

Prescriber Information Sheet

Our **Healthier You: NHS Behavioural Support for Obesity Prescribing** programme works alongside Tirzepatide treatment providing tailored support that's easy to follow, encouraging, and enjoyable



Providing

Comprehensive, practical, and person-centred support for patients on weight loss journeys alongside pharmacological treatment

Helping

Patients stay strong and healthy during and after Tirzepatide treatment, to get the most benefit and improve chances of achieving and maintaining a healthy weight

Educating

How to reduce the risk of nutritional deficiencies and lean muscle loss, which become especially important when overall food intake is lower

Empowering

Patients to balance appetite suppression with meeting their nutritional needs and maintaining stable energy levels throughout the day

Supporting

Patients to understand the role of nutrition in preserving muscle, supporting metabolic health, and improving body composition - beyond simply losing weight

Developing

Sustainable habits that promote long-term improvements in physical health, mental wellbeing, and everyday lifestyle

Eligibility Criteria

- ✓ Prescribed Tirzepatide
- ✓ Aged over 18
- ✓ BMI of at least 40 (37.5 for people from South Asian, Chinese, other Asian, Middle Eastern, Black African or African-Caribbean ethnic backgrounds)
- ✓ Four or more of the following comorbidities:
 - Dyslipidemia
 - Hypertension
 - Cardiovascular disease
 - Obstructive sleep apnoea
 - Type 2 diabetes

Local variation to eligibility criteria may apply - please consult your local system

Pathways Available

Remote Delivery

13 group sessions delivered online over 9 months, with a telephone dial-in option available

Digital Service

One-to-one support provided via smartphone or tablet over 9 months

In-Person Delivery

13 Diabetes Prevention group sessions delivered over 9 months in local venues, supporting behaviour change*

**reasonable adjustments available*

