

Manage your weight with free support today



I have achieved a 23% weight loss and can go walking with friends without feeling breathless!"

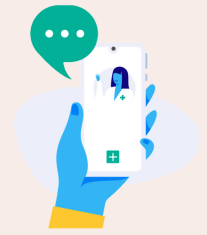


Oviva Way to Wellness is a free 12 month weight management programme that puts you in control of your health, through one-to-one or group support from a team of healthcare professionals.

If you are interested in joining the 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 specialist weight management dietitian. As part of your plan, you will have the option of remote personalised one-to-one or group support along with periods of self-led learning.



The Oviva app and Oviva Learn.

Evidence shows that people who track their weight and lifestyle are more likely to reach their weight loss goal. The Oviva app allows you to track your food, mood and activity, message your Oviva community or health coach, access helpful resources on the go to monitor your goals and help you achieve the results you want.



Its so much more than an app

Oviva Way to Wellness combines personalised care with our unique digital tools, the Oviva app and Oviva online Learning platform to support you to make changes to your lifestyle. This blended approach has been designed by behaviour change experts to improve your chances of achieving your health goals.



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.



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