**NHS Type 2 Diabetes Path to Remission Programme summary**

This document is an introduction to the NHS Type 2 Diabetes Path to Remission Programme provided by Oviva, to help Healthcare Professionals discuss it with eligible patients. It can be read as a script to the patient, or used as a prompt when asked questions about the programme.

When identifying a possible participant, **please first complete the Consultation Checklist** to ensure the patient is eligible before discussing the programme in more detail. Please also remember to review a patient’s active medications prior to referral, and send through any changes to both the patient and the Provider. These can be found on the Referral Form.

We have provided a Participant Flyer with a programme summary and FAQs. This can be given to all eligible patients either :

1. after they have confirmed they would like to join the programme,
2. or if they are still undecided.

We have also provided a letter/email template to be used when sending the flyer to referred patients.

You have been identified as someone that could join the NHS Type 2 Diabetes Path to Remission Programme. The programme helps people with Type 2 diabetes using a total diet replacement approach, with the aim of helping you lose over 10kg in weight, improving your blood sugar levels, reducing the need for diabetes-related medication and even putting your Type 2 diabetes into remission.

You will be offered low calorie, total diet replacement products - for example, soups and shakes totalling 800 to 900 calories per day - for up to 12 weeks. During this time, you will be expected to replace all normal meals with these products. Alongside this, you will receive support and monitoring for 12 months, including help to re-introduce food after the initial 12-week period.

If you decide to join the programme you will receive one-to-one support over 12 months from a personal coach, who will provide expert healthcare with tailored support throughout every stage of the programme. You can choose how the programme is delivered to best suit your needs. This can either be tone-to-one digital support, or one-to-one in-person support. For the digital pathway you will not need to travel to a specific location for appointments.

The whole programme, including the meal replacement products, is funded by the NHS and completely free-of-charge to you.

In our area, the service is provided by Oviva. Their team of specialist healthcare professionals combined with their unique digital tools support people with Type 2 diabetes to improve their health and better self-manage their condition.

Would you like to be referred to the NHS Low Calorie Diet Programme?

[If patient is unsure, please give them the Participant Flyer to read through at home]

[If patient says, ”Yes”]

Great. We will send your referral to Oviva and you should hear from them in 5 working days.

Just to let you know, in order to get the most out of the programme and to ensure that your dietitian can monitor your progress, you will be asked to provide an up to date weight reading at the beginning and throughout the programme. It is really important that you do this often to ensure you get the most out of the programme.

**After confirming eligibility for the pathway and discussing the service with your patient please complete the referral form which is embedded into your clinical system and send it to: ovivauk.lcd@nhs.net**

**After referring, please give the patient the Participant Flyer either as a print out or over email. We have provided an email template which you can copy and paste into your email for more information.**