

Adult Weight Management- Patient Information Leaflet

Oviva in partnership with Slimming World, are delivering Hertfordshire's adult weight management service. This **free** 12-week programme puts you in control of your health, providing information on how to best manage your weight and to help you make long-term changes to your lifestyle

What is the programme?

Slimming World offers weekly face to face group support. You are motivated and encouraged in the hour-long weekly meetings to share experiences, recipes and ideas with your group members in a warm, supportive environment.

Oviva offers a digital programme where you will receive weekly personalised support from a health coach on the Oviva app or via phone or video calls from the comfort of your own home.

What happens next?

Oviva will contact you within 3 days by email to offer you a place on your chosen programme with either Slimming World or Oviva.

If you have chosen Slimming World you will be called to discuss your group options and if you have chosen Oviva they will send you joining instructions for the digital programme.

"I have lost 4.6kg in just 7 weeks and am motivated to continue on my journey to becoming healthier."

(Quote from participant on the Adult Weight Management service)



Over 100 different group locations across Hertfordshire for you to choose from at different times of day



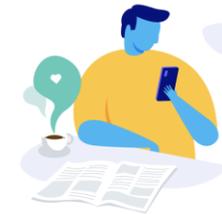
Improves your health and wellbeing and reduces your risks of becoming ill



Open to all: men, ethnic minorities, people with learning, physical disabilities and mental health issues



Personalised support from your health coach or personalised support via the Oviva app.



Group support provided with the option of accessing an app for additional support



Free digital tools & resources for you to access at anytime



If you have any further questions, please contact:
ovivauk.t2wm@nhs.net
www.oviva.com

