

Oviva Diabetes Remission FAQs

What is Oviva Diabetes Remission?

Oviva Diabetes Remission is a free 12 month behaviour change programme that involves a 12 week Low Calorie Diet of 800-850 kcal/day using meal replacement products such as shakes and soups. The aims of the programme are to help you lose weight, improve your blood glucose, reduce your risk of diabetes complications and the number of diabetes medications you take, and potentially put your type 2 diabetes into remission. You will be monitored and supported by our Diabetes Specialists throughout the programme.

You will have the choice to be matched with your own personal coach or coach-led support group and all appointments happen over phone/video calls, or via secure app messaging. You will not need to travel to specific locations and can book appointments when it is convenient for you.

The programme was developed by an expert panel of specialist clinicians, including Professor Rachael Batterham (University College London Hospital) and Dr Michelle Harvie (Manchester University Hospitals), and is based on the DiRECT study and published principles from Diabetes UK.

What is a Dietitian?

A dietitian is a qualified healthcare professional who is regulated by the UK Health and Care Professionals Council and whose title is also protected by law. They hold either a four-year degree in dietetics, or a science degree followed by a two-year postgraduate qualification. A dietitian has supervised and assessed professional practice in clinical nutrition, medical nutrition therapy and food service management.

What is a Health Coach?

A health coach is an expert in dietary and lifestyle guidance and coaching. Our team of health coaches have degrees in Nutrition and are certified nutritionists, or they have degrees in Psychology or Exercise therapy with extensive experience in a health coach role.

What is remission from type 2 diabetes?

Putting your diabetes into remission means that, although you have a diagnosis of diabetes, your blood glucose levels have for the moment returned to a healthy level. Remission from your type 2 diabetes is achieved if you have lost weight, have 2 HbA1c readings below the diagnosis levels for diabetes (with a 6 month interval between) and have stopped taking all blood glucose lowering (diabetes) medications.

What are the benefits of putting your type 2 diabetes into remission?

Achieving remission involves weight loss and lifestyle changes that will improve your health.

Benefits include:

- Stopping or reducing the number the medications you need to take
- Reducing your risk of heart disease and other diabetes related complications
- Improve your mental wellbeing
- Help you sleep better and generally feel more healthy
- Reducing your risk of arthritis, especially in your knees, hips and back

What if I don't achieve remission for my type 2 diabetes?

Not everyone on the programme manages to achieve remission. However, most report that the programme has led them to be on less medication, weigh less and have better control over their type 2 diabetes.

Why is the Low Calorie Diet (LCD) needed and what is Total Dietary Replacement (TDR)?

The Low Calorie Diet is only required in the first 12 weeks. It offers the highest chance of achieving significant weight loss over a short period and therefore putting your diabetes into remission. You will use Total Dietary Replacement (TDR) products, consisting of shakes and/or soups during this time which contain all the essential vitamins and minerals you need.

Generally, you will have four meal replacement products per day. The Oviva team will provide information and support you in getting the TDR product.

Why do I have to have shakes for 12 weeks?

Having the recommended shakes or soups as your Total Dietary Replacement products is a proven way to lose weight quickly and safely. At present, there is inadequate evidence to support alternative approaches and a low-calorie diet using meal replacements offers the greatest chances of achieving remission of a patient's type 2 diabetes. Following the recommended plan is much easier than trying to calorie count standard meals and snacks, as often people can find it difficult to stick to the strict limit. The shakes and soups are also nutritionally complete, meaning they contain all the nutrients, vitamins and minerals your body needs to work properly.

How much do the shakes cost?

People who take part in Oviva Diabetes Remission Programme receive all care and support free of charge as an NHS service, but some are asked to buy the Total Dietary Replacement products themselves. In some locations, these products will be funded and therefore the participant will not need to purchase them. This helps participants to commit to the programme by personally investing in it. Meal replacement products work out at £15-23 for a whole week and are generally cheaper than buying meals and snacks for the same 7-day period. They are not an additional cost to a patient.

What happens on the programme?

Upon starting the 12 month programme, you will have the choice to be matched with your own personal coach or coach-led support group. Coaching can be carried out over phone, video calls or the Oviva app.

You will have an initial consultation with a Diabetes Specialist Dietitian who will help you prepare for the journey ahead and create a tailored plan just for you. During your initial consultation, you will find out more about the low calorie diet phase of the programme and your dietitian will be able to answer any questions that you may have.

You will then start the Low Calorie Diet which lasts for 12 weeks. This means you will consume recommended shakes or soups approximately 4 times a day instead of your usual meals. These

products contain all the nutrients and minerals your body needs and will provide roughly 800 – 850kcal a day. After this, your dietitian and health coach will help you to reintroduce food over 4 weeks and help you build new healthy habits.

Using the Oviva app you will be able to track your weight loss, log your food diary and read weekly resources to help build new healthy habits.

For the remaining 8 months of the programme, you will work on sustaining these healthy habits to keep your weight loss and improvements to your diabetes management. If you start to regain weight, you will also have the chance to have another call with your dietitian to help you get back on track.

Where does the programme take place?

The Oviva Diabetes Remission Programme is 100% remote, giving you flexibility to speak with your health coach and Specialist Dietitian at a time and location suitable for you. You can take part from the comfort of your own home through messaging in the Oviva app.

Will I be talking to a real person?

Yes! Each participant is assigned a personal Specialist Diabetes Dietitian and health coach who will support you throughout the programme. Oviva's Specialist Diabetes Dietitians are available for booked appointments from 8am-8pm Monday to Friday with some availability on Saturdays. The time of the appointments are flexible to meet your needs.