



Our Digital Tools





Combining the Oviva app with human support

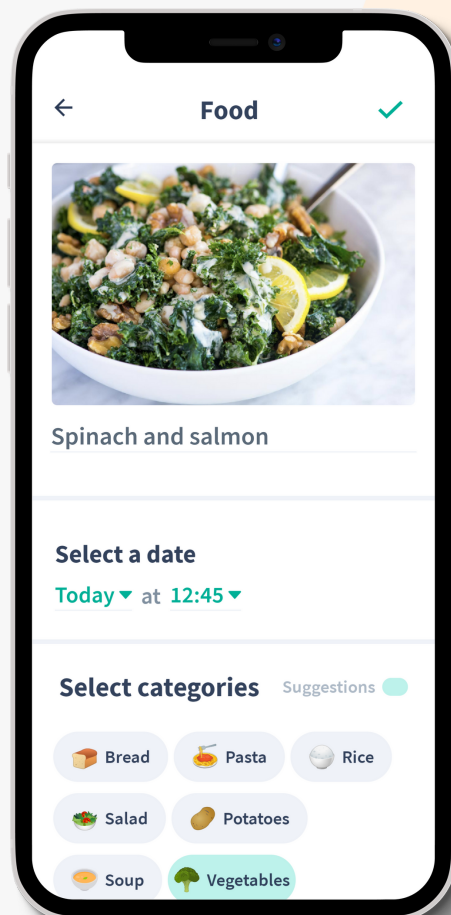
Oviva helps prevent and treat health conditions related to diet & lifestyle at scale, such as obesity, Type 2 diabetes, undernutrition and cow's milk allergy.

Our programmes deliver a superior patient experience while saving the NHS money. We achieve this through hyper-personalised programmes for the patient that combine support from healthcare professionals with effective content.

The role of the Oviva app is to augment the impact and efficiency of our specialist healthcare professionals, not to replace them.

On the Oviva app, our participants can track their:

- ✓ Weight
- ✓ Food and drink intake
- ✓ Activity
- ✓ Mood
- ✓ Blood pressure
- ✓ Blood glucose
- ✓ Bowel movements





Benefits of the Oviva app

✓ **Removes barriers to accessing behaviour change support:**

The NHS-approved Oviva app facilitates asynchronous communication between participant and health professional eliminating the need for appointment times, travel, parking, childcare, time off and work for many people.

The Oviva app enables the participant to record and track physiological parameters (including weight, HbA1c). This is shared in advance before interaction with their healthcare professional, maximising the value of these interactions.

The participant is also able to set goals and track progress against these goals within the Oviva app, and it provides reminders to reinforce these behaviours.

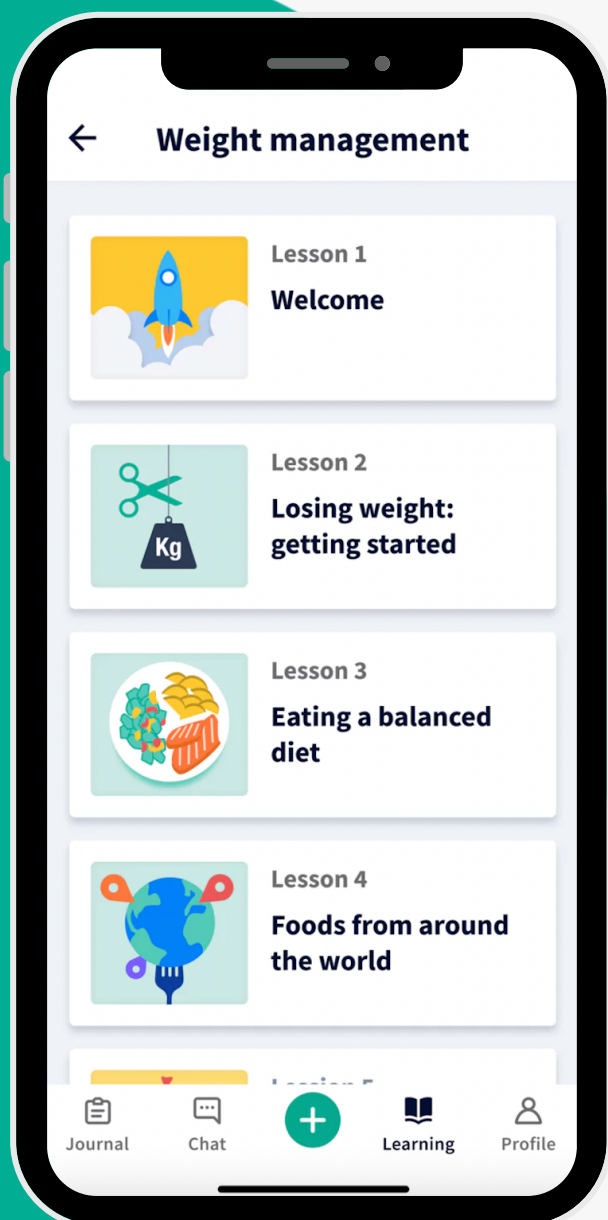
✓ **Offers a service with greater value:**

Combining the reduced delivery costs of a remote model with equivalent or better outcomes and greater access, means that our services offer greater value (*outcomes achieved/£ spent*) when compared to traditional in-person services.



✓ **Acts as a portal to receive educational content on Oviva Learn:**

This means the participant can access content at any time and in any place. The resources on Oviva Learn appear in various formats; videos, podcasts and written materials to appeal to different learning styles, and are divided into modules that unlock at various points throughout the programme.



Our clinical leadership and programme design teams develop and refine our evidence-based programmes, with the patient front and centre.

The content is produced and reviewed by our team of clinicians, including our lead psychologist, obesity specialist dietitians, specialist nurse and diabetologist. All materials are NICE and Diabetes UK aligned and reviewed at least every 6 months.



PATRICIA, WAY TO WELLNESS PROGRAMME

"I enjoyed speaking with my dietitian via the Oviva app as I could fit the programme into my schedule."



DERMOT, LOW CALORIE DIET PROGRAMME

"The support so far has been fantastic. The Oviva Learn modules are very good as they motivate and remind me of the goals I have set myself."



CLIVE, WAY TO WELLNESS PROGRAMME

"I use the app, which I find to be fantastic. I photograph all my meals to log them, and have done throughout my whole journey. I find it a really strong way of supporting yourself as you can see what you're eating."





A personalised experience

A challenge often raised when discussing the adoption of new technologies is that of **digital exclusion**. However, digitally-enabled healthcare can actually help to remove the traditional barriers to accessing essential services.

Where participants express a preference or do not have a smartphone, we can deliver their coaching through telephone (or video) appointments.

Coaching can be offered at flexible times including on evenings and weekends.

With telephone coaching and app coaching we can **match patients with language requirements** with a healthcare professional that speaks their first language and also understands the cultural barriers to behaviour change (it is not just a translation service).



Proven effectiveness for health inequalities

We have evidence of significantly improved engagement and retention amongst groups that are **underrepresented** in traditional in-person services:

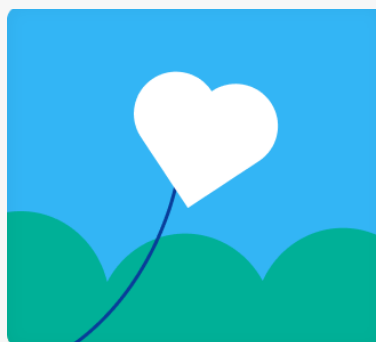
- ✓ Working age people
- ✓ People from deprived communities
- ✓ People from minority ethnic groups
- ✓ Men



In Barking and Dagenham CCG we demonstrated:¹



-3.1kg total average body weight loss for patients that completed the programme.



10/10 confidence in self management of diabetes score (post-programme) against a baseline score of 6.



Delivered **£354,059 in-year cost savings** since January 2021 - reducing prescribing and service pressures.



Proven effectiveness for health inequalities

National Diabetes Prevention Programme (NDPP) analysis of digital vs remote vs Face to Face showed that **NDPP participants from ethnic minority backgrounds** lost more weight with digital support than face to face.²

Oviva's programmes have been shown to be effective working with different populations communities.

Oviva Diabetes Remission programme in **East Riding of Yorkshire and Wolverhampton**³

- 3.3 average number of medications per patients stopped
- 14.7kg total average body weight loss as 12 months
- 62.5% remission rate

Oviva Tier 3 Weight Management programme in **Wakefield**⁴

- 70% of participants chose to communicate with their coach via the Oviva app
- 6.1kg total average body weight loss by app users



Other resources

[Next in healthcare: digitally-enabled care, what is it?](#)

Have a question or want to contact us about any feedback you have? [Visit our contact area here.](#)

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References:

1. HSJ Partnership Awards 2022. Winner of Most Impactful Project Addressing Health Inequalities. Oviva and Barking and Dagenham CCG.
2. Kar, P., Valabhji, J. Diabetes Care: What we have learned, where we are now and what the future holds. Diabetes Professional Care conference 2022, oral presentation
3. Miller, K. Uptake, retention and outcomes in a digital low-calorie diet programme delivered to a geographically remote population living with type 2 diabetes (Poster Abstracts). *Diabet. Med.*, 39: e14810.
4. Huntriss, R (2021) A service evaluation exploring the effectiveness of a locally commissioned tier 3 weight management programme offering face-to-face, telephone and digital dietetic support. *Clin Obes.*; **11**:e12444.