

UNDERSTAND YOUR STARTING POINT

A Stubborn Pot Belly. A Doctor on your side.

A stubborn pot belly can persist despite considerable effort. Lasting progress calls for a deeper understanding of your health and a plan built around you.



Illustrative image; not a patient or an outcome claim.

The Pot Belly Clinic offers a 24-week, doctor-led, data-led programme, initially in India. A detailed understanding of your health, relevant investigations and weekly doctor consultations shape a personalised plan for pot belly reduction and lasting progress.

Understanding what makes your belly stubborn

Reducing a persistent pot belly can be complex. Eating patterns, activity, sleep, medicines, health conditions and family history can all influence weight. Understanding which factors matter in your case gives your doctor a basis for personalised care.¹

Keeping weight off can be difficult even after initial success. As weight falls, the body needs fewer calories; changes in appetite and energy use can make maintenance harder. That is why a plan needs review beyond the first few weeks.²

Your waist may be telling you more than you think.

Excess abdominal fat is linked to higher risks of type 2 diabetes, fatty liver disease and heart disease. A pot belly alone is not a diagnosis, but it is a reason to assess your health as well as your weight.³

Sources: NIDDK (niddk.nih.gov): 1. Factors Affecting Weight & Health. 2. Eating & Physical Activity; Obesity: Recent Advances (2022). 3. Health Risks of Overweight & Obesity; Risk Factors for Type 2 Diabetes.

Care built around you.

Your medical history, reports, medicines, symptoms and daily life inform one individual plan. Your doctor explains the recommendations and refines them as your response becomes clearer, drawing on continually reviewed clinical evidence.

What your personalised treatment plan includes

Understanding your pot belly. An explanation of relevant contributing factors and what your assessment reveals about your health.

Weight-control medication, where appropriate. Doctor-prescribed treatment with clear starting instructions, planned reviews and dose adjustments guided by your response and tolerance.

Supplements, where required. Recommendations with their purpose, dose and use explained, taking account of your existing medicines and health.

Practical dietary guidance. Manageable food choices and eating patterns tailored to your preferences, routine and medical needs.

Activity and strength-building advice. Activities suited to your health and current ability, with progression discussed as appropriate. Exercise sessions and supervised training are not included.

Personal goals and measurable progress. Agreed targets and reviews of waist, weight, wellbeing, relevant health markers and body composition where assessed, including fat and muscle changes.

Ongoing medical attention. Regular review of reports, symptoms, side effects and difficulties. Your doctor explains progress and any treatment changes, with closer attention when concerns arise.

A plan to sustain progress. Maintenance planning during the programme, with guidance on habits, follow-up and treatment needs beyond the initial 24 weeks.

A partnership built on trust

A 30-minute doctor consultation every week and WhatsApp chat between appointments give you space for questions and candid updates. You provide accurate information; your doctor explains findings, uncertainties and decisions openly. Together, you work towards sustained belly reduction, minimising adverse effects and better overall health.

Personalised decisions. Regular review. Committed support.

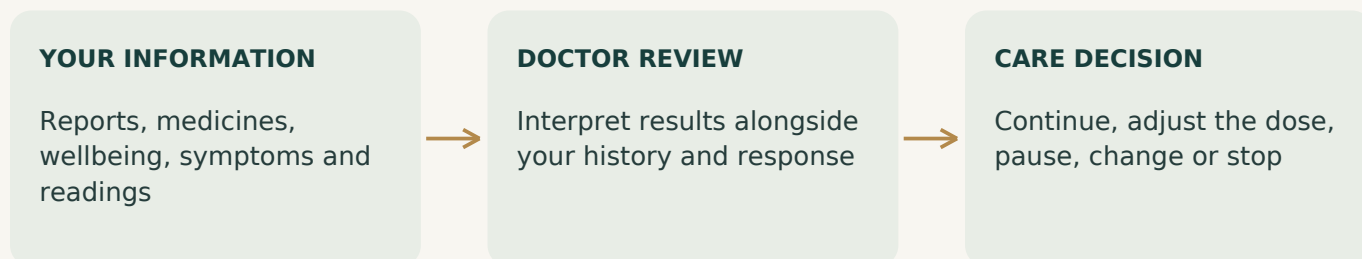
Outcomes vary. Our commitment to your care continues throughout the programme.

Medication, supplements and tests cost extra. See page 4 for all fee exclusions.

Your health comes first.

Could treatment affect my health or vital organs?

That concern deserves a proper conversation. Your doctor reviews your conditions, current medicines and relevant results, and discusses benefits, risks and alternatives before recommending treatment.



Treatment selected and reviewed for you

Where medication is appropriate, we use medicines approved for use in India, aiming to minimise unnecessary treatment and side effects. Supplements are recommended where required, with their purpose explained. Your history, test results, symptoms and response guide the choice of treatment and each subsequent adjustment.

No medicine is risk-free. Monitoring cannot eliminate every risk. Report new symptoms promptly; do not wait for the next appointment if urgent care is needed.

Your data is part of your treatment

Providing complete, accurate information on time is an essential part of joining.

Supply requested medical reports, blood and urine results, vital signs, weight, waist, body-composition and supported wearable data. Liver, kidney and glucose checks, and imaging such as X-rays or MRI, are requested when clinically indicated.

Keep your medicines and supplements list current, including doses and changes. Report how you feel: energy, sleep, appetite, side effects and any new or worsening problems. Use convenient qualified test providers; upload full reports securely by the agreed dates. Missing information may delay treatment decisions.

Weekly consultations, scheduled data reviews and WhatsApp chat keep you connected. App and chat updates are not monitored continuously or for emergencies. Relevant, reliable and timely information enables informed care.

Alongside your existing doctor

Continue your existing appointments and follow your treating doctor's instructions exactly. This service does not replace them or take over, stop or change their treatment. Only the doctor responsible for that treatment should change it. Keep both doctors informed; clarify conflicting advice before acting. New treatment must be checked for compatibility with existing care.

Your next step, clearly defined.

What your 24 weeks include

- Detailed medical assessment and an individually tailored treatment plan.
- 24 weekly 30-minute doctor consultations and WhatsApp chat.
- Food and activity guidance, app access and scheduled data reviews.
- Milestone reviews at weeks 4, 8, 12, 16, 20 and 24; maintenance planning.

Your part in the process

Attend consultations, follow the agreed plan and submit accurate reports and readings on time. Be open about medicines, symptoms, setbacks and difficulties so your doctor can respond with informed guidance.

Your path to personalised care

- 1 Complete your form and upload reports**
Fill in the secure health questionnaire and supply the requested initial reports. Confirm your understanding of the fee and commitment.
- 2 Review, invitation and complimentary discussion**
We review your form and reports for completeness before sending a booking invitation. Choose a convenient available date and time for your complimentary 30-minute assessment. The doctor reviews your information beforehand and answers your questions.
- 3 Receive the outcome and decide**
The doctor explains whether the programme is suitable for you. If it is, you decide whether to enrol and proceed with payment.
- 4 Begin your personalised care**
Your completed assessment informs your individual treatment plan. After enrolment, your 24 weeks begin at the first programme consultation, with app access and weekly appointments.

24-WEEK PREMIUM PROGRAMME

24 × 30-minute consultations • App access

INR 300,000

Optional maintenance: INR 25,000 per month

Continued app access and four 15-minute doctor consultations per month.

Not included in either fee: medication, laboratory tests, scans, body-composition assessments, devices and supplements. These are paid for separately.

Results vary. No particular medicine or amount of weight loss is guaranteed. The complimentary assessment covers suitability and the broad approach, not a detailed treatment plan or prescriptions.

Begin with a personal assessment.

Message START on WhatsApp for the application and complimentary assessment.