**NEW: Tier 2 Weight Management behaviour change programme provided by Oviva is being offered to eligible people in your area.**

We are pleased to be able to tell you about a new weight management service available to people in your area. The service will be operated on behalf of Southampton City Council.

The service is available to people meeting the following criteria at the point of access:

* Are aged 18 years and above
* With a BMI ≥30 kg/m2 (adjusted to BMI ≥27.5 kg/m2 for South Asian, Chinese, other Asian, Middle Eastern, Black African or African-Caribbean family background.
* Registered with a Southampton City practice and/or be a Southampton City resident
* Are deemed suitable by their Healthcare Professional to attend the programme
* Are willing to commit to a 12-week programme
* Be able to participate in face-to-face support which is in-person (via digital apps and platforms when necessary)

Participants who meet the eligibility criteria above will be able to join the programme, however we are looking to particularly support people who are at high-risk of adverse events due to other outcomes. With this in mind, the target groups for this service include long-term health conditions, disabilities, or ethnicity (South Asian, Chinese, other Asian, Middle Eastern, Black African or African-Caribbean family background) and those in receipt of a recognised income related benefit and therefore could not otherwise afford a Tier 2 Weight Management programme.

**About the Tier 2 Weight Management programme**

Oviva Tier 2 Weight Management offers personalised support led by expert healthcare professionals. Coaching is carried out through an in-person fortnightly support group, and on alternative weeks participants receive remote coaching with their same group, and have access to live webinars to support their progress. Participants are able to bring someone to support them at the in-person group session, for example their carer.

All participants will receive lifelong access to a guidebook to support them through the 12 week course (6 face to face sessions) and beyond. Individuals with a smartphone can also access Oviva’s NHS-approved app, to track their progress as well as communicate with their community group. Once the group coaching starts no one else will be able to join that group, so participants will have continuous support from a small (circa 20) group of people.

**How can you refer your patients?**

From the 15th May 2023 you will be able to refer eligible patients through the referral form on PharmOutcomes. Once the patient has been referred, Oviva will get in touch with the person to enrol them onto the programme.

Please note that people will be excluded from the programme if they do not meet the eligibility criteria as defined above, have severe/moderate frailty as recorded on a frailty register, are pregnant, have a diagnosed eating disorder, have a significant unmanaged co-morbidity, or have had bariatric surgery in the last two years.

For more information on Oviva’s Tier 2 Weight Management service, please visit the healthcare professional landing page [here](https://oviva.com/uk/en/for-primary-care-tier-2-weight-management/). Alternatively, please contact [ovivauk.t2wm@nhs.net](mailto:ovivauk.t2wm@nhs.net).