

## 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

Patient eligibility depends on the individual's BMI and how many of the following weight-related health conditions they have:

- Hypertension
- Dyslipidaemia
- Obstructive sleep apnoea
- Cardiovascular disease
- Type 2 diabetes

Please refer to [NICE TA1026](#) for full eligibility criteria and prescribing guidance

## 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*

