










Patient Information Sheet

Our **Healthier You: NHS Behavioural Support for Obesity Prescribing** programme works alongside your Mounjaro® prescription giving you tailored support that's easy to follow, encouraging, and enjoyable

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|-----------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------|
|  Create
Sustainable eating habits |  Improve
Your sleep quality |  Support
Your mental wellbeing |
|  Understand
Food labels & portion sizes |  Learn
How to change habits |  Feel
Your best with confidence |
|  Discover
Activities that suit you |  Connect
With like-minded people |  Make
Healthy changes for life |

✓ Ways To Take Part

Remote Service

Join 13 group sessions online over 9 months, with the option to dial in by telephone if preferred

Digital Service

Receive one-to-one support using your smartphone or tablet over 9 months

In-Person

Attend 13 group sessions delivered over 9 months in local venues*

**these are our diabetes prevention sessions which bring together a mix of participants from both programmes*

➡ Next Steps

After your prescriber refers you to us, your designated health coach will get in touch to welcome you to the programme and help you choose the pathway that best supports your health goals

