

# Sustainable Weight Management Programme

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1 in every 2  
Malaysians are  
either overweight  
or obese.\*

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\* Institute for Public Health 2020.  
National Health and Morbidity Survey  
(NHMS) 2019: Non-communicable  
diseases, healthcare demand, and  
health literacy—Key Findings

# Who are we?

Laurent Bleu Medical Clinic is a leading medical clinic consisting of a multidisciplinary team of healthcare professionals that offer credible, evidence-based weight loss solutions.

# Why us?

01

Involvement from nutrition and psychology professors from UCSI

Tailor made by medical experts

02


03

Unlimited dietary support

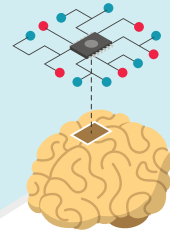
We understand the struggles of losing weight in the lifelong journey upwards to better health. Thus, we want to walk alongside our clients and equip them with enough knowledge and discipline that will help to keep the weight off even after the programme ends.

- ✔ *Sustainable weight management*
- ✔ *Improved health conditions*
- ✔ *Overcome unhealthy eating habits*
- ✘ *Overly-restrictive diet*
- ✘ *Impractical lifestyle modifications*

# How can we help you?



- **Comprehensive Blood Screening\***  
(1 session)  
*Screen for underlying medical factors (eg. hormone imbalance) that may affect weight loss*



- **Health Psychology\*\***  
(3-4 sessions)  
*Explore psychological, behavioural and cultural factors of weight loss*



- **Medical Consultation**  
(1 session)  
*Screen and correct weight-related medical conditions to ensure an ideal and smooth-sailing weight loss journey*



- **Dietary Consultation**  
(7 sessions)  
*Modify eating and exercise habits for a holistic lifestyle improvement as the heart of this weight loss programme*

**Dietary Services**

- In-depth body composition analysis (InBody 770)
- Individualised menu plan
- Unlimited dietary support

**3 MONTHS**  
of commitment  
for a lifetime  
of health.

\*Customisable \*\*Optional



**Are You Ready To Take Back Your Health?**





“ Dive deep into the journey of transformative health, and emerge a healthier you. ”



## Keep in touch

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