

Stay Healthy Stay Strong



WEIGHT MANAGEMENT PROGRAMME

WHY US?

Our programme comprises private sessions with our Multidisciplinary Team of professional medical doctors, nurses, nutritionists and fitness consultants to tailor-make solutions and help you achieve your weight goals.

- ✓ Professional Doctor
- ✓ Nutritionist Counselling
- ✓ Fitness Coaching

\$495

trial package

**5 WEEKS
CONSULTATION**

Contact Us

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WHY IT MATTERS

Obesity is a key contributor to a group of conditions known as metabolic syndrome. It includes other risk factors such as high cholesterol, high blood pressure and diabetes. With these chronic conditions, people are more likely to develop many diseases including heart diseases, strokes and peripheral vascular disease. Obesity also increases your risk of getting 13 types of cancer*.

**Source: Centers for Disease Control and Prevention*



Start your weight loss journey with a doctor

Your health deserves the best

Gain Health by losing weight

WHAT IS INCLUDED

- Blood Investigations - Fasting Cholesterol, Glucose, HbA1c
- Body Mass Index Measurement
- Height & Weight Monitoring
- Waist Circumference Measurement
- Blood Pressure Monitoring
- Pulse Rate
- Dietary Counselling
- Exercise Session
- Weight Management Journal

OPTIONAL DOCTOR-PRESCRIBED WEIGHT LOSS TREATMENTS

Medication may be recommended and prescribed by doctors to reduce appetite and curb food cravings.



Schedule an appointment with our Professional Multidisciplinary Weight Management Team

WEIGHT MANAGEMENT PROGRAMME (WMP) PROGRAMME GUIDE

1. Weight Management Programme 1 – 5 Weeks Trial, \$495

- 2 Doctor's consultations
- 2 Nurse's visits
- 1 Dietitian session
- 1 Exercise plan

2. Weight Management Programme 2 – 17 Weeks, \$1615

- 4 Doctor's consultations
- 5 Nurse's visits
- 2 Dietitian sessions
- 2 Exercise plans
- 1 Group session on behavioural modification

3. Weight Management Programme 3 – 25 Weeks, \$2250

- 5 Doctor's consultations
- 7 Nurse's visits
- 3 Dietitian sessions
- 3 Exercise plans
- 1 Group session on behavioural modification

ANNEX

1. Anthropometric Measurements

- Height
- Weight
- Body Mass Index (BMI)
- Waist Circumference
- Blood Pressure
- Pulse Rate

2. Blood Test

- Lipids
- Glucose
- HBA1C
- ALT
- AST

3. Diagnostic

- ECG recommended for age>50 years

4. Consultation

- Medical History
- Physical Examination
- Review blood test results
- Medication prescription if necessary, example medication: Liraglutide 3.0mg, Oral Panbesy etc
- Review side effects (if any)
- Review efficacy (eg: 1- 2kg loss)
- Encourage continuation with medication if appropriate (eg: increase dosage for medication)

5. Diet Plan

- Review logbook for dietary intake
- Review history and symptoms
- Set a goal
- Recommend a diet plan