

How do I sign up? It's easy!

1 Just talk to your GP, or nurse.

2 You'll receive a welcome email to set up a Melon account.

Free You'll also receive a free set of digital scales and waist measure to track your progress.



Need help getting started?

Email us at

hello@melonhealth.com

or text us on

021 510 669



melonhealth.com



What people are saying

"I got some results back today. My blood pressure has gone from 132/80 to 114/70; my weight from 94.2 kg to 88 kg; waist from 107 to 101.3 and most improved of all my HbA1c from 50 to 41, which is almost normal! The best in years! This programme is working for me!"

"What I'll remember most is the kindness of strangers on Melon who've helped me through some difficult times when I've spilled my guts about some of my life problems. Also, I've picked up useful tips about healthier living like eating more slowly so as not to over eat. It's also given me motivation to watch, even more consciously, what I eat and to try & exercise more and have a better attitude to keeping healthy. The resources are terrific."

Want to feel healthy & strong again?

Melon is a free, online programme to help you improve your health and become your strongest self.*

*For people with pre-diabetes, type-2 diabetes, at risk of developing cardiovascular disease, or wanting to lose weight.





A 16-week programme personalised for you

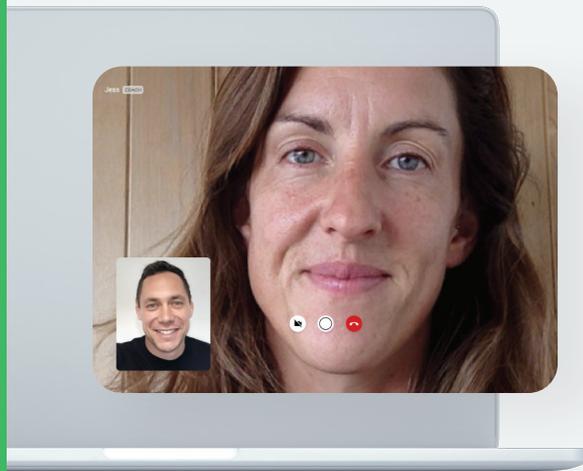
Set your own goals, what matters to you? Fortnightly modules to help you manage your health.



Works on phone, tablet & computer

Coaching

One-on-one support from your own personal health coach. Ask questions and get personalised guidance. Talk via video, voice call or messaging.

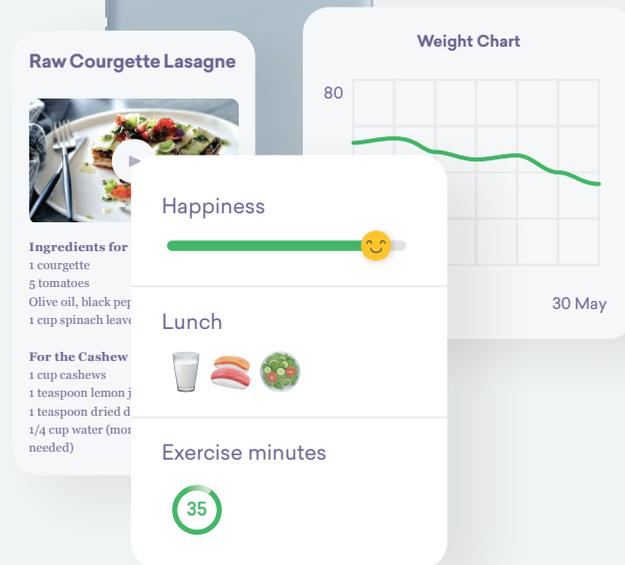


Online community

Connect anonymously with others on a similar journey. Share experiences and tips with each other. Get support and give support too.

Tracking

An easy way to record your exercise, food diary and mood. Keep track of changes and see your progress over time. Get nudges and reminders to help you stay on track! Receive a free set of digital scales and waist measure.



Helpful resources

Identify the habits you want to change and develop the skills to change them. Learn about healthy eating and exercise and how to manage stress and get better sleep. Read or watch in your own time.

Take the steps you want towards a stronger, healthier self... in your own time