

Oviva Tier 3 Weight Management Eligibility Criteria

Based on NICE guidance

Inclusion criteria

- Age of > 18 years
- 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 / Asthma
- BMI \geq 40
- Anyone awaiting bariatric surgery who has not already accessed a Tier 3 programme.

Referral information

Exclusion criteria

- Under the age of 18
- Pregnant or breastfeeding
- Uncontrolled hypertension / heart condition / medical condition preventing increased activity level
- Participants who have made suicide attempts within the last year.
- Participants who have self-harmed in the past three months.
- Participants who have made plans to commit suicide in the past three months.



Bariatric surgery exclusions:

- Less than 2 years post bariatric surgery
- Unable to tolerate healthy balanced eating and still eating a texture modified diet (e.g., Liquid/soft foods)
- Under the care of a T4/bariatric surgery
- Experiencing current GI pain/vomiting/nausea/recurrent loose stools or issues with dumping syndrome or poor wound healing
- Experiencing symptoms of gut leaking or blockage
- Failing to access GP support re: vitamin and mineral supplementation and medical monitoring

Only refer once stable:

- Alcohol or drug abuse
- Hypothyroidism
- Cushing's syndrome