

# Oviva Way to Wellness



## Referral information

### Inclusion criteria:

- Age of > 18 years
- Must be registered with GP within local contract
- Must be assessed as ready or motivated to change and are fully committed to participate in the programme (a score of 7/10 for motivation and willingness to commit to the 12 month programme).
- BMI  $\geq$  35 with one of the following comorbidities:
  - Diabetes / Hypertension / CKD / Hypercholesterolaemia / Ischaemic Heart Disease / Peripheral Vascular Disease / Hx of MI, CVA, TIA / Liver disease including cirrhosis, NAFLD, gallstones, biliary colic / Osteoarthritis or rheumatoid arthritis / Back pain / Obstructive sleep apnoea / Hypothyroidism / Cushing's disease / PCOS / Hyperuricemia or gout / Lipoedema / Cancer
- BMI  $\geq$  40
- Those who fall out of the BMI criteria but have been agreed as a Special Case between commissioner and Oviva
- Anyone awaiting bariatric surgery who has not already accessed a Tier 3 programme.

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## Referral information

### Exclusion criteria:

- Under the age of 18
- Pregnant or breastfeeding
- Uncontrolled hypertension / heart condition / medical condition preventing increased activity level
- Severe renal disease
- Severe liver disease
- Heart failure NHYA IV
- Inflammatory bowel disease
- Patients with unstable or severe mental illness beyond the expertise of primary care
- Patients with active eating disorders
- Patients who have made suicide attempts in the last year
- Patients who have self-harmed in the past three months
- Patients who have made plans to commit suicide in the past three months
- Answers yes to the following question within the Oviva sign up survey:
  - During the last 3 months, have you made yourself vomit or used laxatives as a means to control your weight or shape?
- Answers 'nearly every day' to PHQ-9 risk question 9 in Oviva sign up survey.
- Only refer once stable:
  - Alcohol or drug abuse
  - Hypothyroidism
  - Cushing's syndrome