

Oviva Type 2 Diabetes Path to Remission Programme

Referral information

Inclusion criteria

- Age 18 and above (over 65 yr need to consider frailty risk v's benefits of weight loss)
- Minimum BMI of 27 kg/m² (25kg/m² in people of ethnic minority origin).
- Type 2 Diabetes diagnosed within the last 6 years
- HbA1c eligibility (measured within 12 months):
 - If on diabetes medication, HbA1c 43-87 mmol/mol
 - If on diet alone, HbA1c 48-87 mmol/mol
- Patients must have attended for monitoring, including retinal screening, and must commit to continuing even if remission is achieved.

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Exclusion criteria

- Current insulin use
- Pregnant, planning pregnancy or breastfeeding
- Significant comorbidities such as:
 - Active cancer
 - Heart attack/stroke/TIA within 6 months
 - Severe heart failure NYHA grade 3-4
 - Active substance use disorder or eating disorder
 - Porphyria
 - untreated proliferative retinopathy
- Has been discharged from the programme in the last 12 months
- Had bariatric surgery
- Weight loss >5% within the last 6 months on current weight management programme.
- Assessment that the person is unable to understand or meet the demands of the treatment programme and monitoring requirements.