

NHS Dorset ICB

Oviva Tier 3 Referral Pack

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Understanding the criteria

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For Dorset, a two-tier policy is in place. Patients can access the 6-month diet and lifestyle pathway if they meet the inclusion criteria for entry; however, access to the medication pathway is assessed separately in line with the eligibility criteria defined by your local ICB, and we are required to follow these when determining a patient's eligibility.

Inclusion Criteria - To access Tier 3 Weight Management service

- Age at least 18 years old
- Must be assessed as ready or motivated to change and fully committed to participating in a weight management programme.
- **BMI \geq 35 kg/m²***

Two tier medication access - Wegovy eligibility

- **BMI \geq 35 kg/m²***
- **and** at least four of the following five diagnosed health conditions (complete list):
 - Type 2 diabetes
 - Hypertension
 - Atherosclerotic cardiovascular disease
 - Obstructive sleep apnoea
 - Dyslipidaemia

**There is a tolerance unit of BMI 2.5 on each element of the criteria above in relation to at-risk groups that have higher obesity prevalence rates particularly those with black African or Caribbean and South Asian origin.*

Exclusion Criteria - To access Tier 3 Weight Management service

- Under the age of 18.
- Pregnant or breastfeeding.
- Uncontrolled hypertension / heart condition / medical condition preventing increased activity level.
- Participants who have made suicide attempts within the last year**
- Participants who have self-harmed in the past three months**.
- Participants who have made plans to commit suicide in the past three months**.
- Less than 2 years post bariatric surgery.

***ensure patients have been referred to appropriate mental health services.*



How to Refer patients in Dorset

Please visit the NHS Dorset website which provides all the information on how to refer:

[Visit website](#)

Please note that the hub is not currently available on the Electronic Referral System (eRS).

Meet your Service Engagement Manager, Kimi

Book a short call with me to learn how Oviva can support your patients, including referral guidance, conversation resources, and a quick demo of the app.



Referral checklist



Use this quick checklist before submitting a referral to support rapid triage, safe clinical decision-making and reduced delays to your patient.

Please ensure all fields are completed and supporting documents are attached when submitting a referral to our consultant-led Tier 3 Weight Management programme.

- ✓ Confirmation that the patient meets the eligibility criteria outlined on page 1 of the referral form
- ✓ Referring GP's name
- ✓ Blood pressure reading
- ✓ **Recent blood results (must be within 12 months):**
 - HbA1c (mmol/mol)
 - Renal Function (eGFR)
 - Total cholesterol or serum cholesterol
 - HDL cholesterol
 - LDL cholesterol or Non-HDL cholesterol
 - Thyroid function (TSH)
- ✓ Height, weight and calculated BMI (kg/m²)
(Confirmation that weight has been validated in clinic within last 3 months)
- ✓ Retinopathy- if last 2 screening results were normal, should be within last 24 months
(Not applicable for patients with new diabetes diagnosis (<12 months))
Please note one of the three tick boxes must be completed.
- ✓ Summary of recent medical history
- ✓ Current medication list - including repeat and acute medications.

Referrals missing any of the information above cannot be accepted. This is to ensure the patient's safety. In these instances, we will contact the GP practice to obtain the missing information.

Unfortunately, if this information is not received, the referral will be rejected.

Common Referral Errors

- Eligibility boxes not ticked
- Any of the information listed above is missing (most commonly confirmation that the patient meets the eligibility criteria, thyroid function, total cholesterol/serum cholesterol, LDL and HDL cholesterol results)
- If past medical history contains any apparent information that could affect patient's eligibility and needs to be clarified by the team (e.g. mental health entries)



Enrolment survey

After referral acceptance, patients receive an online survey to collect additional information used to confirm medical history, assess readiness to change, screen for exclusions (e.g. pregnancy, severe mental health conditions, eating disorders, substance misuse), and support MDT triage to the appropriate pathway.

Responses may trigger disqualification or clinical review.

If a patient is disqualified due to BES or PHQ-9 responses, safeguarding procedures are followed and the patient is referred back to their GP. If the GP later confirms eligibility, a new referral must be submitted.

If disqualification occurs due to incorrect survey responses (e.g. uncontrolled hypertension), referrals may be reinstated with GP confirmation that the patient is clinically suitable.

If a patient is incorrectly disqualified due to missing data, reinstatement can be requested by contacting ovivauk.t3wm@nhs.net with evidence that the required information was submitted within the timeframe.



Expected Timeframes



Initial triage: We aim to process referrals within 48 hours from referral receipt. If information is missing, the Oviva team will contact the practice to request completion.

Patients may also be notified but not asked to complete.

Practices are given **56 days to respond before the referral is closed.**

If no response is received, the referral is closed and a re-referral will be required with all information provided.