

COUNTERWEIGHT PROGRAMME SIGN UP FORM

| | |
|-----------------------|-------------|
| Name: | DOB: |
| Address: | |
| Telephone: | |
| Registered GP: | |

Please complete this form to provide us with the information required to support you with the counterweight programme. All information is confidential.

| <i>Please tick if any of the following apply to you:</i> | Yes |
|---|--------------------------|
| Do you consent for Queens Road Medical Practice to store your personal information (in accordance with GDPR)? | <input type="checkbox"/> |
| Type 2 diabetes | <input type="checkbox"/> |
| Type 1 diabetes | <input type="checkbox"/> |
| Currently breastfeeding | <input type="checkbox"/> |
| Previous weight loss surgery | <input type="checkbox"/> |
| Pregnant | <input type="checkbox"/> |
| Heart attack/ stroke in the past 6 months | <input type="checkbox"/> |
| Kidney failure | <input type="checkbox"/> |
| Heart failure | <input type="checkbox"/> |
| Eating Disorder | <input type="checkbox"/> |
| Hypertension | <input type="checkbox"/> |
| Active cancer | <input type="checkbox"/> |
| Gallstones | <input type="checkbox"/> |
| None of the above | <input type="checkbox"/> |
| Do you smoke? | <input type="checkbox"/> |
| Have you ever suffered from an eating disorder? | <input type="checkbox"/> |

| | |
|---|--------------------------|
| Are you currently taking any medications? If yes, please list below | <input type="checkbox"/> |
| Do you have any allergies or food intolerances? If yes, please list below | <input type="checkbox"/> |

Counterweight CORE 2026

| CW Core 12-month programme 12 - 16 weeks active weight loss followed by weight loss maintenance | |
|--|-----------------|
| Expected extended GP consultations (x5) * | 5 x £188 = £940 |
| Expected extended nurse consultations (x4) * | 4 x £105 = £420 |
| Registration fee (reduced to £50 when paid in full) | £75 |

Based on fortnightly support for the first month, monthly support for three months, and three-monthly support thereafter.

*All consultations are extended appointments, the number shown is a minimum number, actual number of necessary consultations may vary according to patient. All consultations to be paid in full at the time of consultation, cost based on **pay on the date rate and before grant from Social Security**.

An expected schedule is available.

Prices are subject to change in line with Practice consultation fees.

Counterweight LITE 2026

| CW Lite 12-month programme 12 - 16 weeks active weight loss followed by weight loss maintenance | |
|--|--|
| Expected extended GP consultations (x5) * | 5 x £188 = £940 |
| Expected extended nurse consultations (x4) * | 4 x £105 = £420 |
| Meal replacements** | £25 per box (14 meal replacements). Ordered via app + delivery costs |
| Registration fee (reduced to £100 when paid in full) | £125 |

Based on fortnightly support for the first month, monthly support for three months, and three-monthly support thereafter.

*All consultations are extended appointments, the number shown is a minimum number, actual number of necessary consultations may vary according to patient. All consultations to be paid in full at the time of consultation, cost based on **pay on the date rate and before grant from Social Security**.

An expected schedule is available.

Prices are subject to change in line with Practice consultation fees.

**Boxes are ordered direct and paid for from the Counterweight app. There is an additional cost of postage of £12.99 for any order of any size.

Counterweight PLUS 2026

| CW Plus (aim 10-15% weight loss) 12-month programme 12 weeks total diet replacement followed by gradual food reintroduction and weight loss maintenance | |
|--|-------------------|
| Expected extended GP consultations (x5) * | 5 x £188 = £940 |
| Expected extended nurse consultations (x10) * | 10 x £105 = £1050 |
| Product purchases (27 boxes approx. ordered direct via app) Total food replacement for first 3 months, followed by gradual reintroduction over the next 6 months | £700.00** |
| Registration fee (reduced to £100 when paid in full) | £125.00 |

Based on support to patient fortnightly for the first month and monthly thereafter.

*All consultations are extended appointments, the number shown is a minimum number, actual number of necessary consultations may vary according to patient. All consultations to be paid in full at the time of consultation, cost based on **pay on the date rate and before grant from Social Security**.

An expected schedule is available.

Prices are subject to change in line with Practice consultation fees.

**Estimated cost based on 27 boxes ordered direct and paid for from the Counterweight app. There is an additional cost of postage of £12.99 for any order of any size.

Counterweight Core Groups 2026

| CW Core Groups 12-month programme 12 - 16 weeks active weight loss followed by weight loss maintenance | |
|---|-----------------|
| 15 GP and nurse-led group sessions | 15 x £50 = £750 |
| Expected extended GP consultations (x3) * | 3 x £188 = £564 |
| Registration fee (reduced to £50 when paid in full) | £75 |

Based on fortnightly group sessions for the first month and monthly thereafter and three extended GP consultations for initial assessment and medication review where appropriate before sessions 1, 6 and 11.

Patients are expected to attend the group sessions paid in blocks of 5 sessions at the time (sessions 1-5, 6-10 and 11-15).

*All GP consultations are extended appointments, the number shown is a minimum number, actual number of necessary consultations may vary according to patient. All consultations to be paid in full at the time of consultation, cost based on **pay on the date rate and before grant from Social Security**.

An expected schedule is available.

Prices are subject to change in line with Practice consultation fees.

Weight Loss Maintenance Group 2026

| CW Core Groups 12-month programme 12 - 16 weeks active weight loss followed by weight loss maintenance | |
|---|--------------------|
| 12 GP-led group sessions | 12 x £25.00 = £300 |
| Expected extended GP consultations (x3) * | 3 x £188 = £564 |
| Registration fee (reduced to £125 when paid in full) | £150.00 |

Based on monthly group sessions, each session is paid for at the time of booking.

*All consultations are extended appointments, the number shown is a minimum number, actual number of necessary consultations may vary according to patient. All consultations to be paid in full at the time of consultation, cost based on **pay on the date rate and before grant from Social Security**.

An expected schedule is available.

Prices are subject to change in line with Practice consultation fees.

Weight Lowering Drugs INJECTABLES 2026

| Injectables (where appropriate) Only available to go alongside one of the Counterweight Weight Management programmes | | |
|--|-----------------|---------|
| Additional nurse consultation if required for education on use of injectable (x1) | | £52.50 |
| Cost of injectable (each prescription is for 4-weeks). These costs are based on the Coop Pharmacy prices (January 2026), but will vary between other pharmacies. These costs will be chargeable by the pharmacy. | Wegovy 0.25mg | £95.23 |
| | Wegovy 0.50mg | £95.23 |
| | Wegovy 1mg | £95.23 |
| | Wegovy 1.7mg | £155.65 |
| | Wegovy 2.4 mg | £219.75 |
| | Mounjaro 2.5mg | £149.63 |
| | Mounjaro 5 mg | £168.75 |
| | Mounjaro 7.5mg | £232.69 |
| | Mounjaro 10mg | £252.54 |
| | Mounjaro 12.5mg | £273.24 |
| | Mounjaro 15mg | £297.00 |

Consent agreement

We are conducting a study within our Weight Management Clinic and I would be very grateful if you could sign this document as a form of consent, to use and share the data we hold on our records with Counterweight and the University of Glasgow for investigation purposes in association with the Weight Management Clinic for investigation purposes. I can assure you all data will be anonymised and handled strictly following General Data Protection Regulation Laws.

Patient's name:

Signature:

Date:

Payment agreement

I hereby agree I have read and understand the above fees/charges and agree to pay Queens Road Medical Practice for the registration fee and attended appointments with the nurse and GP at the Weight Management Clinic at the time of my appointment. If you have more than two unpaid invoices, you may incur Queens Road not offering you further appointments until your invoice has been settled.

Patient's name:

Signature:

Date:

Thank you for completing the initial counterweight questionnaire. A team member will be in contact shortly to arrange your initial consultation with our Counterweight GP.