

Want personalised support to help you lose weight?

Everything you need to **speak to your GP about a referral** to Oviva's weight management programme.

Plus, a **How to refer** section for your GP to make the process even smoother.



Why Oviva?

- ✓ Funded by the **NHS**
- ✓ A fully-remote **weight loss plan that's tailored to you**
- ✓ **A personal health coach**, plus your own team of doctors, dietitians and more
- ✓ **Easy tracking** for meals, goals, health and activities with the Oviva app
- ✓ Prescription **weight loss medication** delivered to your door (if appropriate)

Build the healthy habits you need to keep the weight off long term

Table of contents

For patients:

Am I eligible for Oviva?
How to talk to your GP about a referral to Oviva
What happens once I've been referred?

For your GP:

How to refer a patient to Oviva
Why refer to Oviva?

For patients

Am I eligible for Oviva?

Eligibility varies depending on where you live in England*

You may be eligible for Oviva's service if:

- ✓ You're 18+
- ✓ You have a body mass index (BMI) of **35 or more** †
- ✓ **A health condition related to your weight**, like type 2 diabetes or high blood pressure

To find out if you're eligible, **book an appointment with your GP** and **take this info pack** with you.

* Current excluded locations:

NHS Bedfordshire, Luton and Milton Keynes ICB
NHS Birmingham and Solihull ICB
NHS Coventry and Warwickshire ICB
NHS Derby and Derbyshire ICB
NHS Staffordshire and Stoke-on-Trent ICB
NHS Surrey Heartlands ICB
NHS Suffolk and North East Essex ICB

† Eligible BMI varies across England from 30 to 50. Please speak to your GP for your local BMI criteria.

How to talk to your GP about a referral to Oviva

If you want to find out if you're eligible for Oviva, the first step is booking a GP appointment.

How to prepare for your appointment:

-  Make a **list of everything you've done to lose weight** - include how long you tried them and how they worked for you.
-  Note **conditions or symptoms linked to your weight**, like high blood pressure or type 2 diabetes.
-  Write down **why you're looking for support** now
-  Bring **any questions** you'd like to ask them.

What to say to your GP during your appointment:

- ✓ Let your GP know **how your weight is affecting your life** and **how motivated you are** to make changes.
- ✓ Tell them the **different ways you've tried to lose weight in the past** and how they've worked for you.
- ✓ Explain that you would like a **referral to Oviva's Tier 3 Weight Management Programme**.
- ✓ Ask them to **check your eligibility for Oviva** - they can download the criteria at oviva.com/uk/en/refer/#refer.
- ✓ If you're eligible, **ask them to refer you** at oviva.com/uk/en/refer/#refer.
- ✓ If they want **more information about Oviva**, direct them to oviva.com/uk/en/refer/.

A useful script:

"I'd like support with managing my weight. Can we talk about a referral to a Tier 3 Weight Management service like Oviva, and check whether I am eligible?"

What happens once I have been referred?

Once your GP refers you, **you'll receive an email from Oviva** confirming we have received your referral.

You will then **receive an email inviting you to join** the programme.

Please note, in some areas, there may be a waiting list to start the programme **but your referrals means you are already on the path** to getting support.

Here is what to expect:

-  **Your first appointment** will be with a **call with an Oviva dietitian** - they'll talk you through what your journey will look like.
-  If you're eligible and opt for **weight-loss medication**, it will be delivered to your door, with full support on how to use it
-  You'll **download the Oviva app** to start tracking your progress and accessing resources.
-  Your **healthcare team will support you** via the app, at times that work for you.

We're here to help you build **long term habits that last**, with expert care every step of the way.

What if there is a waiting list?

In some areas, there may be a wait to join Oviva's Tier 3 Weight Management service, but **your GP can still refer you now**.

Getting a referral means **you'll be one step closer** to starting when spaces are available.

For GPs

How to refer a patient to Oviva

- 1** Visit oviva.com/uk/en/refer/#refer.
- 2** **Select your ICB from the dropdown** list to download the referral form. You will **find local criteria** to check your patient is eligible.
- 3** **Send the completed referral form** to ovivauk.t3wm@nhs.net. Please complete all sections and ensure that clinical measurements are obtained within date reference.
- 4** Alternatively, **find our referral form on Arden's Local document library, via SystemOne or EMI**. This will pre-populate much of the information that we need.
- 5** You can also **send the referral form via eRS**. Please use the Secondary Care menu and search the following terms on the system:
Name: Tier 3 Weight Management Service (medical) Oviva
Speciality: Endocrinology & Metabolic Medicine
Clinic type: Not otherwise specified
Organisation or site name: Oviva

Why refer to Oviva?

- ✓ **Simple referrals** with auto-fill forms
- ✓ **We manage the full patient journey** - coaching, prescribing, monitoring and side effect management
- ✓ **No GP follow ups needed** - we keep you informed throughout
- ✓ **Supports the NHS** to reach the 3.4 million needing specialist weight management
- ✓ **Full visibility without the workload** - we track progress and manage adherence
- ✓ **Double the number of Oviva patients** stay on the medication compared to the published evidence