

# Get help and support to manage your Type 2 diabetes

The NHS Type 2 Diabetes Path to Remission programme puts you in control of your health by offering personalised support led by a team of healthcare professionals.

## The free programme can help you to:

- ✓ Lose weight using a total diet replacement approach
- ✓ Improve your blood sugar levels
- ✓ Reduce your diabetes-related medication
- ✓ Potentially achieve diabetes remission
- ✓ Build habits to lead a healthier, happier lifestyle



## How do I know if I'm eligible for the programme?

- ✓ Aged between 18–65 years old
- ✓ Minimum BMI of 27kg/m<sup>2</sup> (25kg/m<sup>2</sup> in people of ethnic minority origin)
- ✓ Type 2 Diabetes diagnosis within the last 6 years
- ✓ HbA1c eligibility (measured within 12 months) Medication: HbA1c 43–87 mmol/mol, no medication: HbA1c 48–87 mmol/mol
- ✓ Motivated to participate in 12 month programme

Please speak to your GP to see if you might be eligible for a referral.

For more information visit: [oviva.com/uk/en/t2dr](https://oviva.com/uk/en/t2dr) or scan the QR code.



**We understand that everyone is unique, so we offer flexible options to participate in the programme in a way that suits your individual needs and background.**

## **We are accessible**

Oviva programmes are available in **over 25 languages**, and our Learn content and coaching is culturally diverse. You are able to translate information from our website and our Learn content by using Google Translate, or by using a text to voice app. Furthermore, whether you prefer app messaging or telephone coaching, or if you thrive meeting people in-person, we have you covered. With our remote support, you won't need to travel for appointments, and the NHS approved Oviva app means you can access support wherever you are, even during evenings and weekends. Your comfort and preferences are our priority.



## **Relatable**

During the first 12 weeks of the programme you will replace all meals with total diet replacement products, which will be delivered directly to your door. The whole programme, including the products, is funded by the NHS and **completely free-of-charge to you**. The products used for total diet replacements, are nutritionally complete, with halal, gluten free, vegan and vegetarian options available.



## **You can trust us**

The programme is designed so that you have more contact with your coach at times that are the most challenging to you. Initially, you will see your coach weekly so that they can answer any questions or concerns you may have at the start of your journey. Your coach understands that social situations such as family mealtimes and cooking for the family could be a challenge, specifically during the Total Dietary Replacement (TDR) phase of the programme; as well as as significant life events. Your coach will support you and provide practical ideas tailored to you.



**Please speak to your GP practice to see if you might be eligible for a referral.**

**For more information visit:**  
[\*\*oviva.com/uk/en/t2dr\*\*](https://oviva.com/uk/en/t2dr)



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