

Join Oviva to lose weight and create healthier habits today



I weighed myself for a second week on my new scales. I appear to have lost almost 5lbs this week! Movement in the right direction!”



Oviva Tier 2 Weight Management is a free service to help people in your area lose weight through personalised one-to-one support over 12 weeks.

As a 100% remote service, you can take part in the programme from the comfort of your own home and receive support at a time that suits you through the Oviva app.

The programme can help you to:

- Lose weight
- Improve the quality of your diet
- Increase your confidence
- Build habits to lead a healthier, happier lifestyle

To join the Oviva Tier 2 Weight Management programme, please contact your GP practice* to see if you are eligible for a referral.

*Ring 01743 266783 for the Admin Team at South Hermitage