DOCTOR-LED WEIGHT LOSS AND METABOLIC CARE

Your 3-month semaglutide plan

What is included, what to expect month by month, what patients are losing, and how to start.

YOUR MEDICINE

Semasize (Alkem) or Semaglyn (Zydus)

One injection a week · 0.25 mg → 0.5 mg → 1 mg, then 1.7 mg on the 4-month plan

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01 · THE MEDICINE

How semaglutide works

Semaglutide copies GLP-1, a natural gut hormone your body already makes after meals. It tells your brain you're full, slows how fast your stomach empties and quietens the constant pull towards food that many people call 'food noise'.

The result: you feel satisfied on smaller portions, snacking loses its pull, and eating less stops feeling like a daily fight. It is a once-a-week injection with a very fine pen needle, and most people find it far easier than they expected.

Is it right for me? That is what your first consultation is for. Your doctor reviews your weight, health history and reports, and only prescribes if it is safe and suitable for you.

02 · YOUR 3 MONTHS

Step by step, at a pace your body sets

MONTH 1

Starting dose

0.25 mg

Your body gets used to the medicine. Appetite usually drops within days. Doctor consultation and your diet chart at the start.

MONTH 2

First step up

0.5 mg

If you're tolerating it well, your doctor steps the dose up. This is often where steady, visible progress begins.

MONTH 3

Finding your dose

1 mg

Many people reach the dose that works for them here. Your month-3 doctor review decides what comes next.

MONTH 4

4-month plan only

1.7 mg

An extra month at the next dose step, for people who want a longer runway before deciding on maintenance.

Dose steps are decided by your doctor based on how well you are tolerating the medicine, not the calendar. Holding a dose for longer is normal and is not a setback.

03 · WHAT IS INCLUDED

One price for the whole plan

Every 3-month plan covers the medicine at all three doses, your doctor, your nutritionist and delivery. Paid once, GST included.

	STANDARD CARE **₹10,999** ₹3,666 a month · 3 months	PREMIUM CARE **₹15,999** ₹5,333 a month · 3 months
Medicine, all 3 doses 0.25 mg → 0.5 mg → 1 mg	✓ Included	✓ Included
Doctor video call every month	✓ Included	✓ Included
Home delivery, kept cold	✓ Included	✓ Included
Nutritionist diet chart	✓ Included	✓ Updated monthly
Care team on WhatsApp, for side effects and questions	✓ Included	✓ Included
Unlimited doctor chat on WhatsApp	✗ Not included	✓ Included
Unlimited nutritionist chat on WhatsApp	✗ Not included	✓ Included
2 blood tests at home	✗ Not included	✓ Included
Your own care coordinator	✗ Not included	✓ Included

Medicine: Semasize (Alkem) or Semaglyn (Zydus), as your doctor recommends. Genuine, branded, with an invoice. Blood tests are optional add-ons on Standard Care. Prices as on altrcare.com/pricing.

04 · RESULTS

What results look like

Two answers: what the large clinical trial found, and what ALTRcare's own patients are seeing.

In the clinical trial

~15%
average body weight lost over 68 weeks

1 in 3
people lost 20% or more

2.4 mg
weekly dose used in the trial

STEP 1 trial, Wilding et al., NEJM 2021. The trial ran for 68 weeks and went up to 2.4 mg. Most of that loss built up after the first few months, once people reached their full dose.

On ALTRcare

These are programme results, from patients on either medicine with a doctor, a diet chart and a care team on WhatsApp. They are shared so you know what the first weeks can look like, not as a promise.

6.7 kg
average lost by patients 8 to 13 weeks in

~7%
of starting body weight, on average

12 kg
the most lost so far, in 8 weeks

From ALTRcare's weekly dose log, patients 8 weeks or more into their plan, anonymised. Every one of them lost weight. Individual results vary with starting weight, dose, health conditions and habits. Weight moves in steps, not a straight line, and a flat week is normal.

What makes the difference is the care around the medicine: a diet chart built for you, protein and strength habits from week one, and a team that catches side effects before they make people quit.

05 · THE BIGGER PICTURE

Why a 3-month plan, and what happens after

Finding your dose is a process of discovery. Everyone's body responds differently, so we do not ask you to commit to 6 or 12 months before we know what works for you.

Over the first three months your doctor steps the dose up gradually and watches how you respond. Many people find their maintenance dose, the dose that keeps giving steady results with side effects they are comfortable with, somewhere around month 3. Some need a little longer. That is why the plan is three months: it covers the discovery phase properly, and you only pay for what you actually need.

AT YOUR MONTH-3 DOCTOR REVIEW

Your doctor looks at your progress, how you are feeling and your reports, and together you decide the next step:

Continue on your maintenance dose.
If you are losing steadily and feeling good, you simply carry on.

Step up further.
If you need more effect and are tolerating well, your doctor may move you to the next dose.

Plan a gradual step-down.
Once you are at or near your goal and your habits are solid, we plan a slow taper with you. Never an abrupt stop.

The one thing to avoid. What tends to bring weight back is stopping suddenly with no plan. Whenever the time comes to reduce or stop, we plan it with you and your doctor, with the habits you built doing more of the work.

Prefer a longer runway? The 4-month plan (₹13,999) adds a fourth month at 1.7 mg, so your doctor has more time to settle your dose before the maintenance decision.

Your next phase is priced on the dose you actually settle on, month by month, so there is no paying upfront for a dose you may never need.

06 · WHY ALTRCARE

The medicine is the same everywhere. The care is not.

Four senior specialists

One doctor for your whole plan, from the first call to the last.

Care between doses

Your care team is on WhatsApp through every week of your plan, for side effects, injection help and questions.

Built for Indian life

Diet charts built around dal, roti, rice, your work hours and your family's cooking. Not a western meal plan.

Genuine branded medicine

Only original medicine from trusted makers: Semasize (Alkem) or Semaglyn (Zydus). Delivered cold, with an invoice.

One clear price

Medicine, doctors, nutritionist and support in one price, GST included.

No pressure, ever

No haggling and no repeated sales calls. If you decide it is not for you, we respect that.

YOUR DOCTORS

Dr. Mujeeb Afzal
MBBS, MD, DM (Endocrinology)
Hormones, thyroid and the metabolic side of weight.
Reg. No. 71516, Telangana State Medical Council

Dr. (Major) Bhavesh Talera
MBBS (AFMC), MD (General Medicine), MRCP (UK), FRCP (Glasgow), PGDCCP
Gut, liver, heart and everything a GLP-1 touches.
Reg. No. MP23180, Madhya Pradesh Medical Council

Dr. Archana Rathi
MBBS, PGCDM, PGCAT, Diabetologist
Diabetes, PCOS and women's health.
Reg. No. 6598, Madhya Pradesh Medical Council

Dr. Snigdha Sehgal
MBBS, MD (Internal Medicine)
Metabolic health and medical weight management.
Reg. No. 2022/06/2939, Maharashtra Medical Council

07 · GETTING STARTED

Three simple steps

1. Book your free consultation at altrcare.com/start and speak to one of our doctors on video.
2. Get your plan. If semaglutide is right for you, your doctor prescribes it and your medicine is delivered to your home.
3. Start with support. Your care team sends your diet chart and walks you through your first injection.

Ready when you are

altrcare.com/start · Questions? WhatsApp us or write to help@altrcare.com

Check eligibility

Questions people often ask

Will I have side effects?

Some people feel mild nausea, fullness or constipation in the first weeks, usually easing as the body adjusts. Starting low and stepping up slowly is how we keep this manageable, and your care team helps with simple fixes on WhatsApp.

Do I have to diet hard or starve?

No. The medicine makes smaller portions feel natural. Your diet chart focuses on enough protein and regular Indian meals, not crash dieting, so you lose fat and keep muscle.

What if I have other conditions or medicines?

Tell your doctor at the consultation. Our doctors manage your weight programme; your other long-term medicines stay with your own doctor.

How is the medicine delivered?

Once prescribed, your medicine is delivered to your home in cold-chain packaging, and your care team walks you through your first injection step by step.

This guide is for information and does not replace a consultation. Semaglutide is a prescription medicine and is only prescribed after a doctor confirms it is suitable for you. Dose, schedule and any changes are decided by your ALTRcare doctor. Trial figures are from published research at the doses and durations stated; ALTRcare results are from our own patients and individual results vary. Prices are per plan, include GST, and are current as of the date on altrcare.com/pricing.