



Digital Health Trailblazer Oviva Reaches Milestone: One Million Patients Treated Across Europe

Europe's leading provider of digital, reimbursed care for weight-related and chronic conditions demonstrates efficacy and scalability of digital healthcare

Zurich/London/Berlin, 15th July 2025 – Oviva, Europe's leading provider of digital care for weight-related and chronic conditions, has become the first European provider to reach the milestone of one million patients treated. This marks a turning point in digital healthcare, as Oviva demonstrates that evidence-based digital therapies can successfully operate at scale.

Digital Transformation in Nutrition Therapy

Since 2014, Oviva has supported over one million people across Germany, the United Kingdom, and Switzerland in making sustainable lifestyle changes. The company works closely with health insurers, doctors, and public health systems. Oviva's programmes are fully reimbursable in all three markets: in Germany as a certified Digital Health Application (DiGA), through the National Health Service (NHS) in the United Kingdom, and as an integral part of the Swiss health system. More than 90 peer-reviewed abstracts and publications attest to Oviva's clinical value. Patients suffering from obesity [lose 5.29 percent of their weight with Oviva](#) after six months, while in [multimodal therapy with GLP-1 medications](#) (weight loss injections) this increases to 8.53 percent.

"One million treated patients – that's more than just a number. Each individual represents a success story: whether it's weight loss, improved blood sugar levels, or improved wellbeing," says Kai Eberhardt, CEO and Co-Founder of Oviva. "At Oviva, we're closing the care gap for patients, because essential care is a fundamental right and not a luxury"

Response to Current Healthcare Challenges

Oviva addresses three central challenges public healthcare systems across Europe are facing: rising costs due to demographic changes and lifestyle diseases, skilled workforce shortages, and digitalisation. Through AI-supported care, the company offers instant support without wait times as a direct response to the workforce shortage in the healthcare sector.

Oviva's certified digital nutrition therapy programme enables high-quality care even during periods of high demand, thus relieving pressure on public healthcare systems. For health insurers, the preventive effect of the treatments result in lower follow-up costs. The urgency of such solutions is highlighted by the [World Obesity Atlas 2025](#). In Europe alone, over 200 million adults live with obesity – the economic consequences are estimated at nearly USD 600 billion (GBP 437.93 billion).

"We believe in making our care as accessible and effective as possible. We use our technology to achieve this; bringing our care into the hands of many more patients without losing the

human element," explains Lucy Jones, Chief Clinical Officer at Oviva. "We combine personalised coaching approaches to suit each individual with evidence-based and certified care pathways; this creates the connection and accountability that people need for lasting lifestyle changes and meaningful improvements to long-term health."

Oviva is eyeing further growth and innovation: the company is investing heavily in AI and aims to expand its therapy offerings to include additional indications and markets.

ABOUT Oviva

Oviva is creating a healthier future for people living with weight-related conditions by offering highly accessible and effective technology-enabled therapy. As the European leader in virtual care, Oviva combines cutting-edge technology with personalized coaching to empower individuals to make sustainable lifestyle changes and improve health outcomes.

With Oviva's medical device-certified app, patients can easily track their meals, physical activity, and weight, engage with a multidisciplinary care team via chat, and access educational content tailored to their needs. To ensure the best individual care, Oviva integrates access to weight-loss medications (GLP-1s) and provides comprehensive, fully reimbursed support before, during, and after treatment. Oviva's holistic care helps people to lead a healthier life, relieves pressure on doctors to advise on weight and lifestyle, and ultimately leads to savings for the health system. Oviva works directly with statutory health insurers and national healthcare systems in the UK, Germany and Switzerland, and has already treated over 1,000,000 patients across Europe.

Further information can be found at: www.oviva.com/global/en/