EKAAN WELLNESS

One. Always here.

Premium concierge care that helps elders stay independent and live life on their own terms

EKAAN WELLNESS

Most elder care in India is built for crisis. Ekaan is built for everyday.

At Ekaan, we believe great elder care is not just about responding when something goes wrong. It is about making every day feel easier, safer, and more independent, even on an ordinary day.

Trust is not built in the good moments. It is built in the difficult ones, when things go wrong and someone still shows up. That is what we are engineering for.

KRITIN GUPTA
CO-FOUNDER

Elder care often relies on fear-based marketing, we wanted to celebrate the joy of maintaining an independent life.

NISHTHA GOEL
CO-FOUNDER

₹2,499
Quarterly

Ekaan Connect

Premium Concierge Service

One number. One person. Everything handled.

Not a helpline. Not a chatbot. A real person who picks up. The same person, every time. Someone who knows your preferences without needing the story all over again.

One call gets things moving. Doctor appointments, medicine refills, transport, technology support, family updates, and everything in between.

Here are some of the things we help with every day. And if you don't see it on the list, just ask, we can help with that too.

WHAT'S INCLUDED

- COMPLETE HEALTHCARE SUPPORT
- TRAVEL & TRANSPORT
- WELLNESS & FITNESS
- HOME SAFETY & ACCESSIBILITY
- DAILY LIFE & ERRANDS

For the complete list of services, scan the QR code or visit ekaanwellness.com/connect

₹6,999
monthly

Ekaan Active

The Proactive Wellness Membership

Ekaan Active is for elders who are living independently and doing well.

With two Care Manager visits every month, one familiar person keeps an eye on your wellbeing, helps manage day-to-day needs, and shares regular updates with the family.

It is simple, proactive support that helps elders stay independent, while giving families greater peace of mind.

WHAT'S INCLUDED

- 2 CARE MANAGER VISITS (PER MONTH)
- NUTRITION CONSULTATION (PER MONTH)
- FULL BODY CHECK-UP (PER QUARTER)
- PHYSICIAN CONSULTATION (PER QUARTER)
- WELLNESS & WELLBEING SCREENING (PER QUARTER)
- HEARING ASSESSMENT (PER QUARTER)

+ EKAAN CONNECT – CONCIERGE ACCESS INCLUDED

₹14,999
monthly

Ekaan Essential

The Weekly Care Membership

Ekaan Essential is for elders who need more regular support and families who want greater visibility into their wellbeing.

With weekly Care Manager visits, therapeutic sessions, nutrition guidance, and a quarterly home safety audit, Essential brings a trusted, consistent presence into the home.

Every interaction is documented and shared with the family, so everyone stays informed, reassured, and connected.

WHAT'S INCLUDED

- 4 CARE MANAGER VISITS (PER MONTH)
- NUTRITION CONSULTATION (PER MONTH)
- 4 THERAPEUTIC SESSIONS (PER MONTH)
  Physiotherapy | Strength training | Cognitive session | Foot wellness | Yoga
- FULL BODY CHECK-UP (PER QUARTER)
- PHYSICIAN CONSULTATION (PER QUARTER)
- HEARING ASSESSMENT (PER QUARTER)
- WELLBEING AND HOME SAFETY AUDIT

+ EKAAN CONNECT – CONCIERGE ACCESS INCLUDED

₹23,999
monthly

Ekaan Assisted

The Complete Care Membership

Ekaan Assisted is for elders who need more hands-on support, whether they are managing a health condition, recovering from a procedure, going for a hospital visit or simply need closer attention.

With extended Care Manager visits, a personalised care plan, therapeutic sessions, nutrition support, and regular wellness screenings, Assisted provides ongoing, coordinated care at home.

For families, it means having one trusted person who knows the details, stays involved, and keeps everyone informed.

WHAT'S INCLUDED

- 4 CARE MANAGER VISITS FOR 6-8HRS (PER MONTH)
- NUTRITION CONSULTATION (PER MONTH)
- 5 THERAPEUTIC SESSIONS (PER MONTH)
  Physiotherapy | Strength training | Yoga | Cognitive session | Foot wellness | Fitness
- HOME SAFETY AUDIT COMPREHENSIVE CARE PLAN (PER QUARTER)
- FULL BODY CHECK-UP (PER QUARTER)
- PHYSICIAN CONSULTATION (PER QUARTER)
- HEARING ASSESSMENT (PER QUARTER)
- VISION SCREENING (PER QUARTER)
- COGNITIVE SCREENING (PER QUARTER)

+ EKAAN CONNECT - CONCIERGE ACCESS INCLUDED

Specialist Packages

Care is built around what you need the most

Mind and Memory+

An engaged mind is a strong mind

₹10,999
monthly

Cognitive Wellness+
Four structured cognitive wellness sessions each month, designed around your interests, abilities, and personal history, not generic exercises. A monthly Care Manager visit helps track progress and coordinate with the doctor if needed.

Ideal for elders experiencing memory changes, living alone, managing a family history of dementia, or simply looking to stay mentally active and engaged.

Foot and Circulatory Wellness+

Care for the feet that have carried you this far

₹6,999
monthly

A monthly foot wellness session, including diabetic foot care and neuropathy checks, supported by circulation-focused sessions, quarterly diabetic diagnostics, nutrition guidance, and a Care Manager visit to monitor overall wellbeing.

Ideal for elders managing diabetes, swelling, numbness, limited mobility, or other foot and circulation-related concerns.

A LA CARTE

- Care Manager Support Visit (Up to 2 hours) | **₹1,200**
- Additional hour | **₹399**

Every family is different. So is every care journey

Let's talk about what you need today and what may be helpful tomorrow.

To initiate a conversation with our team:

+91 9891189189

hello@ekaanwellness.com

ekaanwellness.com

EKAAN WELLNESS

One. Always here.