

# Weight Management Programmes



24/7 Customer Service



Nationwide Coverage



Personal Approach



Digital Access to a Range of Services

## Choosing Onhealth

Signing up for Onhealth's Weight Management Programme gives you access to the Weight Management Portal which can be accessed via our website or through the Onhealth app. The app can be downloaded directly to your smart phone or tablet via the Google Play Store, or Apple's App Store.

Initially, you will be asked to complete the Onhealth Wellness Questionnaire to establish your:

- Starting weight and BMI
- Current exercise habits and activities
- Current eating habits and potential triggers
- Existing medical conditions and food allergies

You will also receive an Onhealth Weight Loss Home Blood Test kit by post, with free post return packaging to our associated laboratory, to complete your health screening test. For more information about the health screening process, please [click here](#).



Before you can access your tailored plan, an Initial Assessment will be arranged with one of our clinicians via video call. They will have reviewed your questionnaire and blood test results and will advise you on any findings that require clinical attention.

## Onhealth 12-Week Virtual Weight Management Programme

This includes:

- Your personalised diet plan and suggested meal plans
- Your tailored exercise programme with illustrated and video demonstrations
- Invites to join our live online classes, handpicked for you
- A habits tracker to set and achieve daily and weekly goals
- A progress tracker to see how your health is improving throughout the programme
- The ability to contact your physiotherapist and other members of the clinic team to raise queries at any time

As you go, you can upload your diet diary and weekly weigh-in results. Our clinical team will review your progress regularly, providing updates to your plans and offering lifestyle suggestions to ensure you get the most out of the 12-week programme.

## End of Programme Review

When you come to the end of your 12-week programme, you will receive our End of Programme Questionnaire so you can update the clinic team on your overall progress. This will form the basis of your 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 just yet? After the 12-week programme has been completed, you have the option to keep using our app for healthy meal ideas, exercise suggestions, and to continue to track your habits.

You can also buy access to future online classes to continue your new exercise regime.

To start your 12-week Weight Management Programme, click here to go to our website and complete the booking form today.

