



EMOHA™

#EldersFirst



India's Most Trusted Senior Care Brand

Healthy Ageing

Greater Independence

As we grow older, some things can start to change.

A walk may not feel as easy as it once did. Balance may need more attention. Energy may dip. Health may need closer monitoring. And sometimes, we may feel less like stepping out, meeting people or doing the things we enjoy.

But growing older shouldn't mean putting life on hold.

Emoha helps you stay on top of your **physical health, emotional wellbeing and everyday needs**, so you can get the right support early and continue doing more of what makes you happy.

Whether it's staying active, meeting friends, pursuing a hobby or simply enjoying your daily routine, **the goal is to help you stay healthy, confident and independent.** Because every stage of life deserves to be lived fully.

AB Khulke Jiyo!

What Is **Emoha**?

Emoha is a trusted senior care brand in India, helping seniors live healthier, safer and more fulfilling lives at home.

With 30+ years of combined geriatric care experience, Emoha brings together personalised, doctor-supervised care with dedicated care coordination.

From health and safety to everyday support and emotional wellbeing, we bring together the care and support seniors need through one coordinated care experience.

3,00,000+

Emoha Elders



1,000+

Lives Saved



40+

Cities Across India



Why Families **Trust Emoha**



Assessment-led Care: We first understand your health, mobility, daily needs and overall wellbeing to recommend the right care and support for you.



Doctor-supervised Care: A geriatric doctor oversees your care, helping ensure your health needs are addressed at every stage.



Care Coordinator: A dedicated Emoha Daughter coordinates doctors, nurses, diagnostics, medicines, emergency support and follow-ups, so you have **one person to turn to for your care needs**.



Proactive Monitoring: We regularly check on your parent's health and changing needs, helping spot concerns early and act before they become bigger problems.

Geriatric Care Partner

For India's Leading Hospitals



5,000+

Online & Offline
Events

Trusted by Top Corporates

For Employee Eldercare Benefits



Assessment first.

Recommendation second.

Emoha's ABC Framework helps ensure seniors receive care that is assessed, personalised and coordinated so they get the right support at every stage.



Assessment

A comprehensive geriatric assessment helps us understand a senior's health, mobility, daily needs and overall wellbeing, including where support may be needed.

Blueprint of Care
Based on the assessment, a geriatric doctor-supervised care plan is created around each senior's specific needs, preferences and goals.



Coordination

A dedicated Emoha Daughter coordinates appointments, care services and follow-ups, while keeping track of changing needs.

Care That Tracks Outcomes, Not Just Activity

Elders on the Empower plan show consistent health improvement o stability across key health parameters, helping reduce their risk of emergencies.

99

Assessment Parameter Comparisons

34%

Showed Measurable Improvement

65%

Showed Sustained Positive Stability

0

Cases With Net Clinical Decline



Balance

+25 points

Berg Balance Improvement in a 90-Year-Old Case



Strength

50%

Chair-Stand Repetition Improvement in an 82-Year-Old Case



Blood pressure

142/108 → 118/76

Normalised Across Repeated Reviews



Cognition

3/5 → 5/5

Mini-Cog Improvement in an 89-Year-Old Case



Nutrition

At-risk → normal

MNA Improvement in an 82-Year-Old Case



Mood

Improved

Majority Showed Improvement in Psychological Wellbeing

Evidence Note: This is an observational, non-controlled case series. The findings cannot be attributed to any single intervention with statistical certainty, and individual outcomes may vary.

Four Levels of Care

One Geriatric Care Framework.

The recommended plan reflects the elder's current risk, clinical needs and desired level of proactive support.

Empower Essentials

₹1,999

Per month • GST incl. • On 12-month prepaid plan

For independent elders who need a reliable safety net.

- 24/7 Emergency Coordination
- Doctor on Call During Emergency
- Weekly Wellness Check-In Call
- 2 Doctor Teleconsults/Year

Empower Plus

₹3,999

Per month • GST incl. • On 12-month prepaid plan

For elders who benefit from regular in-home clinical support.

- 24/7 Emergency Coordination
- 2x Weekly Wellness Check-In Calls
- Home Fall Safety Assessment
- 2 Doctor Teleconsults/Year
- **Monthly Nurse Home Visit**

MOST POPULAR

Empower Complete

₹6,999

Per month • GST incl. • On 12-month prepaid plan

For elders who need regular health monitoring and doctor-led care.

- 24/7 Emergency Coordination
- 3x Weekly Wellness Check-In Calls
- Home Fall Safety Assessment
- **Annual 81-Parameter Lab Test**
- **4 Doctor Tele-Consults/Year**
- **1 Ambulance Evacuation/Year**
- **2 Nurse Home Visits/Month**
- **2 Doctor Home Visits/Year**

Empower Signature

₹10,999

Per month • GST incl. • On 12-month prepaid plan

For elders with complex or evolving needs requiring ongoing clinical oversight.

- 24/7 Emergency Coordination
- 5x Weekly Wellness Check-In Calls
- Home Fall Safety Assessment
- Annual 81-Parameter Lab Test
- **Unlimited Doctor on Call During Emergencies**
- **Unlimited Ambulance Evacuation**
- **12 Doctor Tele-Consults/Year**
- **4 Nurse Home Visits/Month**
- **4 Doctor Home Visits/Year**

All Empower care plans include a dedicated Care Coordinator and Emoha App access for both elders and their adult children.

Choose the Right Level of Care for Your Parent

Features	Empower Essentials ₹ 1,999 / month	Empower Plus ₹ 3,999 / month	MOST POPULAR	
			Empower Complete ₹ 6,999 / month	Empower Signature ₹ 10,999 / month
Emergency Safety & Response				
24/7 Emergency Coordination	✓	✓	✓	✓
Ambulance Evacuation Coverage (within 10 km) (BLS)	--	--	1/yr	Unlimited
Doctor-on-Call during Emergencies	1/yr	1/yr	4/yr	Unlimited
Home Fall Safety Audit (Visit by the Nursing officer)	--	1/month	2/month	2/month
Doctor Care & Medical Oversight				
Preventive Health Check (81 Parameters)	--	--	1/yr	1/yr
Doctor Tele-Consultation	2/yr	2/yr	4/yr	12/yr
Doctor Home Visit	--	--	2/yr	4/yr
Personalized Geriatric Care Plan	✓	✓	✓	✓
Health Monitoring & Preventive Care				
Health Review after Annual Check-up	--	--	--	✓
Proactive Health Monitoring	--	✓	✓	✓
Companionship & Wellbeing Engagement				
Check-in Calls by Emoha Daughter	Weekly	2x / Week	3x / Week	5x / Week
Home Visits for Wellbeing Check by Nurse	--	1 month	2 month	2 month
Senior Community Events (Online)	✓	✓	✓	✓
Senior Lifestyle & Concierge Support				
Senior Citizen Privilege Card with Partner Discounts	✓	✓	✓	✓
Lab Tests, Medicines & Equipment Coordination	✓	✓	✓	✓
Verified Nurses, Attendants & Doctors	✓	✓	✓	✓
Family Peace of Mind - Via Emoha App				
Emergency Notifications to Family	✓	✓	✓	✓
Health & Wellbeing Updates	✓	✓	✓	✓
Access to Health Records & Prescriptions	✓	✓	✓	✓



AB Khulke Jiyo!



Book a Free Geriatric Assessment now!

Visit Our Website
www.emoha.com

Contact Us
1800-203-5135