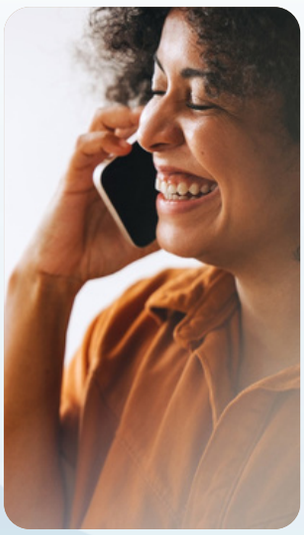
dca weight management.

Weight loss, done properly

Weight management for Doctor Care Anywhere patients - with an exclusive member discount











doctor care anywhere.

Welcome

At Doctor Care Anywhere , we care about the long-term health of our patients. That's why we've introduce DCA Weight Management, part of Doctor Care Anywhere.

Doctor Care Anywhere is one of the UK's leading digital healthcare providers, trusted by over 2 million people. Together, we're giving all DCA patients access to a clinician-led weight management programme - combining medical expertise, 1-on-1 coaching and ongoing support, at an exclusive member discount. This is a self-funded service, available to you as a Doctor Care Anywhere patient.



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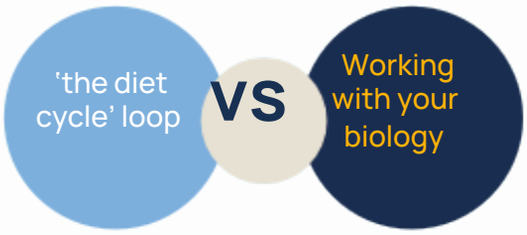
Why losing weight is so hard

It's biology, not willpower

If you've tried to lose weight before and found it creeping back, you're not alone - and it isn't a lack of discipline. Your body is working against you.

Appetite is controlled by hormones. When you eat your gut releases natural hormones, such as GLP-1, that tell your brain you're full. When you diet, your body responds by dialling hunger up and fullness down. It's an ancient survival mechanism, and it's thereason most diets fail: research suggests the majority of people who lose weight through dieting alone regain it within a few years.

The result is a cycle many of us know well: restrict, lose a little, feel constantly hungry, regain - and blame ourselves.



The good news - weight science has moved on. We now understand the hormones that drive appetite and modern, clinician-led treatment can work with your biology instead of against it. That's what this programme is built on.





A clinician-led programme, not a diet

Medical treatment and real-life coaching, working together

This programme is led by UK clinicians from start to finish. After a clinical assessment, your clinician will recommend the right treatment plan for you. Where it's clinically appropriate, this can include weight loss medication - modern treatments that work with your appetite hormones, helping you feel fuller sooner and stay satisfied for longer.

Why coaching matters just as much

Medication can quieten your appetite, but it can't build the habits that keep weight off long term. That's why every plan includes 1-on-1 coaching alongside any treatment:

- **Nutrition that protects your strength** - eating well while losing weight, with a focus on protein to help preserve muscle
- **Movement that fits your life** - realistic activity built around your routine, not a punishing gym plan
- **Habits that last** - sleep, stress and behavioural techniques that make change stick
- **Support at every step** - regular check-ins with your coach and clinical team, so you're never doing this alone

And when treatment ends, we don't disappear.

Up to 12 months of aftercare helps you maintain your results for good, because keeping weight off matters more than losing it fast.

Medication is only ever prescribed following an individual clinical assessment, and only where it's safe and suitable for you.





Is it right for me?

An honest look at eligibility, safety and what to expect

Who can be prescribed medication

Weight loss medication isn't suitable for everyone. Eligibility is assessed by a clinician against strict criteria, including your BMI, your medical history and any other medication you take. Treatment is only prescribed where it's safe and suitable; if it isn't right for you, our clinicians will tell you, and help you find the approach that is.



The honest bit - side effects

Like all medicines, weight loss medications can cause side effects. The most common are digestive, such as nausea, constipation or an upset stomach, and they're usually mild and tend to settle as your body adjusts. Your clinical team will start you on a low dose, increase it gradually, and check in with you regularly. If side effects are troubling you, your clinician can adjust your plan.

You'll get full information about your specific treatment, including all side effects, from your prescribing clinician, and the clinical team are there to support you when you need them.

Beyond the scales

Why losing weight is about more than a number

Carrying extra weight puts strain on almost every system in your body. Losing even 5–10% of your body weight can make a meaningful difference to your health, and to how you feel day to day.

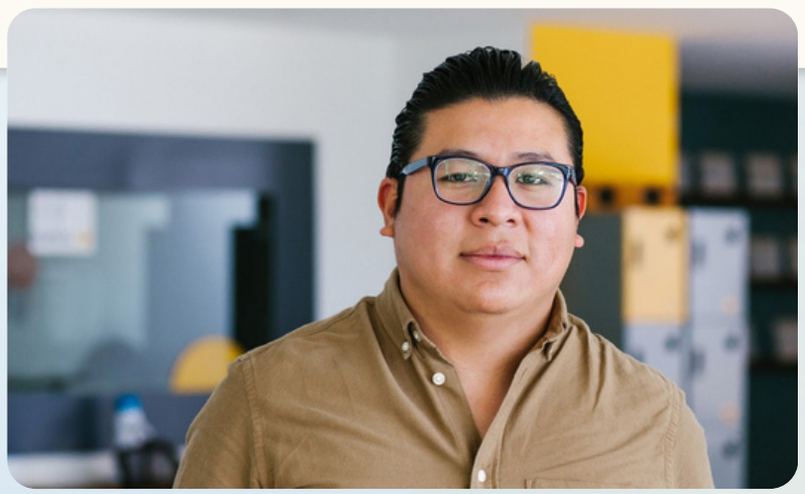
Your heart - weight loss can help lower blood pressure and cholesterol, reducing strain on your heart and circulation.

Your blood sugar - losing weight reduces the risk of developing type 2 diabetes, and can improve blood sugar control if you already have it.

Your joints - every kilo lost takes pressure off knees, hips and back, easing pain and making movement easier.

Your sleep - weight loss can improve sleep quality and reduce snoring and sleep apnoea symptoms.

Your energy and mood - many people find everyday life simply feels easier: more energy and more confidence.



What's included in your plan

Much more than a prescription

Plenty of websites will sell you weight loss medication. Very few will look after you. Every DCA Weight Management plan includes the full clinical service, wrapped around your treatment:

- **Clinical assessment and ongoing oversight** - a UK clinician reviews your health before any treatment starts, and stays involved throughout.
- **Regular clinical reviews and dose management** - your dose is adjusted carefully and safely as you progress.
- **1-on-1 coaching** - your own named coach for nutrition, movement and behaviour change.
- **Message the clinical team any time** - questions about side effects, doses or progress answered by real clinicians.
- **Discreet home delivery** - medication (where prescribed) delivered to your door in plain packaging, with cold-chain handling where needed.
- **Progress tracking in your booklet** - see your journey, your milestones and what's next.
- **Up to 12 months of aftercare** - structured maintenance support to help you keep the weight off.

Flexible by design

Plans are monthly subscriptions. There's no long-term contract - you can pause or cancel any time.



Your journey, step by step

1. **Check your eligibility** - complete a short online health assessment. It takes around 5 minutes and is completely confidential.

2. **Clinical review** - a UK clinician reviews your answers to confirm which treatment options are safe and suitable for you.

3. **Start your programme** - if medication is prescribed, it's delivered discreetly to your door. Your coaching starts straight away.

4. **Regular check-ins** - your clinical team monitors your progress, manages your dose and adjusts your plan as you go.

5. **Keep it off** - as you approach your goal, your plan shifts to maintenance, with up to 12 months of aftercare support.



Ready to take the first step?

Scan the QR code to visit doctorcareanywhere.com/dca-patient-weight-management to check your eligibility today.



Your DCA member benefit

Exclusive member pricing on every plan

As a DCA Patient, you receive an exclusive discount on weight management plans for the first 12 months, worth over £120*. You can also invite up to 5 friends and family who may benefit from the programme.

Month	Standard price	Your exclusive price
Month 1	**From £139**	**From £89**
Month 2-12	**From £139**	**From £139**

Prices vary by treatment and dose. Your exact price is confirmed after your clinical assessment, before you commit to anything. This is a self-funded service - the discount is applied automatically when you sign up.

*Illustrative discount based on £50 discount for month 1 and then a 10% discount each month for the following 11 months. Price s of medication can vary. Illustrative discount based on average order value, actual savings will depend upon individual prescriptions

About Doctor Care Anywhere

Doctor Care Anywhere isaUK digital healthcareprovider delivering care to over 2 million people, with more than 680,000 consultations carried out in 2025 alone.
Their 400+ NHS-trained clinicians are available 24 hours a day, 365 days a year. Doctor Care Anywhere is registered with the Care Quality Commission (CQC), and all doctors are fully registered with the General Medical Council (GMC).

Their weight management team has supported thousands of patients through clinician-led weight loss programmes, combining medical treatment with coaching and long-term aftercare.

Full details can be found at **doctorcareanywhere.com**



Your questions, answered

Will I put the weight back on afterwards?

Weight regain is the biggest challenge in weight loss, which is why this programme is built around habits and aftercare, not just treatment. Your coaching continues alongside any medication, and up to 12 months of structured aftercare supports you once treatment ends. Your care team will also help you step down from any medication safely and gradually.

Howquickly will I see results?

Everyone is different, and safe, sustainable weight loss takes time. Your clinical team will help you set realistic expectations at the start of your plan and track your progress with you. Be wary of anyone who promises specific results - we won't.

Can I get weight loss medication on the NHS?

Some weight loss treatments are available on the NHS, but access is limited and typically involves specialist referral and waiting lists. This programme is a private, self-funded alternative with rapid access, dedicated coaching and ongoing clinical support.

What if the doctor says medication isn't right for me?

Then you'll be told honestly, and offered a consultation to discuss other options. Nobody is prescribed treatment that isn't clinically appropriate for them, no matter what plan they'd prefer.



Who do I contact if I need help?

You can contact Doctor Care Anywhere by emailing

contactus@doctorcareanywhere.com

Accessibility

Ifyou needanyof thisinformation in a different format, please let us know.
This includes large print, braille or audio.

Health services are provided by Doctor Care Anywhere Group PLC, registered with the Care Quality Commission. Weight loss medication is only prescribed following clinical assessment and where clinically appropriate. These services do not form part of any insurance policy.