Dear XXXX,

We would like to invite you to join your local NHS weight management programme provided by Oviva. It is a free service to help people in your area transform their health and improve their weight management. Oviva’s Way to Wellness is a Tier 3 Weight Management programme that combines nutritional, exercise and psychological support to help you make sustainable changes to your diet and lifestyle, and overall improve your health.

**What is the Oviva’s Way to Wellness programme?**

Oviva Way to Wellness is a 12 month programme that puts you in control of your health by offering personalised support from a team of healthcare professionals. As a 100% remote service, you can take part in the programme from the comfort of your own home and receive support at a time that suits you.

When you join, we will assess your needs and understand your preferences to provide you with your own personalised healthcare plan that makes sense for you. You will have the choice to be matched with either your own personal health coach or a coach-led support group to help you throughout your journey. You will also have the choice to receive support either via the Oviva app over secure app messaging, or over phone/video calls. Throughout the journey, you will have support at regular intervals with a specialist weight management dietitian. We will assess your need for psychology support and you may also receive support from a psychologist or psychology practitioner.

You will have access to the Oviva app where you can track your progress, your food, mood and activity and communicate with your coach.

Throughout the 12 month programme, new learning modules and resources on Oviva Learn will unlock for you to read, watch and listen. This will provide you with information on how to best manage your dietary approach, lifestyle changes, diabetes and weight management, to help you with making long-term changes to your lifestyle. Oviva Learn is accessible via the Oviva app or you can log into your account on your desktop computer or laptop.

Please contact your GP Practice within the next 7 days to sign up for the service. Alternatively tear off the slip below and return it by post or hand to the reception team. Please see the enclosed leaflet for more information and you can also find out more by visiting the Oviva website at <https://ovico.ch/t3wm>.

We look forward to hearing from you,

Kind regards,

Dr XX

XX GP practice

**Oviva Way to Wellness Tier 3 Weight Management | 2022**

Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

NHS number:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

DOB:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Telephone number:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Please book me a place on the Oviva’s Way to Wellness Tier 3 Weight Management Programme. I give consent for my relevant medical data to be shared with Oviva to enable me to take part in the Oviva Way to Wellness Tier 3 Weight Management programme.

Signed: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email address (please print clearly): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_