

# A Healthier You, A Healthier Abu Dhabi.

Your personal journey to wellness starts today.  
Are you ready to take the first step?

Discover Abu Dhabi's New  
**PERSONALISED WEIGHT  
MANAGEMENT PROGRAMME**



## What is this 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**.

## What is the Aim of the Programme?

- Empower you to make informed, healthy lifestyle choices
- Reduce health risks associated with overweight and obesity
- Offer safe, scientifically backed options for weight loss, including medication when appropriate
- Create long-term, positive change in your wellbeing

## How Does the Programme Work?

It's a step-by-step journey personalised to your needs:

### 1- Clinical Evaluation

You start with a comprehensive health check to assess your weight, health conditions, and personal goals.

### 2- Personalised Plan

Based on your profile, your doctor will recommend a plan. **This may include:**

- Nutrition advice
- Physical activity coaching
- Sleep and stress management support
- Medication (if suitable and needed)

### 3- Monitoring & Support

Regular check-ins with healthcare professionals ensure your progress is safe and effective, with adjustments made as needed. Through the Sahatna app, you can easily track your progress, follow up on medical data, and book appointments for seamless support throughout your journey.

For more information about Sahatna, please visit <http://www.sahatna.ae>. To download the app, search for 'Sahatna' on the Apple App Store or Google Play Store.

### 4- Maintenance Phase

Once target goals are achieved, continued support helps you maintain your weight and overall health.

### 5- 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

## Who is Eligible?

You may qualify if:

- You are **18 years or older**
- You are an eligible **Thiqa member**
- You are **clinically diagnosed as overweight or obese**
- You are **referred by a healthcare provider**

*Eligibility is confirmed by medical professionals and requires meeting all the criteria listed above. It may vary depending on your health condition.*

## What About Medication?

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: tetrahydropipstatin

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.

## Is It a One-Time Programme?

No. It's a **long-term journey** supported by healthcare professionals. Your plan may evolve with your progress and needs.

## Where Can I Learn More or Enrol?

- Visit your nearest **Primary Healthcare Centre**
- Talk to your **family physician**

## Learn, Change, Thrive

**This is not a quick fix; it is a life change tailored to you.**

The programme provides personalised support to help you build healthier habits, understand your body, and feel your best physically, mentally, and emotionally. It is not just about losing weight; it is about embracing preventive health solutions that empower you to live a longer, healthier life.