

Metabolic Health Programme

A structured **nine-month medical programme** for sustained weight loss. Prescribing, weekly infusion support, dietetics, physiotherapy and wellness navigation, all inside one core fee, under one supervising clinician.

■ How the nine months are built

TIRZEPATIDE, WEEKLY SUBCUTANEOUS DOSE BY MONTH



MONTHS 1 TO 3

Foundation

Baseline bloods and body composition, initiation at 2.5 mg, tolerance established.

MONTHS 4 TO 6

Progression

5 mg dosing, repeat testing at month 6, dietetic and physiotherapy input steps up.

MONTHS 7 TO 9

Advanced

7.5 mg dosing, final panel, and a written plan for what happens after month 9.

Check-in with repeat testing; clinical consultations run monthly throughout. Doses of 10 mg and 12.5 mg are available where clinically indicated, usually over a further 6 to 12 months at additional cost.

■ What makes it different

The support is built in, not sold on

Thirty-six weekly infusions, plus dietetics, physiotherapy and wellness navigation, inside one core fee. The infusions target micronutrient depletion, hydration and the nausea and fatigue that end most GLP-1 courses early.

Built to published consensus

The 2025 international Delphi statement on supportive care during GLP-1 therapy calls for registered dietitian involvement, resistance training and body composition monitoring alongside the medication. The programme is structured around all three, so fat loss and muscle loss are measured rather than assumed.

Dosing that holds rather than races

Tirzepatide acts on both the GIP and GLP-1 receptors, and each dose holds for three months instead of escalating every four weeks. Tolerance settles before the next step, and most patients finish at 7.5 mg or below.

It has a defined end

Month 9 produces a written transition plan, taper, maintenance dose or lifestyle-only, with a route back in if weight returns. Not open-ended prescribing.

■ What the core fee covers

- **Weekly tirzepatide.** 36 injections, three months held at each dose rather than monthly escalation.
- **Dietetics.** Nutrition assessment, baseline plan and handover up front, then review at every check-in, with further sessions as needed.
- **Wellness navigation.** A named navigator working with you on adherence and the behavioural side of nine months.
- **Access between visits.** Non-urgent queries answered within 24 hours on business days, with a written escalation protocol.
- **Weekly intravenous therapy.** 36 infusions, a required element of the protocol, through Vital Drip Solutions.
- **Physiotherapy.** Full assessment and an individualised exercise programme, with monthly review to protect lean muscle while fat comes off.
- **Monthly clinical review.** Weight, BMI, blood pressure, resting heart rate, side-effect burden and protein intake.

■ Who the programme is for

- BMI of 30 or above, regardless of other conditions.
- BMI of 27 or above with a related condition, type 2 diabetes, hypertension, raised cholesterol, sleep apnoea or fatty liver.
- Insulin resistance or pre-diabetic markers on blood testing.
- A history of weight loss that has not held, and readiness for nine months.

CLAIMING AGAINST MEDICAL AID

Every practitioner is HPCSA-registered, so consultations with the doctor, dietitian and physiotherapist, and laboratory testing, are billed under standard practice and procedure codes and may be claimable depending on your plan and benefits. Many schemes exclude weight-loss medication and intravenous therapy. Confirm cover before enrolling; the programme is quoted as a private fee.

Not suitable during pregnancy or breastfeeding, or with a personal or family history of medullary thyroid carcinoma, MEN 2, unstable cardiovascular disease, severe renal impairment, an active eating disorder, severe gastroparesis or known GLP-1 hypersensitivity. Suitability is decided at the enrolment consultation.



■ What it costs

RAND, INCL. VAT

CORE PROGRAMME FEE	OVER THE FULL NINE MONTHS	AMOUNT
Weekly tirzepatide and weight-loss drip	36 weekly injections and 36 weekly infusions, through Vital Drip Solutions	104,500
Clinical consultations	Extended enrolment consultation plus monthly clinical review	7,600
Dietetics	Assessment, baseline plan and handover, then review at each check-in	2,690
Physiotherapy	Assessment, exercise programme, attendance at each check-in	3,000
Wellness navigation	Ongoing across the nine months	included
Core programme fee	Mandatory elements, before any medical aid recovery	117,790
Optional dietetic & physiotherapy follow-ups	Biweekly dietetic and monthly physiotherapy review, at full uptake	6,490

Upper spend

Every optional session taken

124,280

■ Quoted per client, on assessment

Laboratory testing scope set by current health and underlying conditions, so priced individually.	Body composition scans baseline and at months 3, 6 and 9.
Higher dosing 10 mg and 12.5 mg where clinically indicated, typically 6 to 12 months beyond the programme.	Optional adjuncts alternative or additional medication, and supplementary infusions such as NAD+ or glutathione.

THE NEXT STEP

Enrolment begins with an assessment consultation.

Suitability, dosing and final pricing are confirmed with the supervising clinician before the nine months begin.