مركز أبوظبي للصحة العامة
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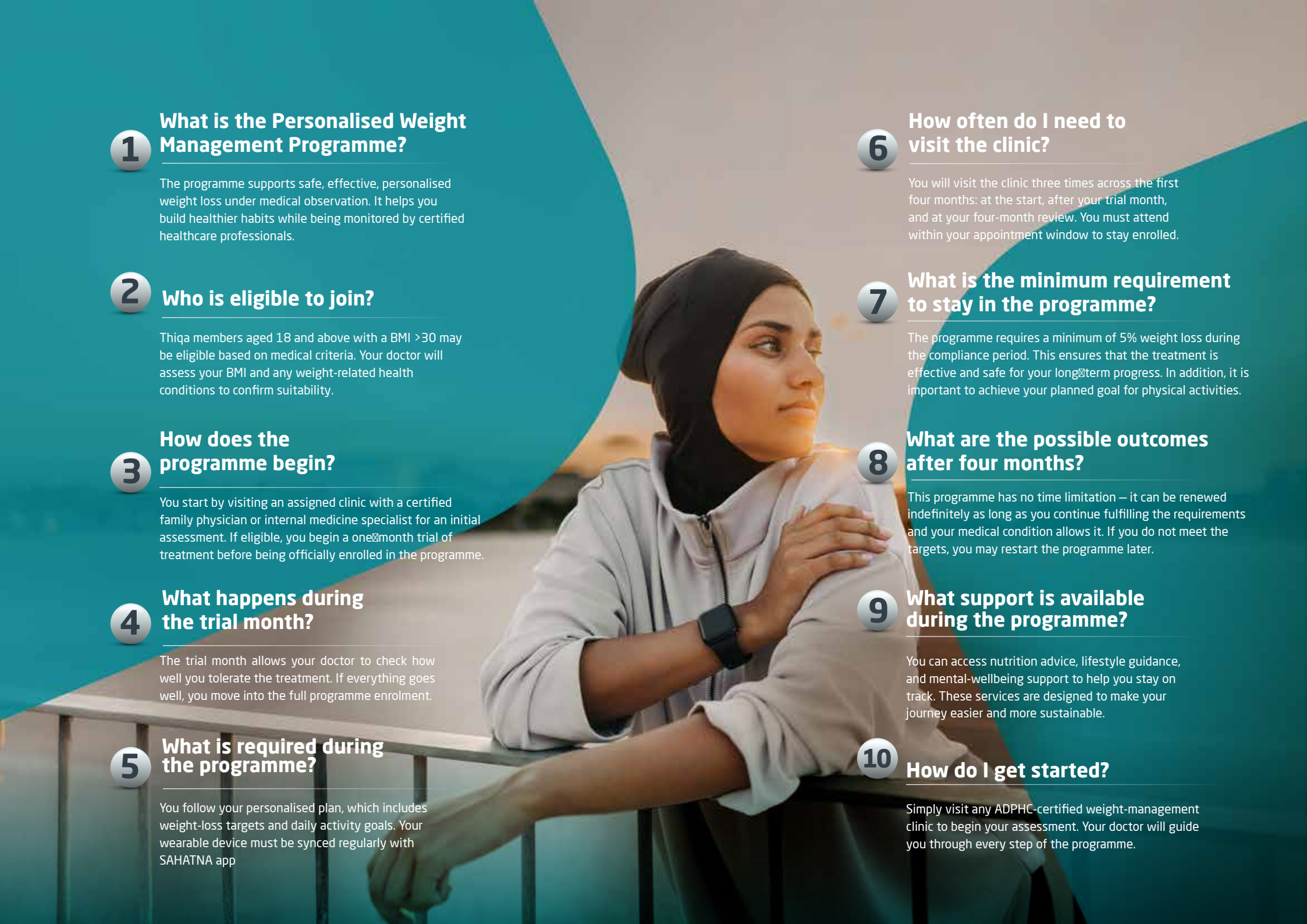
مركز أبوظبي للصحة العامة
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دائرة الصحة
DEPARTMENT OF HEALTH

# Personalised Weight Management Programme
# Your Journey, Made Simple

Everything you need to know before you begin your Weight Management Programme Journey





## 1 What is the Personalised Weight Management Programme?

The programme supports safe, effective, personalised weight loss under medical observation. It helps you build healthier habits while being monitored by certified healthcare professionals.

## 2 Who is eligible to join?

Thiqa members aged 18 and above with a BMI >30 may be eligible based on medical criteria. Your doctor will assess your BMI and any weight-related health conditions to confirm suitability.

## 3 How does the programme begin?

You start by visiting an assigned clinic with a certified family physician or internal medicine specialist for an initial assessment. If eligible, you begin a one‑month trial of treatment before being officially enrolled in the programme.

## 4 What happens during the trial month?

The trial month allows your doctor to check how well you tolerate the treatment. If everything goes well, you move into the full programme enrolment.

## 5 What is required during the programme?

You follow your personalised plan, which includes weight-loss targets and daily activity goals. Your wearable device must be synced regularly with SAHATNA app

## 6 How often do I need to visit the clinic?

You will visit the clinic three times across the first four months: at the start, after your trial month, and at your four-month review. You must attend within your appointment window to stay enrolled.

## 7 What is the minimum requirement to stay in the programme?

The programme requires a minimum of 5% weight loss during the compliance period. This ensures that the treatment is effective and safe for your long‑term progress. In addition, it is important to achieve your planned goal for physical activities.

## 8 What are the possible outcomes after four months?

This programme has no time limitation – it can be renewed indefinitely as long as you continue fulfilling the requirements and your medical condition allows it. If you do not meet the targets, you may restart the programme later.

## 9 What support is available during the programme?

You can access nutrition advice, lifestyle guidance, and mental-wellbeing support to help you stay on track. These services are designed to make your journey easier and more sustainable.

## 10 How do I get started?

Simply visit any ADPHC-certified weight-management clinic to begin your assessment. Your doctor will guide you through every step of the programme.