

Would you like free one-to-one support to put your diabetes into remission?



The NHS Type 2 Diabetes Path to Remission Programme is a free programme designed to help you reduce your diabetes medications, lose weight, improve your health, and potentially put your Type 2 diabetes into remission.

How it works

Upon starting the 12 month programme, you will be matched with your own personal coach. Oviva combines personalised care from a healthcare professional with our unique digital tools including our NHS-approved app. This blended approach will help you reach your goals and improve your health management long term.



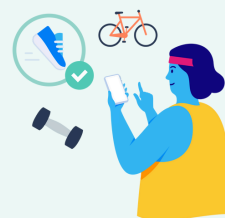
One-to-one support

Choose from remote or face-face care. Remote coaching takes place over phone/video calls or secure in-app messaging



Take control using our app

Speak with your coach and track your progress. Discover new recipes, exercise ideas and stress management tips.



Change your life for good

Improve your health and wellbeing, lose weight and feel more confident in managing your health.

This approach offers the best chance of putting your diabetes into remission.
Speak to your GP practice about joining the programme.

To find out more about the programme visit:
www.oviva.com/uk/en/t2dr, or scan the QR code.



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