

PRIVATE CLIENT ACCESS · 2026 PROTOCOLS

FIGUR HEALTH

FH

THE SCIENCE OF RECOMPOSITION

Evidence-based GLP-1 programmes for serious body recomposition.

22.5%

avg. body weight lost

12 wks

transformation programme

1:1

clinical coaching

OUR PHILOSOPHY

More than a prescription. A complete system.

Figur Health pairs clinically validated GLP-1 therapy with precision nutrition, resistance training protocols, and real-time coaching — so every kilogram lost is fat, not muscle.

94%

client satisfaction

—22%

avg. weight reduction

WHAT'S INCLUDED

Every plan includes:

- ✓ **Prescription & Dispensing**
Mounjaro (tirzepatide) or Wegovy (semaglutide) sourced from licensed UK/IN pharmacies.
- ✓ **Clinical Onboarding**
Full medical history review, blood panel interpretation, and personalised dosing schedule.
- ✓ **1:1 Coaching Sessions**
Weekly video check-ins with your dedicated health coach for accountability and adjust...
- ✓ **Precision Nutrition Plan**
Macro-targeted meal templates designed around your lifestyle, not generic calorie coun...
- ✓ **Resistance Protocol**
Progressive training programme to preserve lean mass while in a GLP-1 induced deficit.
- ✓ **24/7 Async Support**
Direct messaging access to your clinical team — no waiting rooms, no appointment del...

TRANSPARENT PRICING

Choose Your Transformation

All plans include prescription, coaching, nutrition and training protocols.

The Primer

4-Week Kickstart

₹12,999

one-time

- 1-month Mounjaro supply
- Clinical onboarding call
- Starter nutrition guide
- Training protocol PDF
- 2x coaching check-ins
- Async message support

Get Started

MOST POPULAR

The Transformation

12-Week Programme

₹32,999

one-time

- 3-month Mounjaro supply
- Full clinical onboarding
- Precision nutrition plan
- Progressive training plan
- Weekly 1:1 coaching
- Priority 24/7 support
- Progress blood panel
- Body composition scans

Enrol Now

BEST VALUE

The Sculpt

Ongoing Monthly

₹9,999

/ month

- Monthly medication supply
- Bi-weekly coaching calls
- Adaptive nutrition plan
- Progressive training plan
- Async support (24/7)
- Quarterly blood panel

Subscribe

Four steps to a new physique.

Day 1

Medical Assessment

Complete our 5-minute eligibility quiz and submit your health history. A clinician reviews and approves within 24 hours.

Week 1

Personalised Protocol

Receive your bespoke medication, nutrition, and training plan — built around your metrics and recomposition goals.

Weeks 2-11

Active Programme

Weekly coaching calls, dose titrations, and adaptive plan updates keep progress consistent through plateaus.

Week 12+

Recomposition & Retention

Transition into maintenance with a dialled-in protocol that preserves muscle and keeps the weight off long-term.

Ready to redefine your form?

Visit figurhealth.com · or call +91-FIGUR-NOW to speak with a clinical advisor.