

Oviva Tier 3 Eligibility Criteria

NHS South East London ICB



For South East London, 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
- The patient has engaged with community weight services over a 2 year period, but they have failed to achieve or maintain weight loss goals.

BMI Criteria:

- **BMI $\geq 50 \text{ kg/m}^2$** may be referred directly (without evidence of compliance with Tier 2)
- **BMI $\geq 40 \text{ kg/m}^2$**
- **BMI $\geq 35 \text{ kg/m}^2$** **and** has **one or more weight related co-morbidities** (complete list):
 - Established cardiovascular disease
 - Type 2 diabetes
 - Hypertension
 - Idiopathic intracranial hypertension
 - Obstructive sleep apnoea
 - Non-alcoholic steatohepatitis (NASH)

*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 the programme

- Under the age of 18 years.
- Pregnant or breastfeeding.
- Uncontrolled hypertension / heart condition.
- Active or suspected, untreated eating disorders, including binge eating disorder, purging within the last 3 months.
- Active cancer.
- Bariatric surgery in the past two years.
- Unstable or severe mental illness, including suicide attempts in the past 12 months, patients who have self-harmed in the past 3 months, or suicidal ideation in the last 3 months. This may prevent engagement with the behaviour change programme.
- Unstable alcohol or drug use (refer if the patient has received support and been in recovery for 3 months).
- Unstable hypothyroidism (can be referred if stable).
- Unstable Cushing's syndrome (can be referred if stable).

Two tier medication access - Wegovy eligibility

- Patient needs to **meet Criteria 1 OR Criteria 2** to be eligible.

Criteria 1:



- **BMI ≥ 40 kg/m²***

AND at least four of the following five diagnosed health conditions (**complete list**):

- Hypertension
- Dyslipidaemia
- Obstructive sleep apnoea
- Cardiovascular disease
- Type 2 Diabetes

Criteria 2:

BMI ≥ 35 kg/m²* and meets criteria A and B below

A. **One** weight related co-morbidity:

- Type 2 Diabetes or pre-diabetes
- Hypertension
- Chronic Kidney Disease
- Hypercholesterolaemia
- Ischaemic Heart Disease
- Peripheral Vascular Disease
- Depression and anxiety if an active current condition
- History of myocardial infarction (MI), cerebrovascular accident (CVA), Transient ischaemic attack (TIA)
- Liver disease including cirrhosis, Non alcoholic fatty liver disease (NAFLD), gallstones, biliary colic
- Osteoarthritis or rheumatoid arthritis
- Chronic back pain
- Obstructive sleep apnoea
- Hypothyroidism (only refer when stable)
- Cushing's disease (only refer when stable)
- PCOS
- Hyperuricemia or gout
- Lipoedema
- Cancer not under active treatment
- Asthma

B. **One** of the below criteria:

- Active malignancy and need for urgent weight loss for planned therapy e.g. radiotherapy or surgery
- Urgent weight loss needed for organ transplant
- Idiopathic intracranial hypertension (IIH), needing frequent lumbar punctures and/or visual compromise
- Undergoing planned time-sensitive surgery for life-limiting conditions, where a high BMI is the main barrier to surgery.
- Under the care of NHS fertility service and weight loss is needed for assisted conception
- Obesity hypoventilation syndrome (OHS)

Meet your Service Engagement Lead, Fiona

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. Visit www.oviva.com/refer for more information.

