

# Manage your health at home with free support today



Oviva Diabetes Support is a free service to help people in your area with type 2 diabetes transform their health and improve their diabetes management.

Find out more about the programme and sign up today at [www.oviva.com/diabetes-support](http://www.oviva.com/diabetes-support)

### A healthcare plan just for you.

When you join, we will talk about your preferences and provide you with your own personalised healthcare plan that makes sense for you. As part of your plan, you will be matched with either a health coach or a health coach-led community group made up of people also on the programme to support you in making changes.



### The Oviva app and Oviva Learn.

Evidence shows that people who track their weight and lifestyle are twice as likely to reach their weight loss goal. The Oviva app allows you to track your food and activity, message your Oviva community or health coach, access helpful resources on the go and monitor your goals to help you achieve the results you want.



### It's so much more than an app.

Diabetes Support combines personalised care with our unique digital tools, the Oviva app and Oviva Learn to support you to make changes to your lifestyle. This blended approach has been designed by behaviour change experts to improve your chances of achieving your health goals.



### What could you achieve?

The aim of the programme is to help people better manage their diabetes, improve the quality of their diet and to help them build new habits to lead a healthier, happier lifestyle. People who take part in the programme lose on average 4kg if weight loss is their personal goal, and 1 in 4 put their type 2 diabetes into remission!



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