Cloud Pharmacy launches free lifetime support to tackle GLP-1 ‘weight-loss cliff edge’

Scottish digital health clinic offers free lifelong clinical care through its Maintenance Portal to tackle post-jab weight regain as NHS Scotland faces soaring obesity pressures



Edinburgh, Scotland Nov 12, 2026 (Issuewire.com) - Cloud Pharmacy, one of Scotland’s fastest-growing digital health clinics, has launched a dedicated Maintenance Portal designed to prevent patients from regaining weight after completing GLP-1 treatment courses.

With clinical studies indicating that a majority of patients regain up to two-thirds of their lost weight within a year of stopping GLP-1 medications[1], the West Lothian-based clinic will provide weight-loss patients with free, lifelong access to bespoke nutritional guidance and direct consultations with registered UK pharmacists.

The initiative aims to address critical gaps in long-term weight management across Scotland and the wider UK, where rising obesity rates continue to place unprecedented strain on NHS services. Unlike transactional online prescribers that cut off care once prescriptions cease, Cloud Pharmacy is offering the maintenance platform in perpetuity to all of its weight-loss patients, free of charge.

Founded in 2016 by former Boots pharmacist Nazmul Kadir, Cloud Pharmacy has supported over 1 million patients as it seeks to make healthcare more accessible and address critical gaps within the

NHS.

Founder and Superintendent Pharmacist, Nazmul Kadir, said: “One of the biggest challenges faced by people using GLP-1s is what happens next. After they’ve achieved their healthy weight and stopped using medication, too many people experience rapid weight gain and end up back where they were to begin with, battling the same health conditions that led them to seek GLP-1s in the first place.

“As demand for these medications has surged across Scotland and the UK, the market has been flooded with transactional providers treating patients like retail customers. Algorithms and AI bots cannot replace clinical accountability. We want to challenge the industry standard by ensuring that every patient has a dedicated, qualified pharmacy by their side long after their last dose.”

Through the new Maintenance Portal, patients are able to speak directly to the pharmacist leading their care, understand what they need to eat to maintain a healthy weight by looking at the wider picture of BMR (Basal Metabolic Rate), versus the stereotypical BMI (Body Mass Index) metrics delivered by many other providers, and access recipes and nutritional advice tailored specifically to their needs.

Putting patients at the heart of everything it does, Cloud Pharmacy is advocating for the wider industry to stop treating weight loss prescriptions as transactions and instead ensure every patient is receiving support that fits their lifestyle, health conditions, and is given the support they need to maintain a healthy weight to avoid recurring health issues.

Kadir added: “Part of the reason I set up Cloud Pharmacy was to ensure healthcare was accessible to everyone. Regardless of their background, socioeconomic status or ability to travel to traditional healthcare settings. That’s why it was vital to me that the Maintenance Portal would be available free of charge for life. I hope it becomes an active tool in maintaining wellbeing throughout our patients' lifetime, with continued access to our clinical team, nutritional advice, recipe inspiration and wellbeing guidance.”

The rollout of the Maintenance Portal forms part of Cloud Pharmacy’s broader campaign for stricter clinical governance, live person verification, and responsible prescribing standards within the UK digital health sector.

For more information on Cloud Pharmacy, visit www.cloudpharmacy.co.uk.

[1]According to the British Medical Journal https://www.bmj.com/content/392/bmj-2025-085304.

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