


NHS Type 2 Diabetes Path to Remission Participant Journey




1. Oviva receives and processes your referral and a **Patient Pathway Coordinator will contact you to complete an initial survey**

2. **Initial consultation** with your coach to set goals and start the total diet replacement phase

3. **12 weeks of a low calorie diet** using total diet replacement products, with **personalised support** from your coach with periods of self-led learning to achieve meaningful changes to your diet and lifestyle

4. Change phase consisting of 4 weeks of **food reintroduction**, with coaching and self-led learning

5. Sustain phase with **monthly support** from your coach to establish new healthy habits. Opportunity to do a **refocus phase** if you have gained weight. You will be able to continue self-tracking activities in the Oviva app



Accessible content on **Oviva Learn** supports behaviour changes. It appears in various formats; videos, podcasts and written materials to support learning styles for you to build knowledge and improve your health.

5. **Lifelong access** to the learning resources and Oviva app to support healthier behaviours.

Visit your GP for a referral or to find out more about the programme, scan the QR code.

The provider in your area is Oviva (www.oviva.com/uk/en).

