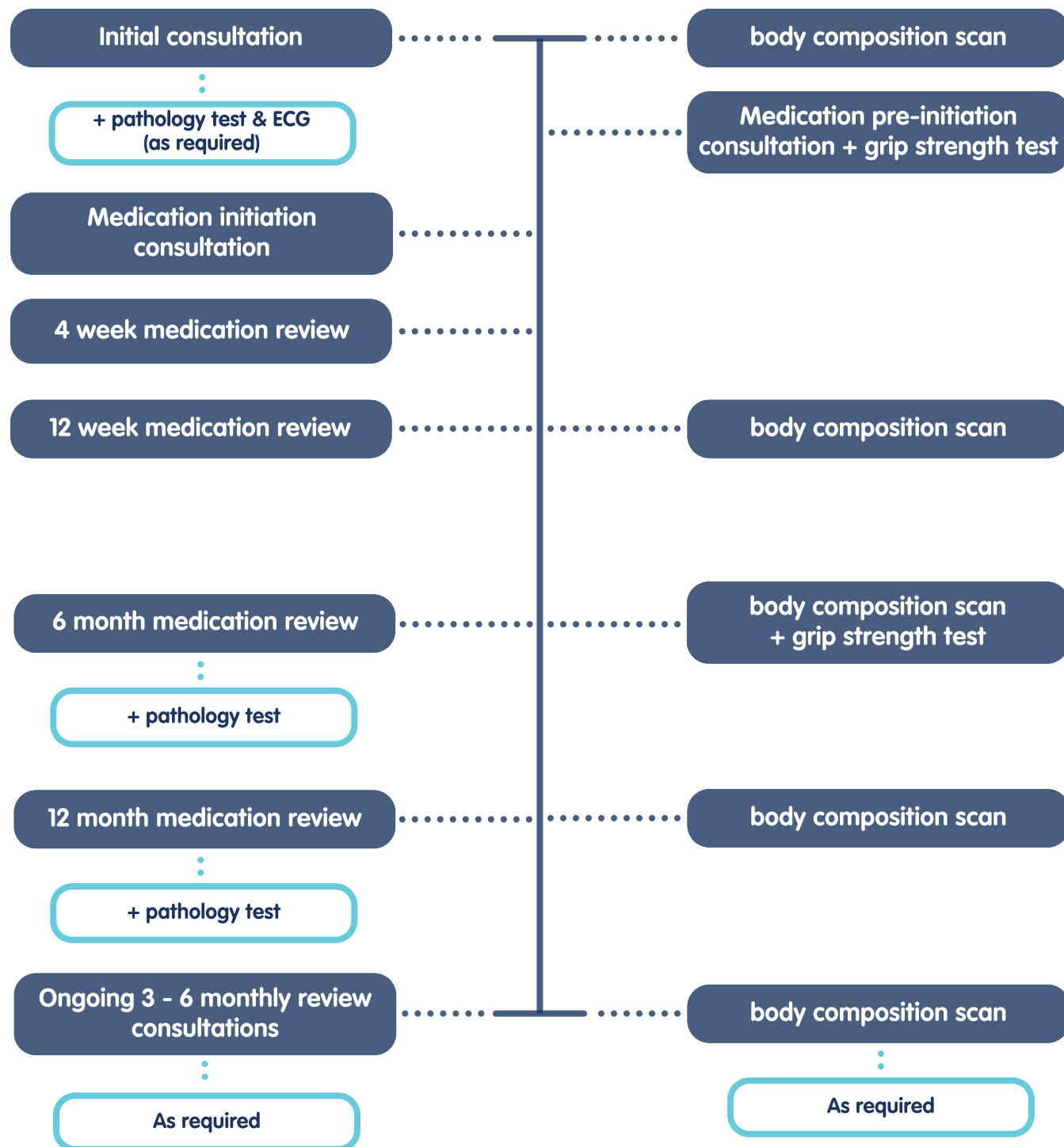


Medication Management Timeline



Bariatric Medical Practitioner

Lifestyle Consultant



Medication is a helpful tool, but structured care is key to achieving the best long-term outcomes.

Please note, fees will apply for these consultations. If eligible, a Medicare rebate may apply.

Medication

Pre-Initiation Consultation



Protein and muscle preservation review

\$110.00

A 30 minute consultation with a Lifestyle Consultant

When starting a weight management medication, it is common for appetite and food intake to change significantly during the first few weeks of treatment.

Your medication pre-initiation consultation with a Lifestyle Consultant is designed to support you in safely and effectively adapting to these changes.

This consultation focuses on maintaining adequate protein, protecting muscle mass, and supporting your overall energy levels during the early phase of treatment.

During this consultation, you will discuss:

- **Personalised protein targets** - calculated using fat-free mass from your InBody scan to help preserve muscle during weight loss
- **Protein during appetite suppression** - practical strategies to help you maintain adequate protein when your appetite is reduced
- **Meal structure and food choices** - simple ways to prioritise protein in your meals and snacks
- **Supplement guidance** (*if required*) - advice on protein supplements or multivitamins if your food intake is inadequate
- **Muscle preservation strategies** - the role of protein intake and physical activity in maintaining lean muscle mass during weight loss

Supporting Resource

Re:You Protein Counter and selection of targeted recipes

Optional: **Re:You Protein Guide** - *available as a digital eBook; additional cost applies*

Why this matters

During weight loss, the aim is to reduce body fat while preserving muscle mass and function. Adequate protein intake plays an important role in supporting energy levels, maintaining muscle, and promoting healthy metabolic outcomes.

Our focus is not simply weight loss, but achieving sustainable, healthy weight management that supports long-term metabolic health.