

Click to prove
you're human



Our Weight Loss team is growing and we're hiring a number of talented Registered Dietitian/Nutritionists! You'll be part of a collaborative team with the exciting opportunity to put your stamp on our unique approach to weight loss. Our weight loss program is designed with coaching and behaviour change as a key element, and you will be a fundamental part of ensuring that our customers have the tools and support to manage their weight loss journey effectively. As one of our Coaches, you will help our customers maximise their results and achieve lasting change through a specially designed program delivered digitally via phone/video sessions and asynchronous messaging. You'll closely collaborate with customers, empowering impactful change in each individual. You will also be an integral part of developing the proposition further by providing insights internally as one of the key voices of our weight loss customers. As a valued member of the team who will be building and shaping our weight loss offering, we want your ideas and feedback. What you'll do Help customers reach their weight loss and health goals via engaging and effective coaching across multiple digital channels. Use evidence-based behaviour change strategies to support customers in developing healthy habits across various aspects such as nutrition, exercise, sleep, stress management, and mindset. Develop knowledge and understanding of our weight loss medications, considering how these will integrate into a customer's lifestyle, and being aware of potential impacts and side effects. Work with the wider clinical and customer support teams to ensure safe and effective practice across coaching and prescribing. Engage in additional tasks as required to contribute to the overall development of the weight loss service. Champion the customer's internally by providing feedback and insights to the wider business on the successes and challenges of the program. Keep up to date with the latest developments in the weight loss and Nutrition space. The details This is a 12-month contractor position, and candidates will need to be set up as an independent contractor. This is a fully remote role. We offer a wrap-around service which means that some evening/weekend cover will be required. Working hours are between Mon-Fri 12:30pm-9pm SA time, with one shift Saturday or Sunday (40 hours per week). Any time you work on a weekend would be offset with time off in the week. Applicants must be based in South Africa and have the right to work in SA (unfortunately, we cannot sponsor at this time). Please only apply if you are eligible for registration with the Health Professions Council of South Africa (HPCSA). What we need from you Registered Dietitian or Nutritionist with HPCSA Proven experience in coaching and delivering evidence-based behavioural change techniques to support improvement in health and wellbeing. Able to adapt to change seamlessly in a start-up environment. Confident relationship-builder with strong written and verbal communication skills. Demonstrable experience of taking ownership of individual tasks and responsibilities, working effectively as part of a collaborative team. Comfortable taking initiative and demonstrating a proactive approach to problem-solving. Our hiring process Submit application: Interested candidates are invited to submit their applications through our online portal. Screening call: You'll meet our recruitment team to go over the details. Practical task: Shortlisted applicants will be given a practical task related to the role to assess their skills and abilities. Interview with Weight Loss Team Leads: Successful candidates from the practical task stage will proceed to the first round of interviews, where they will meet with members of the hiring team to discuss their experiences and qualifications. Interview with in-house hiring champion: Finalists will have the opportunity to interview with our in-house hiring champion, who will assess their fit within our organisation and culture, as well as provide additional insights into the role and company. ABOUT VOY Voy is brought to you by the team behind MANUAL, the online healthcare brand created to destigmatise health issues and create accessible solutions. Voy is our dedicated weight loss programme which brings together experts in weight loss, behavioural psychology, nutrition and customer experience. We believe that successful weight loss isn't about how quickly numbers drop on the scales. 'Voy' nods to a metaphorical voyage, because lasting weight loss isn't a race—it's about embracing the journey, overcoming obstacles and transforming our members' lives along the way. We help our customers chart a course that works for them, navigate challenges and discover new horizons, all while celebrating their milestones. With Voy, we're supporting our customers on their way towards their happiest, healthiest future. On this site, we always set cookies that are strictly necessary, meaning they are necessary for the site to function properly. If you consent to it, we will also set other types of cookies. You can provide or withdraw your consent to the different types of cookies using the toggles below. You can change or withdraw your consent at any time, by clicking the link "Manage Cookies", which is always available at the bottom of the site. To learn more about what the different types of cookies do, how your data is used when they are set etc, see our Cookie Policy. Decline all non-necessary cookies The manual difference Cancel anytime subscription How it works Access science-backed treatments and custom formulations, proven to work based on research. Get unlimited medical support via call, WhatsApp, or email, completely for free. Track your progress using digital tools and discuss them with your dedicated expert. Take control of your health with finger-prick blood tests and advanced diagnostics. Treatments Healthcare, made easy Our medical team work round the clock to bring you the most effective treatments available in the UK. Hair Now hair loss is treatable. There are clinically proven treatments effective in 9/10 men. And we have them all here. Weight Loss A new approach to weight loss: reduce hunger and stay on track with clinically proven medication and accountability coaching. Testosterone Replacement Low mood? Low energy? Low libido? Testosterone levels could be to blame, get a diagnosis and life-changing treatment with Manual. Hair Transplant Achieve hair restoration with the UK's most trusted hair clinic. Sex health Erectile dysfunction (ED) happens to a lot of us. We can help you figure out why. And offer a number of treatments that can help too. Dr. Earim Chaudry, Chief Medical Officer "These are the most effective, proven treatments available in the UK." Earim Chaudry, Chief Medical Officer David Huang, Deputy Medical Director Sheila Darvesh, GP Clinical Lead Bentley Hediora-Ezike, Pharmacist, Ind. Prescriber Phoebe Fox, Pharmacist, Ind. Prescriber Eve Agwuncha, Pharmacist, Ind. Prescriber Furqan Raja, Hair transplant surgeon, MBChB, MRCSK, Kapil Savania, TRT Medical Expert Speak with one of our clinicians and get personalised advice. Monday to Friday 9am-4:30pm Don't get me wrong it's early days but already I'm seeing results, my hair grows just as quick as Hussain Bolt ties his laces!! Aaron, Trustpilot This stuff is working for me. I'm about 2 weeks in and I'm waiting to test out the shampoo. So if you are a hairy man everywhere other than the summit, give it a go! Robert, Trustpilot Amazing product! My results are really starting to show! Pier, Trustpilot After a few months of using the spray, the pills and the shampoo I have seen incredible results and my hair has never looked so healthy in the past few years. Charles, Trustpilot The convenience and cost are unbeatable. Having used the Belgravia Centre for years, I realise just how much better the cost and service can be. Aaron, Trustpilot I think all the help that I wanted is exactly what you've delivered so far. I am only 2 days into it so I don't know how the product is going to turn out but I feel confident that I am in good hands. Scott, Trustpilot Low testosterone levels can sometimes be the hidden cause behind low energy, muscle loss, increased body fat, and other unwelcome symptoms. The good news is that, while around 40% of men older than 45 are affected by this condition, there are various testosterone replacement therapy (TRT) options available to restore healthy hormone levels. But while the benefits of TRT are well-known, it's important to be aware that managing hormone levels may bring some side effects. If you're receiving testosterone therapy, it's always advisable to stay informed and consult your doctor for expert advice. Likewise, if you're considering TRT, and are aware of its effects or potential risks, this guide will explore the treatment, plus common and scarce side effects of testosterone treatment. What is TRT (Testosterone Replacement Therapy)? Testosterone Replacement Therapy is a medical treatment designed to address low testosterone levels in the body. True to its name, TRT aims to restore hormone levels that naturally decline with age, as well as due to health conditions like diabetes and obesity, lifestyle choices such as smoking, and medications like painkillers and antifungals. As the primary 'male hormone', testosterone plays many key roles. It helps to maintain muscle mass, supports red blood cell and sperm production, sustains sex drive, and boosts energy levels. If you suspect that your testosterone levels may be running low, you can use our ADAM questionnaire to determine if your symptoms match the effects commonly observed with low testosterone and associated indicators. However, a doctor's consultation is always required to provide a definitive low testosterone diagnosis, usually by examining common symptoms and carrying out a thorough evaluation alongside two low testosterone tests. Find out if Low T is affecting you Take the ADAM Questionnaire to discover if your symptoms could be linked to low testosterone levels. TRT can serve as a game changer to restore low testosterone levels. But like any medical treatment, it comes with the risk of side effects. Patients considering or undergoing treatment can prepare for potential side effects by researching common adverse reactions linked to a chosen TRT method. We should note that while side effects are possible on treatment, our professional medical team at MANUAL is highly successful at removing or limiting adverse reactions through the most modern treatment protocols. Infertility Supplementing testosterone supply may appear to boost fertility, but in reality - TRT can reduce male reproductive capacity. High levels of replacement testosterone prompt the brain to reduce the body's natural hormone production to help restore hormonal balance. This androgen suppression also lowers the production of two key hormones - luteinizing hormone (LH) and follicle-stimulating hormone (FSH) - both necessary for sperm production. The combined reductions can cause a temporary stop to testosterone and sperm production, with testicular shrinkage on TRT being a known effect of this change. However, this isn't always the case for everyone. Not all patients experience a drop in fertility during TRT, and some are still able to conceive despite treatment. If you are trying to conceive in the next 6 months, then it may be best to wait before starting TRT. However, if your plans for children are in the future, your doctor may recommend a test before starting treatment, along with medication to help maintain your fertility. At MANUAL, we offer a range of effective treatments to support testicular function during testosterone replacement therapy (TRT), including injectable and oral medication options. It's worth mentioning that many patients don't experience a significant drop in testosterone while on TRT, and are still able to conceive naturally during treatment. Fertility Success During TRT at MANUAL We've had excellent success in helping men maintain their fertility while undergoing therapy. We have a variety of treatment options to fit individual needs, and we've never had a case where a patient wanting to conceive while under our care was unable to do so - unless they faced fertility challenges before starting treatment. Change in Body Shape During treatment to raise testosterone levels, one of the noticeable side effects of testosterone hormone therapy is a change in body shape. This shape change may appear in distinct ways, depending on factors like body composition, age, hormone levels, and the duration of replacement therapy. As the primary male hormone, testosterone has muscle-building capacities that significantly impact fat-free mass throughout the body. By stimulating muscle tissue growth, this can increase overall body weight, leading to visible changes in appearance. Research also suggests that weight gain may result from the effect of TRT on water retention and muscle mass gain. Water retention is due to a change in the balance of hormones, where excess testosterone may be converted into oestrogen, but this is generally temporary, with most patients returning to normal within a few weeks. In those that feel this is a persistent issue, we have specific anti-oestrogenic medicines that can resolve this. On the plus side, patients also report a reduction in BMI, waist size, improved glycaemic control and lipid profile, alongside significant increases in muscle mass when receiving testosterone therapy. Acne For patients considering TRT to boost testosterone levels, an increase in acne is a common side effect when patients first start treatment. High levels of external testosterone can cause hormonal fluctuations, stimulating sebaceous (oil-producing) glands to produce more sebum—an oily substance known to clog hair follicles and cause breakouts. Likewise, testosterone's effects on increasing skin cell turnover can lead to a buildup of dead skin cells, worsening the odds of acne. But while acne is one of the known side effects of taking TRT, it isn't always guaranteed—especially if you didn't experience this skin condition as a teen. Should your replacement journey lead to acne, however, there are several effective treatments available. Usually a dose change solves this side effect, but face washes containing benzoyl peroxide or salicylic acid can reduce and manage the breakout in more severe cases. Changes in Full Blood Count Patients with significant heart failure, men with advanced or poorly managed sleep apnea, and smokers are in a select group at risk of more serious TRT side effects. This category of patients are particularly vulnerable to cardiovascular complications, as excess testosterone can trigger increased red blood cell production or polycythaemia. If testosterone levels are too high, the increased red blood cell production results in thicker, stickier blood which can increase the risk of clots. If not properly managed, this is one of the more serious health risks of testosterone injections. Polycythaemia can have severe consequences, placing patients at increased risk of high blood pressure, stroke, and heart attacks. At MANUAL While this may be alarming, we monitor all of our patients, and FBC levels are checked regularly. At Manual, our clot risk is less than the general population because we look after our patients so carefully. At most, this health risk is observed in patients who are unable to follow, or deviate from our treatment guidelines and reviews. TRT has many more advantages than disadvantages, but testosterone replacement does have some potential risks if not well managed. If you think you may require testosterone replacement, consider ordering a blood test to check your total plus free testosterone levels, and consult a doctor for a proper diagnosis. Once confirmed, you should know that while there are some commonly understood risks associated with testosterone therapy - lesser-known side effects are just as important to consider before starting treatment. Raised Risks of Sleep Apnea Research into the connection between TRT and sleep apnea suggests that changes in muscle mass following hormone therapy can cause the muscles in the throat to relax, leading to airway obstruction during sleep. Additionally, metabolic requirements of higher testosterone levels may also demand more oxygen consumption, reducing oxygen transport to body tissues and worsening severe or uncontrolled sleep apnea. Anyone living with untreated sleep apnea will need to discuss the risks of treatment carefully and will likely require treatment before starting TRT. Gynaecomastia Enlarged breasts, also known as gynaecomastia, are some of the less common, but notable risks of testosterone supplementation. This condition makes up notable long-term side effects of TRT use, and is the result of hormonal imbalances, particularly involving testosterone and oestrogen levels that occur through the treatment process. Stimulating Growth of the Prostate Historically, there were concerns about the safety of testosterone and the prostate gland. The belief was that higher levels of testosterone increased the risk of developing prostate cancer, causing worry about the safety of testosterone replacement therapy. However, research now shows that additional testosterone does not increase the risk of prostate cancer. In fact, very low levels of testosterone are associated with a higher risk of prostate cancer. There are different ways to administer testosterone replacement therapy to align with your specific needs or the form prescribed by a doctor. Reaction to Testosterone Injection For instance, injections or pellets are ideal for patients who prefer less frequent doses, and want long-lasting effects. Others who prefer daily administration may find gels, creams, or patches as suitable alternatives instead. While effective, each form comes with its unique set of challenges. Intramuscular (IM) injections are among the most popular methods for testosterone replacement therapy (TRT). While they are effective for many, potential side effects can occur. For instance, formulations like testosterone undecanoate (Aveed) may cause mild reactions, such as temporary pain or swelling at the injection site. In rare cases, more serious reactions such as breathing difficulties or allergic responses, may occur, though these are uncommon. Other possible side effects like joint or back pain, nausea, or prolonged erections, should be monitored closely. If any unusual symptoms arise, it's important to contact your healthcare provider promptly to ensure the best care. At MANUAL, we prioritise your safety and work to minimise any discomfort, while ensuring you get the most benefit from your TRT. TRT Cream & Gel Side Effects TRT creams and gels can cause side effects such as skin irritation, redness, or rash at the application site. Other potential issues include increased acne, oily skin, and the risk of transferring the hormone to others through skin contact. Users may also experience mood changes, fluid retention, or changes in libido. Risks of Testosterone Supplementation Testosterone supplementation carries risks, including acne, fluid retention, and mood swings. It may increase the risk of sleep apnea, cardiovascular issues, and enlarged breast tissue (gynaecomastia). Long-term use can suppress natural testosterone production, leading to reduced sperm count and potential infertility. This is why regular monitoring by one of our experienced doctors on treatment is essential. Once You Start Testosterone Therapy Can You Stop? Short answer - yes. However, if you're invested in maintaining the energy and sexual wellness benefits of the therapy, the more accurate answer is: yes, with the expert guidance of a doctor. Introducing external testosterone to the body has the unique ability to stop natural production of this hormone. An abrupt end to TRT use can cause a testosterone vacuum in the body, diminishing energy levels and sexual performance. Other side effects may include irritability and even depression or anxiety. One of the long-term side effects of testosterone replacement therapy is that it can suppress your natural testosterone production, this may lead to a slow return to normal testosterone production levels after stopping replacement therapy. However, patients on TRT for shorter periods may find that they experience fewer symptoms, and experienced clinics can provide medications to kick start a patient's natural production. Despite this, recovering natural testosterone production may take several months without medical support, and therefore should be carried out with the supervision of a healthcare provider who can advise on testosterone therapy withdrawal symptoms and an appropriate discontinuation strategy. Conclusion Understanding the potential side effects of testosterone replacement therapy (TRT) is crucial for informed decision-making. While TRT can offer significant benefits, it also carries risks such as reduced fertility, body shape changes and acne. Regular monitoring and open communication with our clinical staff can help manage these risks and ensure that therapy remains safe and effective. Disclaimer At MANUAL, we ensure that everything you read in the Health Centre is medically reviewed and approved. 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