

Behavioural Support for Obesity Prescribing (BSOP)

Service offer

1:1 Appointment



Eating Well Taking Charge sessions



Moving More sessions



| Session | Week | Content |
|--|------|--|
| Initial Assessment | 0 | <ul style="list-style-type: none"> One-to-one review (collection of baseline data) Understand motivations, perceived obstacles and readiness to change Identify individual preferences and needs, establish weight management goals and set appropriate targets |
| Getting started | 1 | <ul style="list-style-type: none"> Introductions & motivations group activity Understand weight loss medication and the importance of making behavioural changes for long-term success Explore the health risks of carrying excess weight and the benefits of weight loss Highlight factors contributing to overweight/obesity An introduction to portion sizes Identifying your why for lifestyle changes |
| Habits, problem solving and understanding energy balance | 3 | <ul style="list-style-type: none"> Understand our habits, the habit loop, and how to change habits Explore the problem-solving cycle Consider a range of dietary approaches and find which suits your needs Outline energy balance and how this can change with medication |
| What is a healthy diet? | 5 | <ul style="list-style-type: none"> Explore the fuelling formula and steps to ensure nutritional quality of meals Overview of fats, proteins, dairy and fruits and vegetables, highlighting the importance, benefits and examples of protein sources |
| Functional fitness | 7 | <ul style="list-style-type: none"> Identify and explore the components of fitness & the importance of maintaining each (emphasis on resistance) Understand the weekly guidelines for physical activity Explore the benefits of keeping active & reducing sedentary time Outline guidance for exercising safely and recommended adaptations for health conditions |
| Stress management and smart snacking | 9 | <ul style="list-style-type: none"> Discuss what is stress, the Fight or Flight response and stress management techniques Understand the difference between emotional and physical hunger Explore building a positive relationship with food Consider perceptions around snacking and ideas for healthy snacks |
| Thoughts and community support | 11 | <ul style="list-style-type: none"> The power of thoughts and how to change them Self-compassion Visualisation Signposting for local services |
| The impact of meal planning & understanding food labels | 15 | <ul style="list-style-type: none"> Understand the benefits of and guidance for meal planning & batch cooking Explore top tips for shopping and budgeting Understand food labels Consider how healthy swaps can improve the nutritional quality of a favourite meal |

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| Lifestyle planning and the impact of sleep | 19 | <ul style="list-style-type: none"> Explore the impact of sleep quality and quantity Highlight the link between sleep quality and appetite regulation/weight gain Tips for improving sleep Cognitive behavioural therapy for insomnia Health checks How to monitor your health |
| Standing strong | 23 | <ul style="list-style-type: none"> Highlight the importance of maintaining muscular strength/endurance through resistance activities Explore the differences between muscle and body fat Understand personal motivations for undertaking PA and using this to increase activity levels Recognise and take opportunities to progress weekly PA plans & daily lifestyle routines |
| Exploring mindfulness, salt, sugar and alcohol | 27 | <ul style="list-style-type: none"> Exploring mindfulness and mindful eating Managing eating and drinking out and celebrations Understanding sugars and sweeteners Sugar content awareness quiz Exploring fluid and the importance of hydration Salt and tips on reducing salt Alcohol guidelines and benefits of reducing intake |
| Self-care and taking ownership of your health | 31 | <ul style="list-style-type: none"> Exploring strategies to prioritise your own health Consider communication styles and assertiveness Discuss social and cultural influences on food Finding reliable nutrition info Myth busting quiz |
| Staying on track with movement | 35 | <ul style="list-style-type: none"> Guidance for creating a regular activity routine that fits your schedule and health needs Consider how to manage movement on "good" and "bad" health days Explore options for tracking movement and physical activity levels Gain strategies for continued PA participations following completion of the programme |
| Maintaining change and managing setbacks | 39 | <ul style="list-style-type: none"> 10 steps to maintain change Managing setbacks Sharing programme highs and lows activity What's next? |
| End of programme review | 40 | <ul style="list-style-type: none"> Review health plan and achievements (collection of all completion data) Identify follow-up support options/provide local-national activity information to aid sustainability Assessment of goal achievement/celebrate successes Request feedback |



Behavioural Support for Obesity Prescribing (BSOP) Service offer - digital programme

The Behavioural Support for Obesity Prescribing (BSOP) programme, provided by Oviva, is a 9-month digital programme offering behavioural nutrition and lifestyle support alongside your weight-loss medication prescription.

Coaching support: Specialist and personalised 1:1 dietary support from a health coach over 9 months, with optional peer support. Coaching is provided via Oviva's NHS Digital-approved app. Entirely remote with no need to travel, so you can access support wherever you are.

Self-tracking and learning in the app: The app supports you in self-reflection and learning, allowing you to track your habits, receive instant nutritional feedback, and access weekly Learning materials. Access to the app is ongoing, and will continue after your 9 month programme finishes, helping you to keep up your lifestyle changes in the long term.

The 9-month digital behaviour change programme has 3 stages:

- **Start:** Tell us about yourself, your health and wellbeing, your motivations and goals, and your barriers to change. Our coaching team will work with you to co-produce a personal action plan to complement and maximise the effects of your weight loss medication and help get you started on the Oviva app and Learn!
- **Change (the first 12 weeks):** The first 12 weeks focus on intensive behaviour change to work towards your personal health goal, and give you the foundations to make long lasting changes. Regular coach support, self-monitoring and feedback in the app, and Oviva learn will help you get there!
- **Sustain (week 12 and beyond):** Build confidence in maintaining your new healthier behaviour long term. Continue to self-track your activities and grow your knowledge using the weekly online resources in Oviva Learn, to help keep up your new habits.

The programme follows the Oviva method, which incorporates 3 key areas to drive behaviour change and help you reach your health goals; (1) understanding your behaviour, (2) providing actionable advice, and (3) providing support from a caring team. Our approach to weight management focuses on the following pillars; a healthy balanced diet (nutrition), increasing physical activity (movement), improving mental wellbeing (mind) and medication.