

Weight Loss Management Service.

Get expert support and treatment to help you lose weight

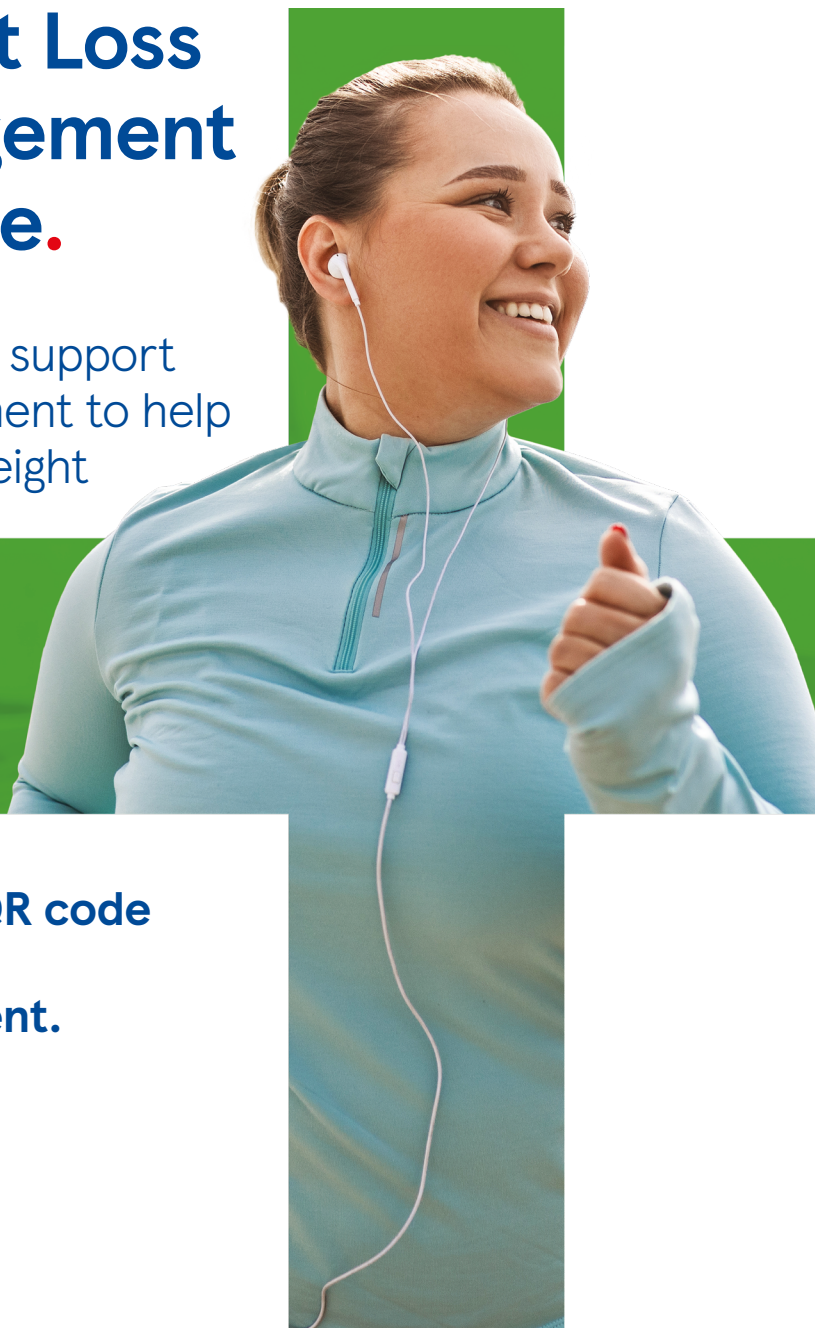
Scan the QR code to book an appointment.



[Click here](#)

TESCO Pharmacy+

Eligibility criteria apply. Subject to availability in selected stores only. Excludes NI.
All services are at the discretion of the pharmacist.



What is the Tesco Weight Loss Management Service?

The Tesco Weight Loss Management Service offers expert care and treatment to help you lose weight. Available in selected in-store pharmacies, the service includes face-to-face consultations with a trained Tesco pharmacist and offers a choice of coaching, medication, or both.

Does obesity lead to health complications?

Two-thirds of people in the UK are now overweight or obese. Being overweight can lead to serious health conditions, such as:

- Type 2 diabetes
- High blood pressure
- High cholesterol
- Sleep apnoea
- Cardiovascular disease

(source: www.nhs.uk/conditions/obesity)

Who is the service suitable for?

This service is suitable for adults aged 18 and over who meet the eligibility criteria for weight loss medication. Our pharmacist will assess your suitability during your consultation.

Who is not suitable?

The service may not be suitable if:

- You are under 18
- You do not meet the medical criteria for weight loss medication
- You have contraindications based on the medication's licensed use

Will I earn Clubcard points?

Yes, you can earn Clubcard points with this service (£1 spent = 1 point). Clubcard/app required.

TESCO
Clubcard

TESCO Pharmacy+

How the service works?

Book online via tesco.com/pharmacy or scan the QR code on this leaflet. Alternatively, speak to one of our pharmacists when shopping in-store.

1. An initial consultation (around 30 minutes) with a Tesco pharmacist in a private consultation room, where we will:
 - Discuss your weight loss goals
 - Complete a medical questionnaire with you
 - Take measurements: weight, height, waist, blood pressure
 - Agree a Weight Management Plan
 - Discuss medication options and side effects
2. Supply of medication (if suitable): a 4-week supply is provided at each visit
3. Follow-up consultations every 4 weeks (around 20 minutes), where we will:
 - Review progress and update your plan
 - Provide a further 4-week supply of medication, if appropriate

How much does the service cost?

The cost will vary depending on your chosen plan and medication:

Initial Consultation: £15

(Refunded if medication is prescribed, subject to eligibility)

Medication & Pharmacist Support:

£169-£269 every 4 weeks

(Includes medication supply and ongoing pharmacist consultations)

Online Coaching: £30 per month

(Available with or without medication)

Are there any side effects?

Possible side effects include:

- Nausea
- Gastrointestinal issues (diarrhoea, constipation, indigestion)
- Tiredness
- Headaches
- Injection site irritation

Possible side effects will be explained to you by our Tesco pharmacist during your consultation.

(source: www.drugs.com/article/side-effects-weight-loss-drugs.html)

