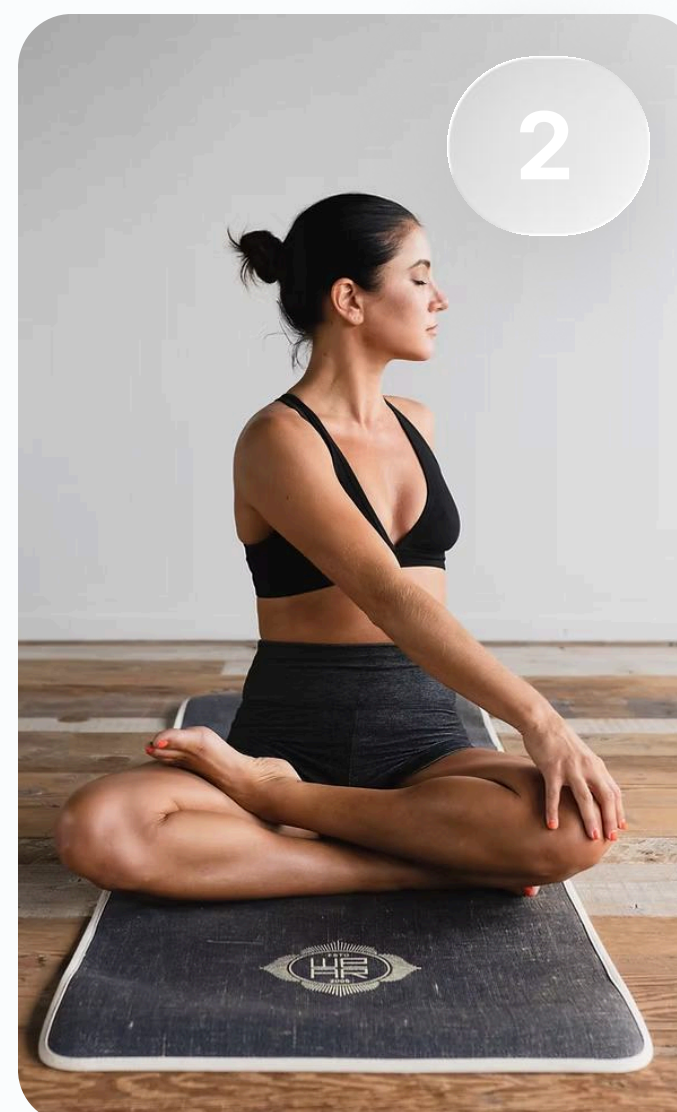
Your team is working hard. Their bodies are keeping score. Nostavia helps them understand what the score actually means. And you know your employees collective health, that's your company's health.



1

## Connect their biology in minutes.

Connect wearables and drop in their old labs. Our AI learns the context of their daily life, their stress, their sleep patterns and more.



2

## Nostavia connect the dots.

Our engine maps 100+ biomarkers to 20+ health scores in real time, and help visualises the exact impact of their lifestyle, eating habits and their blood markers at the cellular level.



3

## Track & Improve

Identify the bottlenecks like brain fog, anxiety, etc, and Generate instant action plans grounded in their historic data, their past conditions and patterns

### How it Works

**Lab Intelligence** – Turns any blood report into clear, actionable insights

**Health Scores** – 20+ Health dimensions, scored in real time

**Custom Protocol** – Get custom protocol anytime, based on their body state.

**Live Tracking** – The protocol adjusts week by week as their markers improve

Because feeling better starts with knowing why you don't.



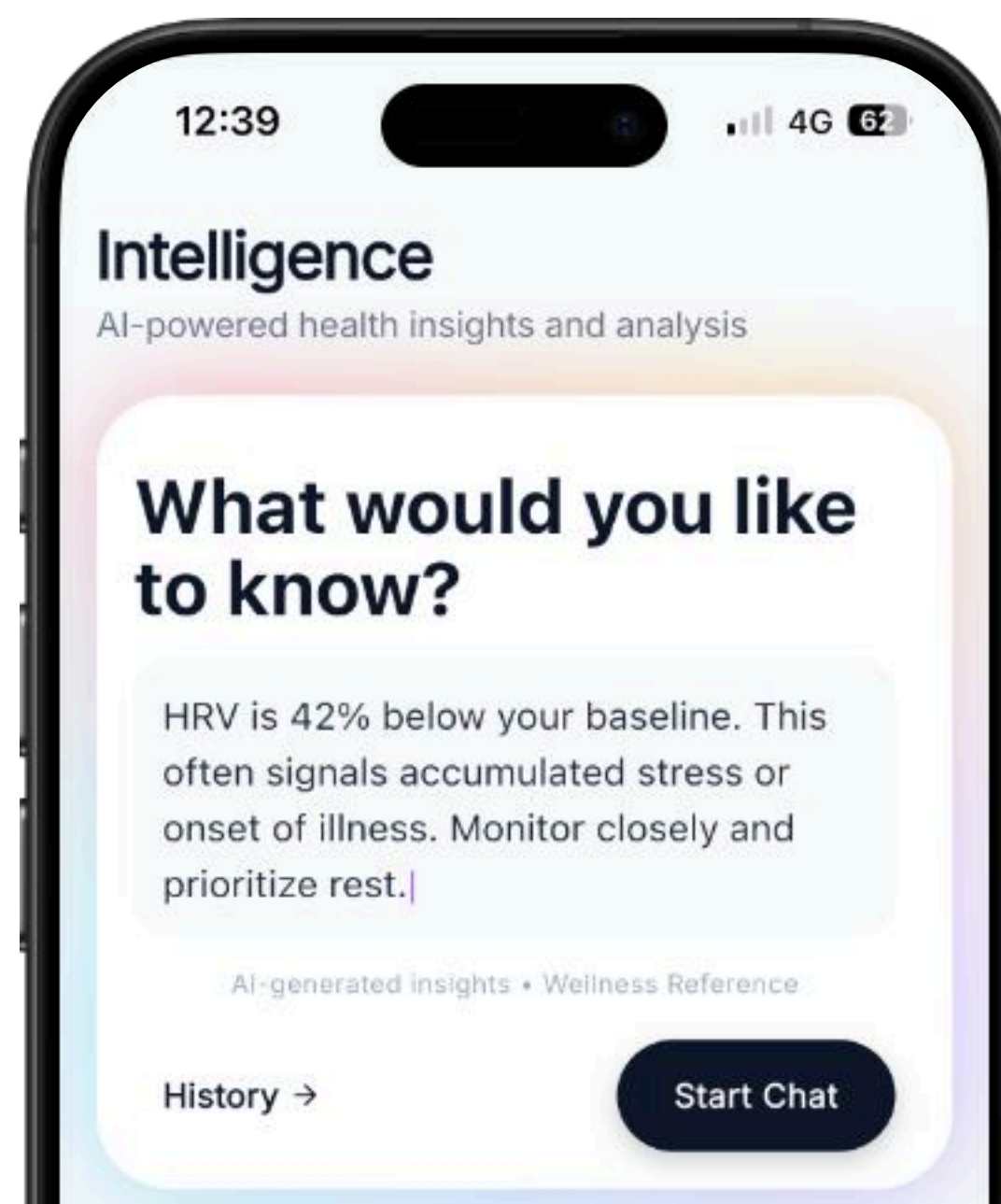
## Lab Data Visualization (Universal Upload)

All Biomarkers in one place, Historical trends tracking, detect deterioration early

Sharable with Family

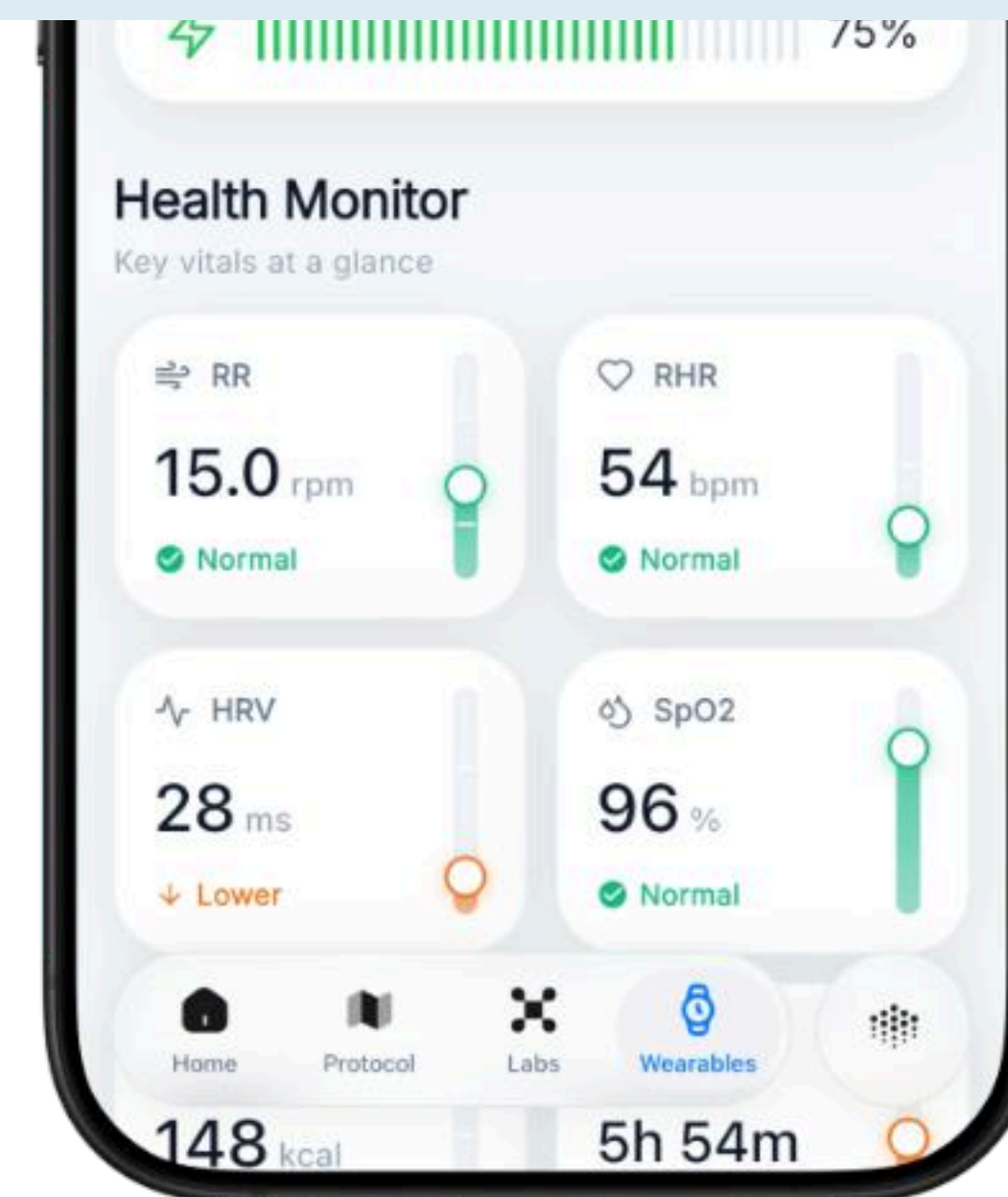
Members Only Discounts on Lab Tests

## nostavia Plus



## Food Intelligence

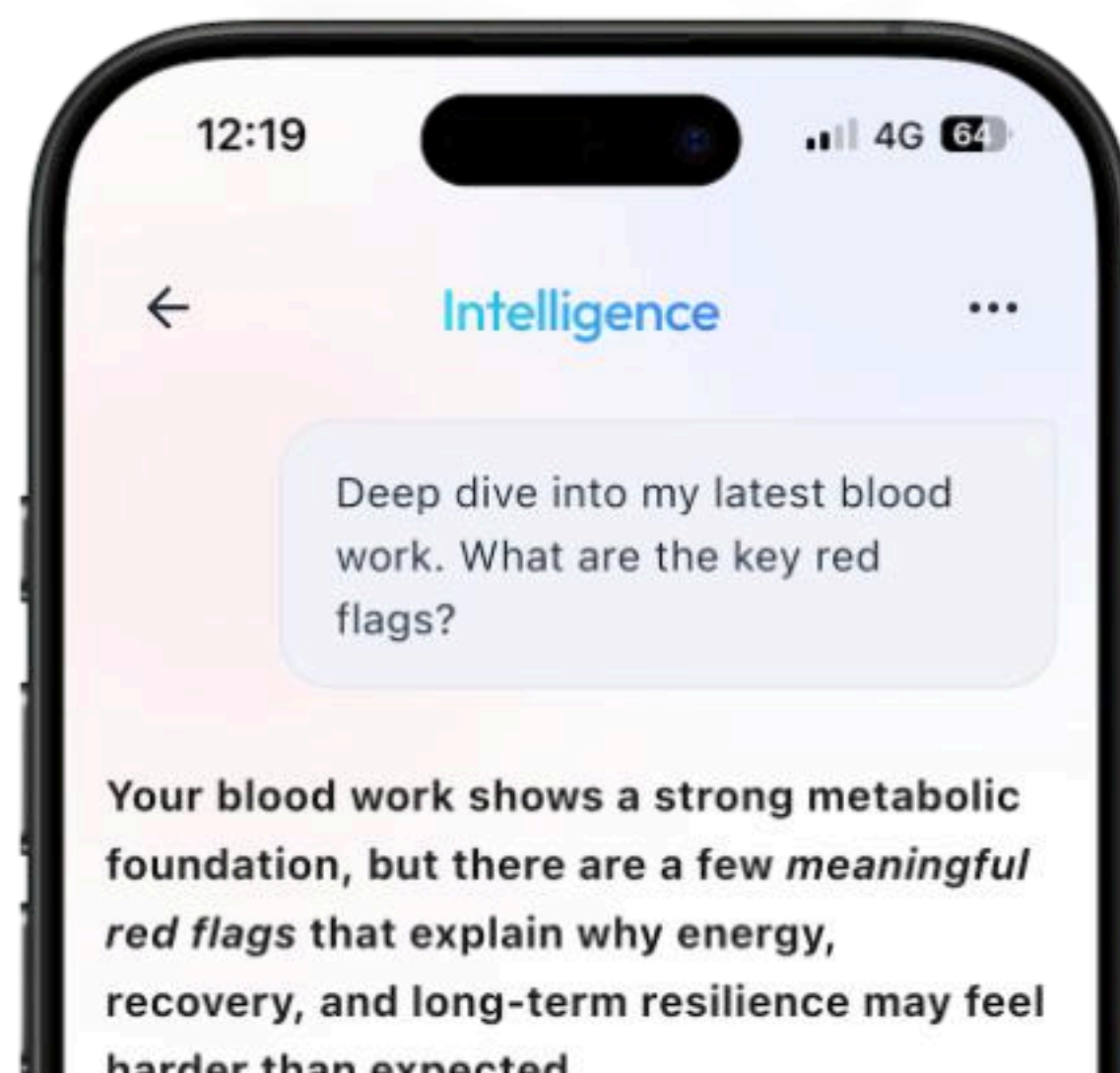
Scan meals, get molecular breakdowns, Understand toxins exposures, Predict metabolic responses



## Wearables Sync

## AI Health Concierge

An intelligence trained on your biomarkers, wearables, nutrition patterns, and risk factors

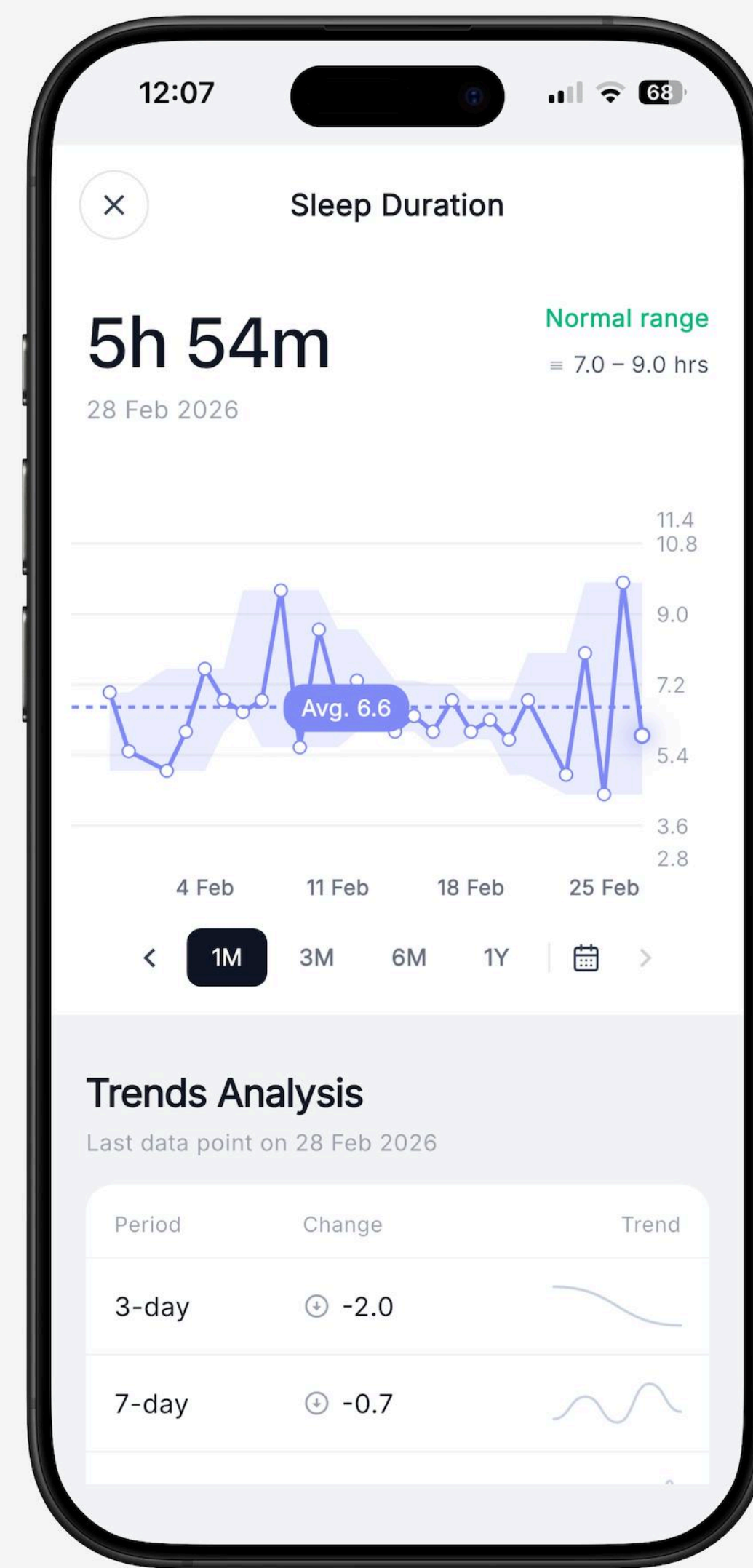
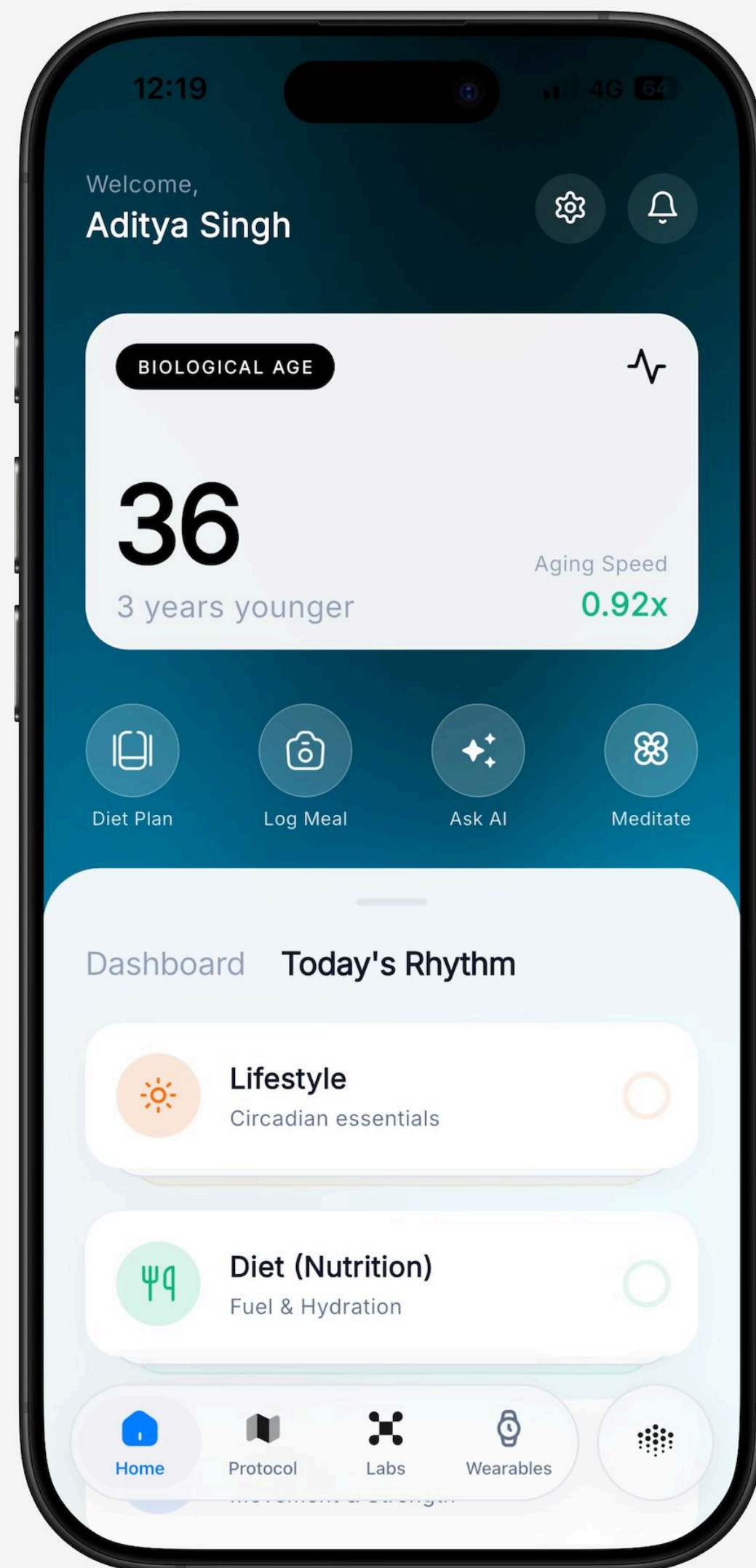


## Instant Custom Protocol Generation

Generate precise protocols anytime tailored to your current biomarkers, and goals



The Personal Biological Dashboard. For the first time, everyday health becomes measurable, predictive, and actionable.



12:19

Intelligence

Deep dive into my latest blood work. What are the key red flags?

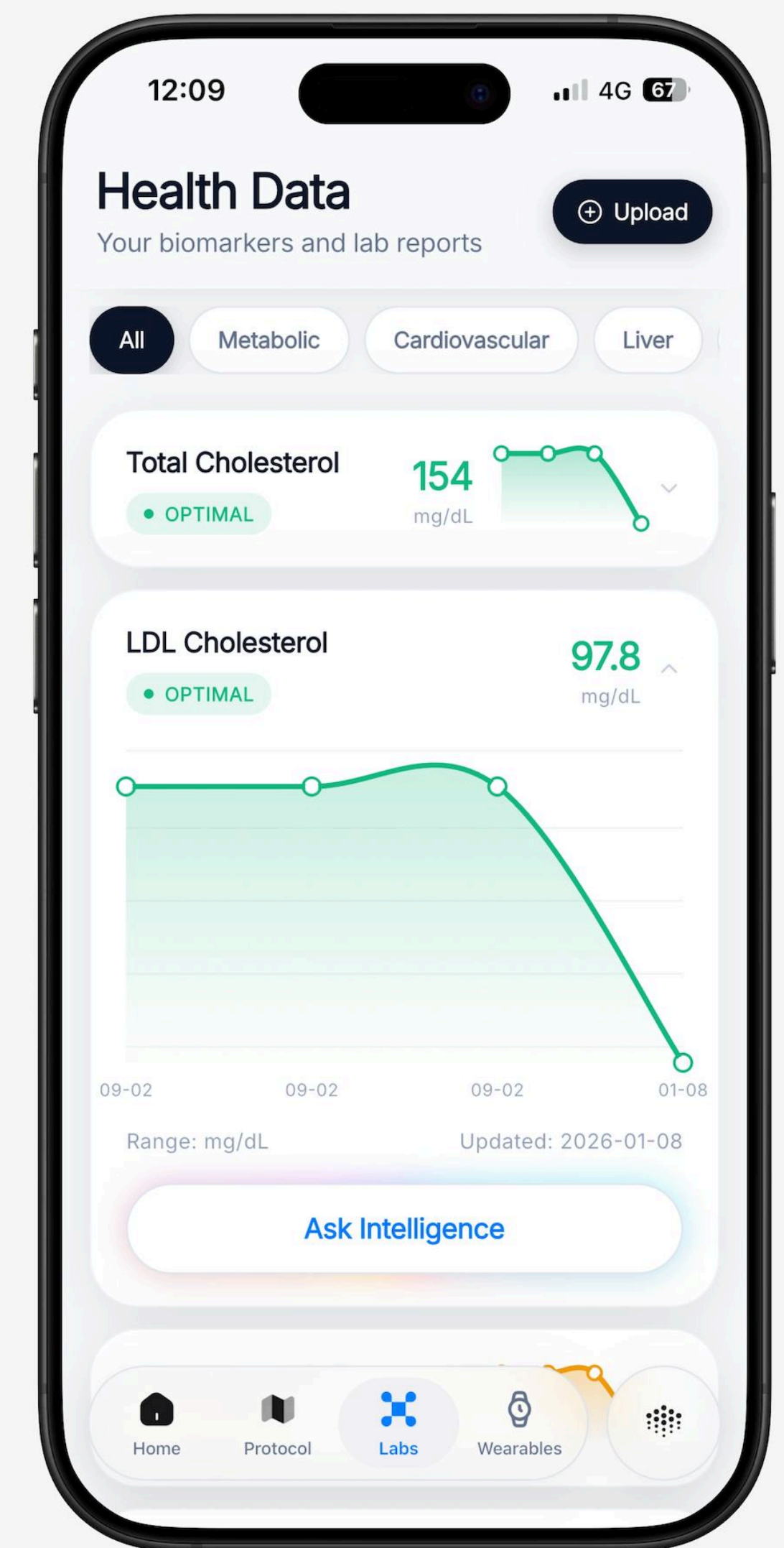
Your blood work shows a strong metabolic foundation, but there are a few *meaningful red flags* that explain why energy, recovery, and long-term resilience may feel harder than expected. Here's what truly matters for you — separating *signal from noise*.

Executive Summary — The Big 5 Takeaways

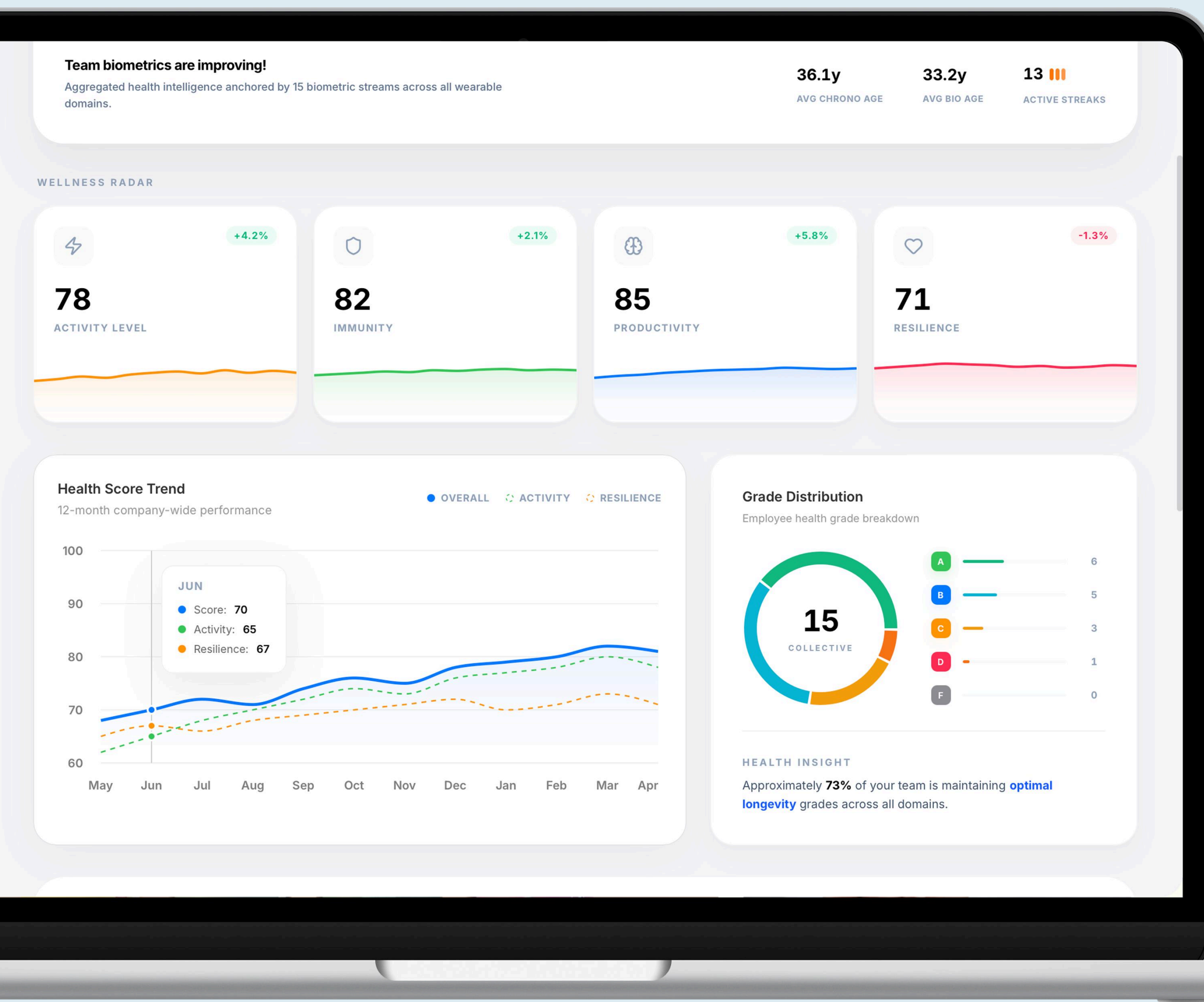
You are **not sick**, but your labs clearly show **hidden metabolic strain, liver/muscle stress, and functional nutrient depletion** that will compound if ignored.

Nutrients is E Analyze Latest Labs Wind Dc

Type a message...



# What you see as HR



Aggregate, anonymised workforce metabolic intelligence. No individual data. No privacy risk. Just the team-level insights you need to make decisions.

Aggregated dashboard — no individual health data

Before/after metabolic scores at Day 30 and Day 60

Risk segmentation: high/medium/low priority employees

Department and role-level breakdowns

ESG and wellness reporting data for leadership

Full pilot report with recommendations for scale



*It's amazing. Not only tracks steps but everything, even my lab reports. Intelligence chat feels magical, it just know me too well."*



*"Finally, an app that connects the dots... I uploaded my old Apollo PDF reports and synced my Apple Watch. Seeing my daily sleep debt correlate perfectly with my cortisol and glucose labs was a massive lightbulb moment."*

# Employees Health = Company Health



*"After only two months with Nostavia, I've seen noticeable health improvements, including increased focus and energy. As someone who's searched for quality health solutions in India, I highly recommend Nostavia"*



*I've had a smart watch for years and had NO idea what to do with the raw data. Nostavia Plus actually makes sense of my hrv and sleep scores. it bridges the gap between the raw numbers and what I actually need to do today. UI is insanely gorgeous too.*

# Transparent. Simple. No surprises.

Annual contracts. Per-employee, per-month pricing. Cancel after pilot with zero penalty.

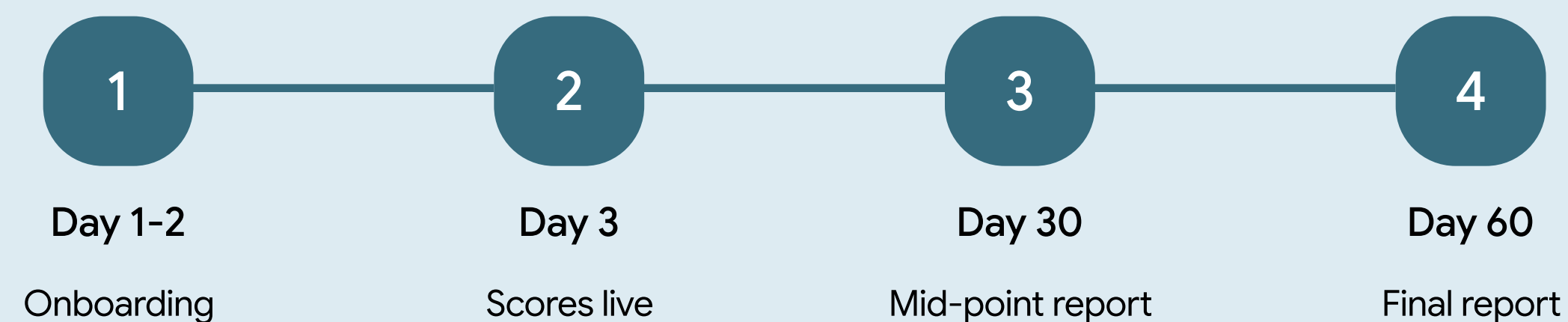
<p><b>Starter</b> 100-500 emp</p> <p><b>₹119</b> per employee/month</p> <ul style="list-style-type: none"><li>• Nostavia Plus for all employees</li><li>• Admin dashboard</li><li>• Quarterly health reports</li><li>• Employee onboarding support</li></ul>	<p><b>Growth</b> 500-2000 emp</p> <p><b>₹99</b> per employee/month</p> <ul style="list-style-type: none"><li>• Everything in Starter</li><li>• Bi-annual metabolic session</li><li>• Dedicated customer success</li><li>• Mid-year health review session</li></ul>	<p><b>Enterprise</b> 2000-10000 emp</p> <p><b>₹79</b> per employee/month</p> <ul style="list-style-type: none"><li>• Everything in Growth</li><li>• Quarterly metabolic session</li><li>• Priority support</li><li>• Custom health reporting</li></ul>	<p><b>Strategic</b> 10000+ emp</p> <p><b>₹59</b> per employee/month</p> <ul style="list-style-type: none"><li>• Everything in Enterprise</li><li>• Dedicated account manager</li><li>• Quarterly health reports</li><li>• Flexible billing &amp; invoicing</li></ul>
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Your current annual health checkup costs Rs 800–1,200 per employee, once a year, with no protocol and no follow-through. Nostavia at Rs 99/month = Rs 1,188/year. 12x more intelligence. 12 months of continuity. Same cost.

# Start with 100 employees. 60 days. Zero risk.

- Nostavia Plus access for 100 employees: full platform, no restrictions
- HR admin dashboard, live aggregated workforce health insights
- Day 0 and Day 60 health reports, before/after measurement
- Dedicated onboarding call and employee communications kit
- Full pilot summary report with data and scale recommendation

## PILOT TIMELINE



## PILOT TIMELINE

- You say yes.
- We send a 1-page pilot agreement.
- Employees are onboarded within 48 hours.
- You see live data in the HR dashboard on Day 3.
- Get priority support.
- At Day 60, we present the case for full deployment.



Your employees deserve  
to understand their biology.

## Contact Us

EMAIL : [contact@nostaviahealth.com](mailto:contact@nostaviahealth.com)

Ph. No. : +91 9598320559

Website : [www.nostaviahealth.com](http://www.nostaviahealth.com)

# nostavia

Give them the intelligence to change it.

One pilot. 100 employees. 60 days.  
We handle everything.