

# Do you have Type 2 diabetes?

“

I can now play with my grandchildren without worrying if I will be able to get up off the floor. This experience has been life changing"



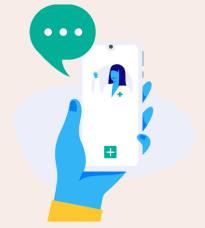
**Oviva Diabetes Remission is a free 12 month programme where you will receive personalised support to help you lose weight and possibly put your diabetes into remission.**

**The programme involves a 12 week Low Calorie Diet, 4 weeks re-introducing food to your diet and months of support to help you build healthier habits.**

**If you are interested in joining the Oviva Diabetes Remission programme, please contact your GP practice to see if you are eligible for a referral.**

### **A healthcare plan just for you.**

When you join, we will talk about your preferences and provide you with your own personalised healthcare plan before matching you with a culturally appropriate clinician. You will have the choice of either 1-1 support or a coach-led support group to help you throughout your journey.



### **The Oviva app and Oviva Learn.**

Evidence shows that people who track their weight and lifestyle are twice as likely to reach their weight loss goal. The Oviva app allows you to track your food and activity, message your Oviva community or health coach, access helpful resources on the go such as TDR advice and meal plans, and monitor your goals.



### **Potential to achieve remission.**

You will begin a Low Calorie Diet (LCD) for the first 12 weeks on the programme. It offers the highest chance of achieving significant weight loss over a short period and potentially putting your diabetes into remission, meaning that although you have a diagnosis of diabetes, your blood glucose levels have returned to a healthy level.



### **Achieve your goals with remote support.**

The programme has 100% remote delivery with flexible appointments for intensive and convenient coaching. This means you can take part in the programme from the comfort of your own home and receive support at a time that suits you through the Oviva app.



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