

# Weight & Metabolic Health Assessment

## \$202 nett

Losing excess weight supports better sleep, heart health, and lowers your risk of chronic conditions.



Understand what may be affecting your weight and health with a doctor-led assessment that includes:

- **DEXA body composition scan** (fat %, visceral fat, muscle mass)
- **Doctor consultation** to discuss your health, lifestyle, and goals
- **Personalised guidance** on suitable treatment options

Designed to provide actionable insights into your health, this assessment also helps determine if a doctor-guided programme may be suitable for you (see reverse).

Understand your health and the right treatment options



**Book your assessment**



**GLP-1 receptor agonists (GLP-1 RAs)** are medications that mimic a natural gut hormone to help regulate appetite and blood sugar, and are used to support weight management as part of a medically guided care plan. Learn more:

<https://www.hmimedical.com/glp1>

Take the next step with the right care and support that keeps you on track

## Weight Care Programme

From \$322/month

- ✓ Personalised, doctor-guided care
- ✓ A structured plan that keeps you on track
- ✓ Support designed for long-term change

Support your health and lower your risk of chronic conditions by working towards a weight that's right for you.



**First consultation**  
Treatment planning, medication



**Weekly check-in**  
Nurse support via teleconsult to guide and monitor progress



**Monthly review**  
Doctor follow-up via teleconsult to review and adjust treatment

Your care, guided by experienced doctors



Book appointment

Start your weight care journey with us →



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