

Would you like free one-to-one support to put your diabetes into remission?



The **NHS Low Calorie Diet Programme** is a free programme designed to help you reduce your diabetes medications, lose weight, improve your health, and potentially put your Type 2 diabetes into remission.

How it works

In your area, the 12 month programme will be delivered digitally with all appointments happening over phone/video calls, or via secure app messaging. You will have the choice to be matched with your own personal coach or coach-led support group to provide expert healthcare with tailored support throughout every stage of the programme.



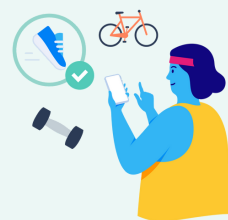
One-to-one support

Speak to your Diabetes Specialist Dietitian and health coach at a time and place that works for you.



Take control using our app

Speak with your dietitian and track your progress. Discover new recipes, exercise ideas and stress management tips.



Change your life for good

Improve your health and wellbeing, lose weight and feel more confident in managing your health.

***This approach offers the best chance of putting your diabetes into remission.
Speak to your GP practice about joining the programme.***

Would you like free one-to-one support to put your diabetes into remission?



The **NHS Low Calorie Diet Programme** is a free programme designed to help you reduce your diabetes medications, lose weight, improve your health, and potentially put your Type 2 diabetes into remission.

How it works

In your area, the 12 month programme will be delivered digitally with all appointments happening over phone/video calls, or via secure app messaging. You will have the choice to be matched with your own personal coach or coach-led support group to provide expert healthcare with tailored support throughout every stage of the programme.



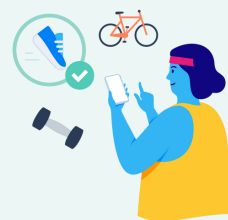
One-to-one support

Speak to your Diabetes Specialist Dietitian and health coach at a time and place that works for you.



Take control using our app

Speak with your dietitian and track your progress. Discover new recipes, exercise ideas and stress management tips.



Change your life for good

Improve your health and wellbeing, lose weight and feel more confident in managing your health.

This approach offers the best chance of putting your diabetes into remission.
Speak to your GP practice about joining the programme.

What happens on the programme?

The programme is 12 months long and is split into 3 stages:

Start: You'll have your first phone call with your personal Diabetes Specialist Dietitian to talk through the programme and choose your goals.

Change: 12 weeks of a Low Calorie Diet using meal replacements such as shakes or soups, followed by 4 weeks of food reintroduction.

Sustain: Continued personal support with Dietitian and health coach for the remainder of the programme. A refocus period if you regain weight (>2kg) to receive additional support.

Where does the programme take place?

The programme is 100% remote, which means you don't need to travel anywhere for your appointments. You can take part from the comfort of your own home through phone/video calls, or secure messaging in the Oviva app. This gives you flexibility to speak with your Specialist Diabetes Dietitian and health coach at a time and place that works best for you.

What is remission from Type 2 diabetes?

Putting your diabetes into remission means that, although you have a diagnosis of diabetes, your blood glucose levels have returned to a healthy level. Remission from your Type 2 diabetes can happen if you lose weight, have a HbA1c reading outside of the diabetes-range (<48mmol/mol), and stop taking all blood glucose lowering (diabetes) medications. Although remission can be life-changing, it doesn't mean that diabetes has gone for good.

What are the benefits of joining the programme?

It is important to know that this programme doesn't guarantee your diabetes will go into remission. However, taking part can lead to other health benefits, such as:

- Reducing the number the medications you need to take
- Reducing your risk of heart disease and other diabetes related complications
- Lowering your blood pressure
- Improving your cholesterol
- Helping you to sleep better and generally feel more healthy

What is a Low Calorie Diet and what is Total Diet Replacement?

The Low Calorie Diet involves Total Diet Replacement (TDR) products including soups and shakes consisting of up to 900 calories a day for up to 12 weeks. During this time you will be expected to replace all normal meals with these products. This method offers the highest chance of achieving significant weight loss quickly and therefore putting your diabetes into remission. Generally you will have four meal replacement products per day. The Oviva team will provide information and support you in getting the TDR product.

Are there any side effects when doing a Low Calorie Diet?

Common side effects include dehydration, fatigue, headaches and constipation. Your dietitian will explain any possible side effects, and most importantly the steps you can take to prevent them before they even happen.

Would you like free one-to-one support to put your diabetes into remission?



The **NHS Low Calorie Diet Programme** is a free programme designed to help you reduce your diabetes medications, lose weight, improve your health, and potentially put your Type 2 diabetes into remission.

How it works

In your area, the 12 month programme will be delivered digitally with all appointments happening over phone/video calls, or via secure app messaging. You will have the choice to be matched with your own personal coach or coach-led support group to provide expert healthcare with tailored support throughout every stage of the programme.



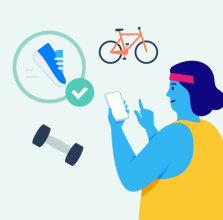
One-to-one support

Speak to your Diabetes Specialist Dietitian and health coach at a time and place that works for you.



Take control using our app

Speak with your dietitian and track your progress. Discover new recipes, exercise ideas and stress management tips.



Change your life for good

Improve your health and wellbeing, lose weight and feel more confident in managing your health.

This approach offers the best chance of putting your diabetes into remission.
Speak to your GP practice to see if you are eligible for a referral.

What happens on the programme?

The programme is 12 months long and is split into 3 stages:

Start: You'll have your first phone call with your personal Diabetes Specialist Dietitian to talk through the programme and choose your goals.

Change: 12 weeks of a Low Calorie Diet using meal replacements such as shakes or soups, followed by 4 weeks of food reintroduction.

Sustain: Continued personal support with Dietitian for the remainder of the programme. A refocus period if you regain weight (>2kg) where you will receive additional support.

Where does the programme take place?

The programme is 100% remote, which means you don't need to travel anywhere for your appointments. You can take part from the comfort of your own home through phone/video calls, or secure messaging in the Oviva app. This gives you flexibility to speak with your Specialist Diabetes Dietitian and health coach at a time and place that works best for you.

What is remission from Type 2 diabetes?

Putting your diabetes into remission means that, although you have a diagnosis of diabetes, your blood glucose levels have returned to a healthy level. Remission from your Type 2 diabetes can happen if you lose weight, have a HbA1c reading outside of the diabetes-range (<48mmol/mol), and stop taking all blood glucose lowering (diabetes) medications. Although remission can be life-changing, it doesn't mean that diabetes has gone for good.

What are the benefits of joining the programme?

It is important to know that this programme doesn't guarantee your diabetes will go into remission. However, taking part can lead to other health benefits, such as:

- Reducing the number the medications you need to take
- Reducing your risk of heart disease and other diabetes related complications
- Lowering your blood pressure
- Improving your cholesterol
- Helping you to sleep better and generally feel more healthy

What is a Low Calorie Diet and what is Total Diet Replacement?

The Low Calorie Diet involves Total Diet Replacement (TDR) products including soups and shakes consisting of up to 900 calories a day for up to 12 weeks. During this time you will be expected to replace all normal meals with these products. This method offers the highest chance of achieving significant weight loss quickly and therefore putting your diabetes into remission. Generally you will have four meal replacement products per day. The Oviva team will provide information and support you in getting the TDR product.

Are there any side effects when doing a Low Calorie Diet?

Common side effects include dehydration, fatigue, headaches and constipation. Your dietitian will explain any possible side effects, and most importantly the steps you can take to prevent them before they even happen.