

Medical Weight Management Program

Patient information sheet



Medical Weight Management Information

Support from Wellspring Studio

Wellspring Studio provides clinician-supervised support for weight management in a respectful, non-judgmental setting. The aim is to help you understand your health, set realistic personal goals, and build sustainable habits with guidance from a qualified healthcare professional.

Recommendations are individual and may change as your needs and progress are reviewed.

Who the program may be suitable for

It may be suitable for people who want structured support with medical weight management, nutrition, activity, behaviour change, or related health goals. Suitability is not automatic and prescribing is at the discretion of the medical practitioner after thorough assessment by a qualified healthcare professional.

- **Support needs** — You would like a collaborative plan rather than one-size-fits-all advice.
- **Health context** — You want your goals considered alongside your medical history, current health, and day-to-day circumstances.
- **Readiness** — You are willing to discuss goals, questions, and practical next steps with the care team.

Your care journey

The exact experience will depend on your needs, health information, goals, and the recommendations of your care team. It may include:

1. **Initial health assessment** — A review of relevant health information, goals, concerns, and factors that may affect weight management.
2. **Personalised goals** — Collaborative goals that reflect your priorities, circumstances, and overall wellbeing.

3. **Nutrition and activity guidance** — Practical ideas to support eating patterns, movement, and routines that fit your life.
4. **Behaviour support** — Support with habits, motivation, barriers, stress, and other factors that can influence change.
5. **Regular progress reviews** — Follow-up discussions to review what is working, address concerns, and adjust recommendations when needed.
6. **Medication discussion** — Medicines may be discussed only when clinically appropriate, after assessment, and with information about potential benefits, risks, and alternatives.

What you can expect

A supportive process

You can expect respectful conversations, clear explanations, and recommendations that are considered in the context of your health and circumstances. You can ask questions and take part in decisions about your care.

Prepare for your first appointment

To help you feel prepared, consider writing down:

- ☐ Your main questions and what you hope to discuss.
- ☐ Your personal goals, priorities, and any challenges you would like support with.
- ☐ A current list of medicines, supplements, and relevant health information, if requested by the care team.
- ☐ Any accessibility, communication, or practical needs you would like to share.

If you are unsure what to prepare, contact Wellspring Studio via email: mywellspringstudio@gmail.com and we will aim to get back to you within 24hrs.

Safety and medical information

Important

This information is general and is not a substitute for urgent medical care, diagnosis, or a personal treatment plan. Individual recommendations depend on assessment by a qualified healthcare professional.

If you have urgent or severe symptoms, contact local emergency services or seek urgent medical care. Do not start, stop, or change medicines based on this information sheet.

Take the next step

To learn more about Medical Weight Management, please contact Wellspring Studio via email: mywellspringstudio@gmail.com or Ph:40065770.

Use this booking link to book in your consultation: [Click here](#)

Ready to learn more? Reach out with your questions and the care team can explain whether the program may be appropriate for you.