

# Would you like free one-to-one support to put your diabetes into remission?



**The NHS Type 2 Diabetes Path to Remission Programme** is a free programme designed to help you reduce your diabetes medications, lose weight, improve your health, and potentially put your Type 2 diabetes into remission.

## How it works

Upon starting the 12 month programme, you will be matched with your own personal coach. Oviva combines personalised care from a healthcare professional with our unique digital tools including our NHS-approved app. This blended approach will help you reach your goals and improve your health management long term.



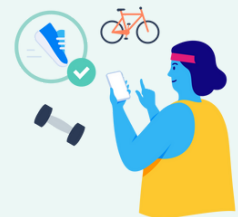
### **One-to-one support**

Choose from remote or face-face care. Remote coaching takes place over phone/video calls or secure in-app messaging



### **Take control using our app**

Speak with your coach and track your progress. Discover new recipes, exercise ideas and stress management tips.



### **Change your life for good**

Improve your health and wellbeing, lose weight and feel more confident in managing your health.

**This approach offers the best chance of putting your diabetes into remission.**

Speak to your GP practice about joining the programme.

## **What happens on the programme?**

The programme is 12 months long and is split into 3 stages:

**Start:** 12 weeks of a Low Calorie Diet using meal replacements such as shakes or soups

**Change:** 4 weeks of food reintroduction.

**Sustain:** Weight maintenance phase with continued personal support from your coach for the remainder of the programme. A refocus period is available if you regain weight (>2kg) to receive additional support.

## **Where does the programme take place?**

There is the option to receive face-to-face or digital care. The face-to-face programme will be delivered in-person, and a variety of appointment times available. The digital programme is 100% remote, which means you don't need to travel anywhere for your appointments. You can take part from the comfort of your own home through phone/video calls, or secure messaging in the Oviva app.

## **What is remission from Type 2 diabetes?**

Putting your diabetes into remission means that, although you have a diagnosis of diabetes, your blood glucose levels have returned to a healthy level. Remission from your Type 2 diabetes can happen if you lose weight, have a HbA1c reading outside of the diabetes-range (<48mmol/mol), and stop taking all blood glucose lowering (diabetes) medications. Although remission can be life-changing, it doesn't mean that diabetes has gone for good.

## **What are the benefits of joining the programme?**

It is important to know that this programme doesn't guarantee your diabetes will go into remission. However, taking part can lead to other health benefits, such as:

- Reducing the number the medications you need to take
- Reducing your risk of heart disease and other diabetes related complications
- Lowering your blood pressure
- Improving your cholesterol
- Helping you to sleep better and generally feel more healthy

## **What is a Low Calorie Diet and what is Total Diet Replacement?**

The Low Calorie Diet involves Total Diet Replacement (TDR) products including soups and shakes consisting of up to 900 calories a day for up to 12 weeks. During this time you will be expected to replace all normal meals with these products. This method offers the highest chance of achieving significant weight loss quickly and therefore putting your diabetes into remission. Generally you will have four meal replacement products per day. The Oviva team will provide information and support you in getting the TDR products.

## **Are there any side effects when doing a Low Calorie Diet?**

Common side effects include dehydration, fatigue, headaches and constipation. Your dietitian will explain any possible side effects, and most importantly the steps you can take to prevent them before they even happen.

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