ABU DHABI PUBLIC HEALTH CENTRE | مركز أبوظبي للصحة العامة

دائرة الصحة
DEPARTMENT OF HEALTH

Your Path to **a Healthier You**

A detailed guide to the **Personalised Weight Management Programme** by ADPHC



Personalised Weight Management Programme
by ADPHC

The Personalised Weight Management Programme helps you lose weight safely and effectively with medical guidance, and continuous support from a multidisciplinary team. It is available to THIQA members over 18 years who meet the clinical criteria.

Step 1
YOUR ASSESSMENT & ELIGIBILITY



>> Visit a certified clinic

Begin your journey by visiting your Family or Internal Medicine physician at any primary care center assigned to provide weight management services (visit the ADPHC website for the list: www.adphc.gov.ae). You'll complete a short health and lifestyle survey before meeting your doctor.



>> Begin your trial month

If you qualify (age 18+, Thiqa, BMI ≥ 30 with excess-weight-related health conditions):

- You sign a consent form
- You receive 1 month of approved medication (self-paid)

This month ensures the medication is safe, and suitable for you before you officially enroll. You must return within 30 days, with a ±14-day flexibility window.

If you miss the window, your registration will be automatically cancelled and you will need to restart the process again. Commitment is a must for your health.

Step 2

YOUR OFFICIAL ENROLLMENT

»Officially enroll after your trial

If your trial month goes well, your doctor officially enrolls you into the programme. You will:

- **Receive 3 months of medication (initially self-paid, and eligible for reimbursement after successfully completing the first four months, in accordance with the approved conditions)**
- **Set personalised weight-loss and physical activity goals**
- **Sync your wearable device, such as the Oura Ring or a smartwatch, to the Sahatna app OR, if exempt, provide a clinician-approved justification.**
- **Book your next appointment before leaving the clinic**
- **Consultations during this phase may be in-person or via teleconsultation.**

Please ensure that you do not exceed the +-14 day window when returning after the three-month period.





Step 3

OUR COMPLIANCE PERIOD (MONTHS 1-4)

»Follow Your Personalised Plan

Over the next three months, during this period, you will work to achieve the following:

- At least 5% weight loss
- 10,000 steps per day, or 150 minutes of weekly physical activity of moderate or vigorous exercise (75 minutes). This criteria will be set in discussion with your doctor

Your wearable data must be synced regularly with SAHATNA app, unless clinically exempt.

To support your progress, you have access to:

- Nutrition counselling
- Mental wellbeing and behaviour-change support
- Community awareness initiatives

Always book your appointment in advance, keeping the ±14-day window in mind. If you are unable to visit the clinic, call to arrange a teleconsultation to reserve your seat in the programme.



Step 4

YOUR 4-MONTH PROGRESS REVIEW

»Complete Your 4-Month Review

Your doctor reviews your weight, your activity-data compliance, your medication response, and your overall progress. If you stop treatment without a valid reason, you may be opted out of the programme.

If you meet your goals (Compliant):

- You receive reimbursement for the first four months (applying via THIQA App & submitting the assessment sheet and invoices)
- You continue your treatment with direct payment by Thiqa
- You move into the next phase (commitment or maintenance)

If you are not achieving your physical activity target (Partially compliant):

- You receive a 3-month programme extension
- Your first four months are not reimbursed but your medication during the extension is covered through direct billing

If you meet your physical activity targets during the extension, your coverage continues.

If you do not meet the targets (Non-compliant):

- You are removed from the programme
- No further extension will be provided
- You may restart the programme at any time once you are ready

If you decide to end your programme registration and re-register later, you may do so; however, you will need to start from the beginning and pay for the first four months again, including the self-paid trial and initial months.

Step 5

YOUR MAINTENANCE PHASE (ONGOING) REVIEW

>> Stay Supported Every 3 Months

After successful compliance, you continue follow-up visits every 3 months. These visits help you:

- Maintain at least 5% weight loss
- Keep a healthy activity level to ensure the continuation of enrolment in the programme
- Continue taking your medication safely, with Thiqa making direct payment

You remain covered even if your BMI falls below 25, as long as your doctor confirms the treatment continues to benefit your health.



"A **healthier tomorrow** *begins with* **a single step today**"

To get started, visit any ADPHC-certified weight-management clinic.

www.adphc.gov.ae

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