

## **Referral request to Oviva's Tier 3 Weight Management Service**

Dear Doctor,

I have undertaken a self-assessment questionnaire and believe I may be eligible to be referred to Oviva's Tier 3 weight management service, including weight loss medications. This service is subject to Patient Choice, so if you agree that I am eligible, I would like to choose to be referred to Oviva. I can access this service as it is delivered fully remotely. You will find details about how to refer in this letter.

Thank you.

## **Information for GPs**

### **About Oviva and their Tier 3 Weight Management Service**

Oviva, a trusted and CQC-registered NHS provider, has led the way in digitally enabled weight management programmes since 2014. Oviva has assisted over 500,000 people worldwide in managing various health conditions, including weight management and Type 2 diabetes. They are registered with the CQC and Commissioned by the NHS to provide consultant-led, elective Tier 3 Weight Management Services in England. You can find more information on their website: [www.oviva.com](http://www.oviva.com).

Oviva's fully remote (accessed via the Oviva app or by telephone) Specialist Tier 3 Weight Management programme lasts 12-24 months, depending on whether weight loss medications are appropriate and selected by the patient. Every patient receives a comprehensive, personalised treatment plan that supports patients to make healthy lifestyle changes that last via holistic medical, dietetic, activity and psychological support.

Oviva's medical device-certified app empowers patients to self-monitor their diet, physical activity and weight, facilitating seamless communication with their care team via chat and offering valuable educational content. This app-based care approach not only supports individuals in achieving healthier lifestyles but also looks to reduce the burden on doctors and generate significant savings for the healthcare system.

### **How is it commissioned?**

Under the Patient Choice framework, patients in England can choose any clinically appropriate health service provider offering elective, consultant-led services that holds a commissioning contract with any NHS Integrated Care Board (ICB). Oviva's fully remote Tier 3 Weight Management service meets all of these requirements.

## You will need the following to refer, collected within the past 12 months:

- Height, weight and BMI
- Blood pressure
- Blood tests, ( HbA1c, lipid profile, LFTs, and TSH at a minimum)
- If the patient has Type 2 diabetes, the HbA1c will need to be within the last 6 months and a retinopathy screening result is needed within the last 12 months.

The above tests are advised by NICE in its Obesity Guidance [CG189], as part of the assessment of patients presenting with obesity.

## How to refer

1. Ensure your patient is eligible by checking your local ICB Tier 3 Weight Management eligibility criteria which can be found on your ICB's website.
2. Complete the referral form which you can find on our website: [www.oviva.com/refer](http://www.oviva.com/refer)
3. Once you have completed the referral form, please send it to [ovivauk.t3wm@nhs.net](mailto:ovivauk.t3wm@nhs.net). Alternatively, you can send the form via eRS by searching the following terms on the system:

**Name:** Tier 3 Weight Management (Medical)-Oviva-8JE35

**Speciality:** Endocrinology & Metabolic Medicine

**Clinic type:** Not otherwise specified

**Organisation or site name:** Oviva

Referrals made to Oviva's local Tier 3 Weight Management service may be eligible for the £11.50 payment under the National Weight Management Enhanced Service, a scheme intended to increase referrals to weight management services.

\*More information and resources to help you make referrals can be found at [www.oviva.com/refer](http://www.oviva.com/refer)