Nearly two-thirds of adults in England are overweight or living with obesity. Inequalities in prevalence of obesity exist in relation to deprivation, ethnicity, gender, geography and mental illness. More flexible ways to access support for weight management are needed by tapping into the potential offered by a range of digital services, where evidence of effectiveness is still emerging.

## How Oviva can help

Oviva is a digital behaviour change provider. Our team of specialist healthcare professionals combined with our unique digital tools support patients to improve their health and better self-manage their conditions.

Oviva Tier 2 Weight Management is a highly engaging twelve week digital service with 1-to-1 coaching from a dedicated health coach and peer-to-peer support groups.

Help your patients improve their confidence in selfmanagement by referring them to Oviva Tier 2 Weight Management.

"Weighed myself for second week on my new scales. Appear to have lost almost 5 lbs this week! At last! Movement in the right direction!"

(Quote from patient on the National T2 Weight Management Programme)

## Benefits for primary care



Transformative healthcare: New lifestyle-led health management rather than a medication first approach



Improvements in comorbid health conditions reduce the need for GP and Practice Nurse visits



Accessible for everyone: Increased access to men, ethnic minorities and working age groups with 100% remote delivery

## **Benefits for patients**



Expert-led care tailored to individual needs delivered by Oviva's multilingual coaches



100% remote delivery with flexible appointments for intensive and convenient coaching



Free unique digital tools & resources for selfled learning to support behaviour change

If you have any further questions, please contact: <u>ovivauk.t2wm@nhs.net</u> www.oviva.com

## **Oviva Tier 2 Weight Management pathway**

Enrolment	Start	Change	Sustain	Lifelong
Oviva receives and processes referral from primary care and a PPC will contact programme participant.	IC Pathway - an Initial Consultation with the Obesity Specialist Coach for participants with more complex needs to explain the programme and set mutually agreed objectives. Non-IC Pathway - The participant (who has indicated high self efficacy) will enrol straight onto the programme without an Initial Consultation.	Personalised support over 12 weeks with periods of self-led learning to achieve meaningful changes to their diet and lifestyle. The support can be carried out via a digital pathway (Oviva app messaging and includes group support)) or a telephone pathway. Accessible content on Oviva Learn unlocks weekly and appears in various formats; videos, podcasts and written materials to build knowledge to improve their health.	After the programme the participant will continue to build confidence in maintaining their new behaviour long term. They will continue to self-track their activities in the Oviva app and grow their knowledge using their lifetime access to Learn resources in order to further embed their new habits.	Participants will have lifelong access to the learning resources and Oviva app to support healthier behaviours.
1 - 2 working days –	Within 7 working days	Over 12 weeks	After the programme	Lifelong

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