

FAQ: Abu Dhabi's PERSONALISED WEIGHT MANAGEMENT PROGRAMME



1 What is the Personalised Weight Management Programme?

The Personalised Weight Management Programme is designed to support you in achieving and maintaining a healthier weight safely and sustainably, under medical supervision. With a focus on personalised care, it combines lifestyle guidance, medical support, and ongoing preventive measures to help you take charge of your health and well-being.

2 What makes this programme unique?

Obesity is a chronic disease, and sustainable weight management combined with an active lifestyle is key to significantly reducing the risk of other chronic conditions such as type 2 diabetes, heart disease, and certain cancers. By addressing these risks, the programme aims to enhance overall quality of life and longevity.

Abu Dhabi is investing in preventive healthcare by launching this programme to address these challenges. How can this programme help you take control of your health?

- Support healthy weight loss in a safe and structured way
- Reduce the risk of chronic diseases like diabetes and heart conditions
- Promote a healthy lifestyle and improve quality of life
- Lower long-term healthcare costs
- Empower you to make healthier lifestyle choices through education and support

3 Enrollment Criteria

You may qualify if:

- You are 18 years or older
- You are a Thiqa cardholder
- You are clinically diagnosed as overweight or obese
- You are referred by a healthcare provider

4 How do I enrol in the programme?

Start by visiting your primary healthcare centre or speaking with your family doctor. They will conduct an initial assessment and, if you're eligible, refer you to the appropriate specialist for enrolment in the programme.

5 Is the programme covered by insurance?

Yes, this is a unique reimbursement model designed around potential patient commitment and outcomes to effective treatment criteria.



6 What Does the Programme Cover?

The programme offers access to a comprehensive range of personalised services and support offered by Multidisciplinary team, which may include:

- Comprehensive medical evaluation and specialist consultations
- A tailored weight loss and health plan
- Nutrition, fitness, and physical activity guidance
- Support for mental wellbeing, behaviour change, and lifestyle improvement
- Access to medications, if medically appropriate
- Lab tests and regular health monitoring
- Ongoing follow-ups and continued care

7 Is medication mandatory in this programme?

No, medication is not mandatory in this programme. When clinically necessary, medications may be recommended by healthcare professionals based on the patient's health condition. Treatment decisions are made collaboratively between the patient and their doctor to ensure safety and effectiveness.

8 What medications are used in the programme?

The programme offers obesity medications with reference to health conditions, such as:

1. GLP-1 Receptor Agonists

Examples: **Semaglutide, Liraglutide, Tirzepatide**

These medications work by reducing appetite and slowing stomach emptying.

2. Lipase Inhibitors

Example: **tetrahydrolipstatin**

This medication blocks fat absorption in the gut.

3. Combination Anorectic Medications

Example: **Phentermine/Topiramate (extended release)**

This combination helps reduce hunger and increase feelings of fullness.

These medications are prescribed only by trained physicians and require a medical evaluation before use, as they are not suitable for everyone.

9 What are the side effects or adverse drug reactions (ADRs)?

Some side effects may occur with the use of certain medications, which is why it is essential to use them under medical supervision and follow-up. These side effects may include:

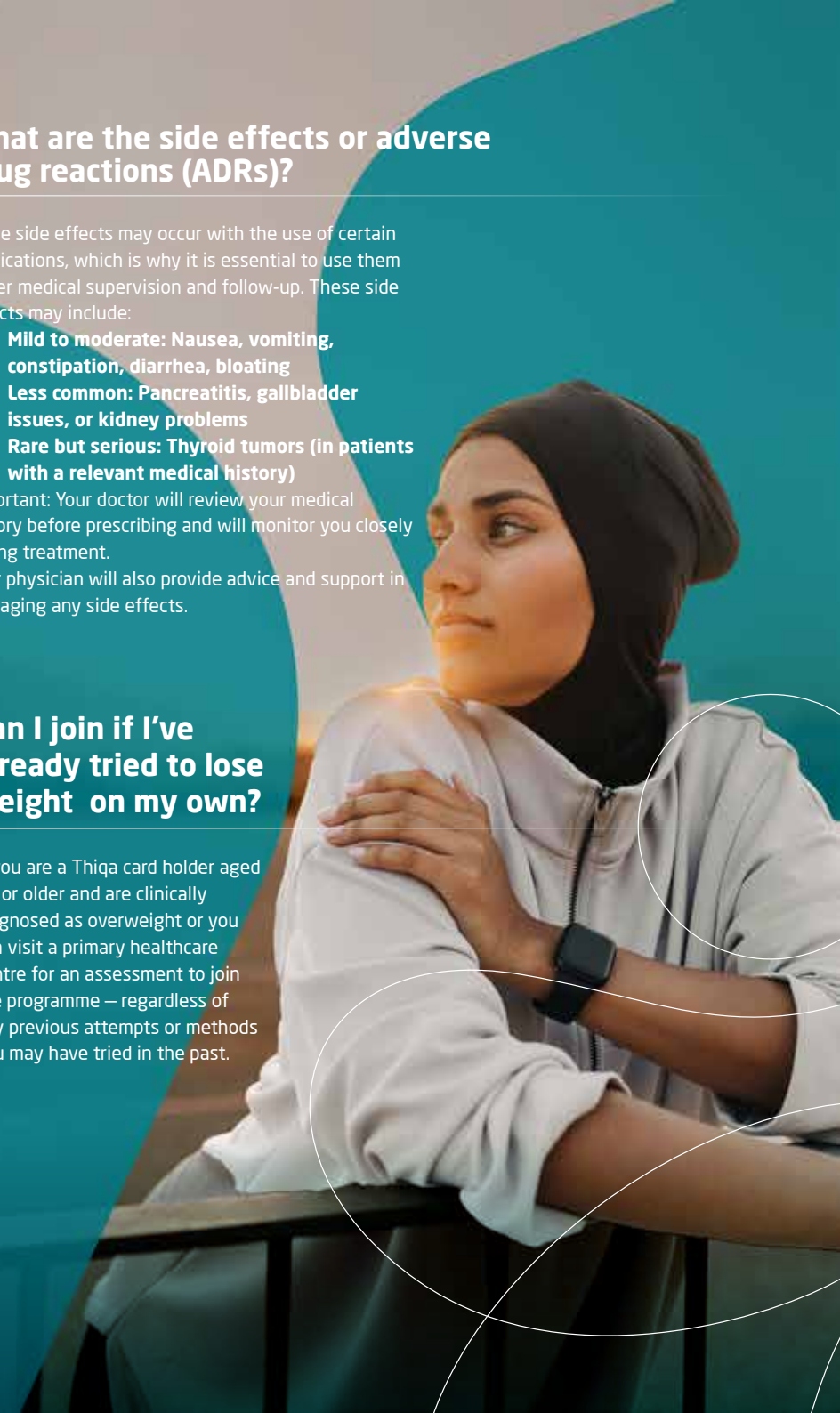
- **Mild to moderate: Nausea, vomiting, constipation, diarrhea, bloating**
- **Less common: Pancreatitis, gallbladder issues, or kidney problems**
- **Rare but serious: Thyroid tumors (in patients with a relevant medical history)**

Important: Your doctor will review your medical history before prescribing and will monitor you closely during treatment.

Your physician will also provide advice and support in managing any side effects.

10 Can I join if I've already tried to lose weight on my own?

If you are a Thiqa card holder aged 18 or older and are clinically diagnosed as overweight or you can visit a primary healthcare centre for an assessment to join the programme – regardless of any previous attempts or methods you may have tried in the past.





11 How long does the programme last?

It varies based on your goals, health status, and progress. There is no fixed end date – the programme focuses on long-term lifestyle change with ongoing support and follow-up.

12 Will I get support with mental health or motivation?

Yes. Emotional and behavioural health is a key part of weight management. You will have access to counselling, stress management support, and mental wellbeing resources.

13 How will I track my progress?

Your care team will conduct regular in-person assessments to monitor your weight, lab results, and overall health progress. Alongside your wellness journey, consider using the Sahatna app to track your progress and monitor physical activity. You may also use other health apps to support your goals.

14 What if I don't qualify, can I still get support?

Yes. Even if you do not meet full programme criteria, your healthcare provider can still offer support and advice on nutrition, physical activity, and healthy living strategies.

15 Will my information be kept confidential?

All personal health data is protected under UAE health privacy laws and is accessible only to authorised healthcare professionals after obtaining your consent.

16 Where can I get more information?

- Visit your nearest primary care centre
- Speak with your family doctor or general practitioner
- Find all healthcare facilities offering this programme by visiting the following link:
<https://www.adphc.gov.ae/en/Public-Health-Programs/Personalised-Weight-Management-Programme>
- Follow updates via Department of Health - Abu Dhabi and the Abu Dhabi Public Health Centre (ADPHC) official channels



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