NHSE Type 2 Diabetes Path to Remission Programme

Except for introductory communications about Oviva

**Who are Oviva?**

Oviva is a digitally-enabled behaviour change company. Our team of specialist healthcare professionals combined with our unique digital tools support patients to improve their health and better self-manage their condition.

Oviva is a trusted NHS partner, with extensive experience in delivering Diabetes and Obesity services since 2014, having supported over 2000 patients on the NHS Type 2 Diabetes Path to Remission (formerly Low Calorie Diet) Programme since its launch.

**What is the NHS Type 2 Diabetes Remission Programme delivered by Oviva?**

The NHS Type 2 Diabetes Path to Remission Programme is a 12 month programme to support people living with Type 2 diabetes to achieve weight loss and a healthier lifestyle. This will enable them to better control their blood sugar levels – reducing the need for diabetes- related medication and potentially achieving remission of their type 2 diabetes.

All participants will receive one-to-one support, and they can choose their preferred delivery model, either digital one-to-one or in-person one-to-one support.

Participants will also have access to the NHS approved Oviva app which will enable them to track their food and activity, blood glucose and blood pressure, communicate with their coach through secure app messaging, log mood and set and monitor goals. Throughout the programme the participant will have access to the Oviva Learn portal to facilitate self-led learning. Oviva Learn is accessible via the Oviva app or you can log into your account on your desktop computer or laptop.

Participants will have lifelong access to Oviva’s digital tools, to encourage sustaining behaviour change long term. We understand that people might find a structured programme beneficial to help them maintain or reset their journey. To facilitate this participants are able to rejoin the programme 12 months following discharge.

**What is the evidence for this programme?**   
The programme is based on two trials (DIRECT and DROPLET) which showed that a programme including a specially formulated diet for 3 months followed by healthy lifestyle support resulted in around 10-15kg weight loss at 1 year. In the DIRECT trial, which focused on people with type 2 diabetes, almost half of participants achieved remission of diabetes and many more had improvements in blood glucose control and reduced use of diabetes-related medication.

Early results show that, on average, participants on the programme lose 10.9kg at 1 year. This is similar to the outcomes seen in the clinical trials and is encouraging for its potential to support remission of type 2 diabetes.