

**PRESS RELEASE****Metropolis Healthcare Launches Scientifically Curated GLP-1 Monitoring Test Packages to Support Safe Metabolic Care in India.**

*~ Purpose-designed baseline and monitoring profiles support India's growing adoption of GLP-1 therapies for diabetes, obesity and metabolic disorders ~*

**National, 2<sup>nd</sup> December 2025:** Ameera Shah-led [Metropolis Healthcare Limited](#) (NSE: METROPOLIS | BSE: 542650), India's second-largest and the most respected pathology laboratory chain, today announced the launch of three specialised metabolic health packages under its TruHealth portfolio. These have been designed to support individuals preparing for or undergoing GLP-1 based therapies for diabetes, obesity and related metabolic conditions. Developed through rigorous scientific evaluation, the packages offer stage-specific assessments that strengthen therapeutic decision-making and promote long-term metabolic safety.

India continues to witness a sharp rise in metabolic disorders such as early-onset obesity, insulin resistance, fatty liver disease and elevated cardiovascular risk. With GLP-1 agonists emerging as a preferred therapy for weight management and glycaemic control, consistent metabolic tracking has become essential. Insights from Metropolis' in-house data indicate a steady increase in abnormal metabolic markers across major cities, underscoring the need for robust, clinically designed monitoring frameworks.

To address this need, Metropolis has introduced three structured, scientifically curated test packages under its GLP-1 series—**TruHealth GLP-1 Ready, TruHealth GLP-1 Monitor and the TruHealth GLP-1 Monitor (3-Pack Subscription)**—each tailored to distinct pre-therapy and during/post-therapy needs.

TruHealth GLP-1 Ready offers a comprehensive baseline assessment that maps an individual's metabolic status before initiating GLP-1-based or any advanced weight-management or diabetes intervention, covering glucose-insulin balance, lipid and cardiac risk markers, liver and kidney health and key nutritional indicators. The package also includes vitals and an ECG assessment to offer clinicians a holistic pre-therapy fitness overview.

For individuals already on GLP-1 therapy, TruHealth GLP-1 Monitor provides a dedicated biochemical monitoring framework to track evolving metabolic biomarkers, identify early signs of deficiencies or organ-related changes and support clinicians with timely, data-driven insights for refining treatment decisions. To strengthen continuity and improve long-term outcomes, the TruHealth GLP-1 Monitor (3-Pack Subscription) offers structured evaluations at recommended intervals, giving patients and clinicians a clear longitudinal view of metabolic progress and ensuring interventions remain precise and responsive over time.

**Commenting on the launch, Mr. Surendran Chemmenkotil, Managing Director, Metropolis Healthcare Limited, said:** *"As GLP-1 therapies gain traction across India, it is increasingly evident that they must be supported by a reliable diagnostic framework. Many individuals start or continue treatment without clear insight into their metabolic status or how their body is responding. These specialised GLP-1 packages address that gap by offering dependable, stage-appropriate assessments that enhance clinical decision-making. Our focus is on making metabolic monitoring accessible and meaningful, enabling safer and more informed care for every patient on a GLP-1 journey."*

**Dr. Kirti Chadha, Chief Scientific and Innovation Officer, Metropolis Healthcare Limited, said:** *"Developing meaningful GLP-1 diagnostics requires scientific precision, not just broader test menus. All three packages have been designed through a rigorous test-selection framework aligned with clinical evidence and physician protocols and powered by our high-sensitivity platforms and robust validation"*

systems. This ensures that every parameter included delivers real clinical value—whether assessing metabolic balance, therapeutic response or nutritional status. By emphasising relevance, depth and quality, the TruHealth GLP-1 series offers clinicians reliable insights to guide safe, effective and personalised care.”

\*\*\*\*\*

**About Metropolis Healthcare Limited:** Established in 1981, Metropolis Healthcare Limited is India’s second-largest diagnostic chain, led by visionary leader Ms. Ameera Shah, Promoter and Executive Chairperson. With over four decades of excellence, Metropolis has been a pioneer in delivering best-in-class diagnostic services to patients, healthcare providers, and corporates across India and Africa. The company’s extensive footprint spans 28 states, 7 Union Territories, and over 750 towns in India, supported by a robust network of more than 220 laboratories, 4,500+ service centers, and over 10,000 touchpoints. Each year, Metropolis serves millions of individuals by providing actionable health insights that empower better clinical outcomes. Metropolis offers a comprehensive range of more than 4,000 tests and profiles, including advanced tests for diagnosing cancer, neurological disorders, infectious diseases, and various genetic abnormalities. The company’s commitment to quality and accuracy is reinforced by its consistent CAP proficiency score of over 98% for the past decade, placing it among the top 1% of laboratories worldwide for quality assurance. The Metropolis philosophy is built on the pillars of technological superiority, a warm, patient-centric approach, and reliable diagnostic reports. For more information, please visit [www.metropolisindia.com](http://www.metropolisindia.com) or click on [Twitter](#), [Facebook](#), or [LinkedIn](#).

**For further details please contact:**

Metropolis Healthcare Ltd	Avian WE
<b>Head - Corporate Communications:</b> Jeyasingh Balakrishnan- +91 9833836185 <a href="mailto:jeyasingh.b@metropolisindia.com">jeyasingh.b@metropolisindia.com</a>	Namita Verma: +91 8860770297 <a href="mailto:namitav@avianwe.com">namitav@avianwe.com</a>  Sushmita Mishra: +91 96104 79412 <a href="mailto:sushmitam@avianwe.com">sushmitam@avianwe.com</a>