

# Have you been diagnosed with Type 2 diabetes in the last 6 years?

Are you... Overweight

Aged 18-65



**Speak to your healthcare professional as you may be eligible for a referral to the NHS Low Calorie Diet programme or find out more by visiting:**

**[www.oviva.com/uk/nhs-low-calorie-diet-programme](http://www.oviva.com/uk/nhs-low-calorie-diet-programme)**



Service provided by





**"I have lost over 33kg and have recently ran the Luton half marathon. The programme has been a life changing experience."**

**Felix, 37, participant from the NHS Low Calorie Diet programme**