

Weight Management Support – Lifestyle Pathway

Your subscription to our Formentor app



At Gillvray Health, we are able to support anyone on a weight-management journey who chooses to use any combination of lifestyle and medication approaches. We work closely with our partners at Cambridge Private Doctors to offer a medication pathway, but also support clients who already have a prescription, or who choose a non-medication approach.



Your Subscription

We use our Formentor app to deliver personalised support as you work towards your health and weight management goals, ensuring you have the right support whenever you need it.

The Gillvray Health approach brings you a blend of direct messaging support, video-call reviews, nutrition tracking, a movement programme and stress management tools – all held together by doctor-led progress tracking.

Our subscription is charged monthly.

Each subscription block includes the following, with the option to purchase additional services:

Your Subscription Block Includes:

		Each month
Messaging Support	Two-way messaging support with your clinician, nutritionist, personal trainer, health coach or breath coach.	7 days / week
Coaching Review Appointment	Opportunity to book a 30min online or face-to-face review with either Lucy Hibben (Personal Trainer & Breath Coach) or Caroline Child (Nutritionist & Health Coach).	monthly
Clinician Review Appointment	Our doctors will offer you a 30min review appointment if they feel this is clinically indicated. Online or face-to-face with Dr. Claire Gillvray or Dr. Susana Moreira.	if clinically indicated
Nutrition Tracking	With full macro-nutrient breakdown.	unlimited access
Movement Programme	Movement programme, including cardio, resistance and mobility sessions	weekly programmes
Breathwork Course	Educational videos and audio to energise your morning, support you through the day and improve your sleep.	unlimited access
Lifestyle Medicine Education Sessions	Access to book monthly live online medical education sessions with Dr. Susana.	monthly
Nutrition Education Sessions	Access to book monthly live online nutrition education sessions with Caroline Child.	monthly
Guided Walk	Monthly guided walk at Cambridge University Botanic Garden with Dr. Claire.	monthly
Weekly Email	Weekly wellbeing support email from Lucy Hibben.	weekly
		£65*

Additional Services Available (not included in subscription)

- Additional Lifestyle Medicine appointment with Dr. Claire or Dr. Susana £60* for 30min session (non-subscribers price = £90*)
- Additional 1:1 Nutrition coaching with Caroline £25* for 30min session (non-subscribers price = £45*)
- Additional 1:1 Breath coaching with Lucy £25* for 30min session (non-subscribers price = £45*)
- Additional YogaStrong monthly class subscription £25* / month subscription (non-subscribers price = £40*)
- Additional PT session with Lucy £32* for 60min session (non-subscribers price = £75*)
- Additional Fitness Test including VO2 max £105* for 30min session (non-subscribers price = £125*)
- Additional CGM Study £120* for 2 week study (non-subscribers price = £150*)
- Additional Blood Testing £125* standard panel (please enquire for specific test costs)

* all prices correct as of Mar 2026

