

NEW: Remote Tier 2 Weight Management behavioural change programme provided by Oviva is being offered to eligible people in Shropshire.

We are pleased to be able to tell you about a new remote weight management service which is now available in your area, Oviva Tier 2 Weight Management.

Who are Oviva?

Oviva is a digital behaviour change provider. We use our unique technology and incredible team to support people to improve their health and better manage their conditions. We partner with the NHS to offer our programmes across the UK for free. To put it simply, we help people lead healthier and happier lives.

What is the programme?

Oviva Tier 2 Weight Management is a highly engaging 12 week app-based digital service with 1-1 coaching from a dedicated coach. The programme offers personalised support with periods of self-led learning to achieve meaningful changes to their diet and lifestyle. The support can be carried out via a digital pathway (Oviva app) or a telephone pathway.

To programme can help participants to:

- Lose weight
- Improve the quality of their diets
- Learn the importance of having healthy balanced meals
- Increase your confidence
- Self manage your well being effectively

**To find out more and see if you can refer on to the programme,
please ring the admin team at South Hermitage Surgery
on 01743 266783.**