

12 Week Weight Management Programme



24/7 Customer Service



Nationwide Coverage



Personal Approach



Digital Access to a Range of Services

Choosing Onhealth

Onhealth's 12 Week Weight Management Programme uses a holistic approach to develop a diet and exercise plan that is specifically tailored to your needs. By understanding how your body works, our clinic team can advise you on how to make the right adjustments to your lifestyle for the best possible results.

Over the course of the 12-week programme, our physiotherapists and clinicians will monitor your progress and make adjustments to your plan as needed.

This is how it all works:

Initial Analysis

The first step is to allow our team to gather as much information as possible about your current lifestyle. This is done by:

- Answering our Lifestyle Analysis Questionnaire, which is available upon registering for the programme
- Completing the Weight Loss Home Blood Test – for more information [click here](#)
- Attending a virtual assessment with one of our physiotherapists

Our team will then use the information gathered to tailor your plan to your needs.

The 12-Week Programme

Once you are registered for the 12-week Weight Management Programme, you will be given access to Onhealth's app, which is available for Apple and Android devices. Your 12-week diet and exercise plan will be uploaded to the app for you to follow, and the clinic team will use this to monitor your weekly progress.

Features of Onhealth's App:

- Access to your 12-week diet and exercise plans
- Additional exercises for you to choose from in your own time
- Access to our live-streamed online classes
- Progress and habit trackers to keep the clinic team updated

- One-to-one access to your physiotherapist and clinic team
- Integration with other fitness apps, such as:
 - Apple Health
 - Apple Watch
 - Goole Fit
 - Fitbit
 - My Fitness Pal

Final Review

When you come to the end of your 12-week programme, you will receive an End of Programme Questionnaire for you to update the clinic team for one final time. This will form the basis of the End of Programme Report, which will provide you with tips and advice on how to maintain your progress and keep improving your lifestyle and wellbeing.

What Happens Next?

Not ready to leave us yet? After the 12-week programme has completed, you have the option to keep using our App for a monthly subscription fee. This will mean you still have access to healthy meal ideas, exercise suggestions, and your progress and habits trackers.

12 Week Weight Management Programme, click here to go to our website and complete the registration form today.

